

FORTITUDE (COURAGE)

ENABLES ONE TO ENDURE DIFFICULTIES AND PAIN FOR THE SAKE OF WHAT IS GOOD

GIFT OF FORTITUDE: Moves one to endure difficulties for the sake of eternal life with God

MAGNANIMITY: Seeking with confidence to do great things in God, literally "having a large soul"

PERSEVERANCE: Taking steps necessary to carry out objectives in spite of difficulties

PATIENCE: Bearing present difficulties calmly

WAYS OF TURNING AWAY FROM HAPPINESS

COWARDICE: Do I fail to be virtuous out of inordinate fear?

FOOLHARDINESS: Have I placed myself in danger unnecessarily, out of pride? Do I text message while driving?

PRESUMPTION/VAINGLORY: Have I committed sin presuming God's forgiveness? Have I relied solely on my own capabilities as sufficient to handle anything?

FAINTHEARTEDNESS: Do I take on only what I can handle? Do I refuse to do what I can in a difficult situation, even though it is something I could well handle/overcome?

MEANNESS/LITTLENESS: Do I aspire to do only little things when greater things should be attempted?

TEMPERANCE (SELF-CONTROL)

ENABLES ONE TO BE MODERATE IN THE PLEASURE AND USE OF CREATED GOODS

GIFT OF FEAR OF THE LORD: Brings forth the fear of offending God by sin

MODERATION: Attention to balance in one's life

MODESTY: Purity of heart in action, especially in regards to dress and speech

ORDERLINESS: Keeping oneself physically clean and neat and one's belongings in good order

SELF-CONTROL: Joyful mastery over one's passions and desires

WAYS OF TURNING AWAY FROM HAPPINESS

GLUTTONY: Do I eat or drink excessively? Am I attached to fine foods or drink?

LUST: Have I freely entertained pornographic images on the internet, TV, magazines, etc? Have I entertained impure thoughts?

UNCHASTITY/IMPURITY: Have I abused my own sexuality, e.g., masturbation? Have I acted unchastely with others, e.g., engaged in pre-marital sexual relations or had an affair with someone who is married? Have I been unduly intimate with another person, whether the opposite or the same sex?

ANGER: Has my anger caused me to fight (physically or verbally) with another? Have I sought revenge as a result of a wrong because of inordinate anger?

CURIOSITY: Have I spent time studying things that are sinful/not useful? Do I spend an inordinate amount of time on the internet/texting?

IMMODESTY: Have I been immodest in my dress/behavior/speech?

LIVING A VIRTUOUS LIFE

"I AM THE VINE, YOU ARE THE BRANCHES. HE WHO ABIDES IN ME, AND I IN HIM, HE IT IS THAT BEARS MUCH FRUIT, FOR APART FROM ME YOU CAN DO NOTHING. IF A MAN DOES NOT ABIDE IN ME, HE IS CAST FORTH AS A BRANCH AND WITHERS, AND THE BRANCHES ARE GATHERED, THROWN INTO THE FIRE AND BURNED." — John 15: 5–6

Happiness is discovered in living a virtuous life in Christ. At Baptism, every Christian is immersed into the water, symbolizing burial into Christ's death and rising in Him as a 'new creature' (CCC, §1214).

The virtues and gifts of the Holy Spirit are infused in the life of Christians and disposes them to live in relationship with the Holy Trinity.

By recognizing our sinfulness in light of the virtues and gifts of the Holy Spirit, we are able to receive God's merciful forgiveness. The 'ways of turning away from happiness' serve as a general guideline to assist with understanding how one can sin against a virtue or gift and impede God's grace from operating within one's life.

Regular confession and a willingness to change patterns of sin open one's interior life to the love of Christ, which animates the growth of the virtues and gifts and enables one to be receptive to the promptings of the Spirit. By abiding in His grace and love, one is transformed from within and freed to live in happiness, striving for Eternal Beatitude.

The practice of all the virtues is animated and inspired by charity, which 'binds everything together in perfect harmony' (Colossians 3:14, CCC, §1827).

FRUITS OF CHARITY

INTERNAL

JOY: Effect of charity whereby one knows the goodness of God (Fruit of the Holy Spirit)

PEACE: Interior harmony and satisfaction in all the tendencies and desires of one's heart (Fruit of the Holy Spirit)

MERCY: The loving-kindness, compassion, or forbearance shown to one who offends (CCC, §1422, §1829)

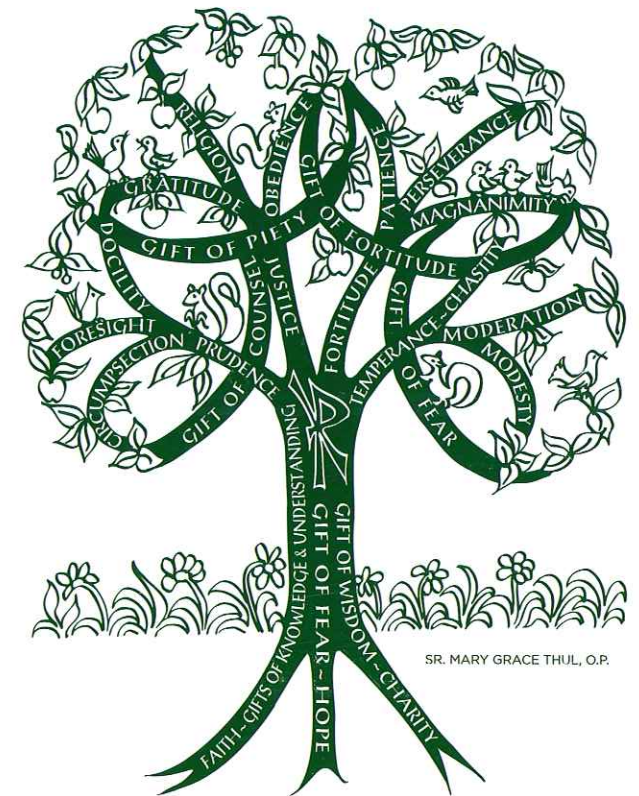
EXTERNAL

BENEFACTENCE (KINDNESS): Doing good to or for another (Fruit of the Holy Spirit)

ALMSGIVING: Something given to the needy, out of compassion and for the sake of God (Spiritual and corporal works of mercy)

FRATERNAL CORRECTION: An act of charity whereby one prayerfully and prudently corrects another

Happiness Is Living A Virtuous Life



SR. MARY GRACE THUL, O.P.

THE GOAL OF A VIRTUOUS LIFE IS TO BECOME LIKE GOD

— St. Gregory of Nyssa



DISCIPLE of CHRIST

EDUCATION IN VIRTUE™

TRANSFORMATION IN CHRIST



FAITH

ENABLES ONE TO KNOW GOD AND ALL THAT HE HAS REVEALED

- GIFT OF UNDERSTANDING:** Enables one to see more deeply into the mysteries of the faith and to judge with certainty all created things
- GIFT OF KNOWLEDGE:** Guides one in knowing what to believe and how to share it with others

WAYS OF TURNING AWAY FROM HAPPINESS

- UNBELIEF OR INFIDELITY:** Have I refused to accept the truths of the faith? Have I been selective in my acceptance of Church teachings?
- HERESY:** Have I led others astray by teaching/condoning/promoting things contrary to Church teaching?
- APOSTASY:** Have I become a public scandal to my Catholic faith through bad example or public denunciation of our Church's truths?
- BLASPHEMY:** Have I held God in contempt through my speech (swearing), actions or thoughts? Have I held priests, religious or anything that is sacred in contempt (i.e. the rosary, scapular, the Sacraments)?
- BLINDNESS OF MIND (ARISES FROM LUST):** Have I neglected my prayer/spiritual life? Are fulfilling my passions more important than attending to my spiritual life?
- DULLNESS OF SENSE (ARISES FROM GLUTTONY):** Have I become lazy in seeking the truths of the faith? Have I become complacent in accepting what the Church teaches?

HOPE

ENABLES ONE TO DESIRE GOD ABOVE ALL THINGS AND TO TRUST HIM FOR PERSONAL SALVATION

- GIFT OF FEAR OF THE LORD:** Brings forth the fear of offending God by sin
- HUMILITY:** Awareness that all one's gifts come from God and the appreciation for the gifts of others

WAYS OF TURNING AWAY FROM HAPPINESS

- DESPAIR:** Have I thought that God could not forgive me my sins? Has my spiritual laziness (acedia) or unchastity caused me to lose hope in God's mercy?
- PRESUMPTION:** Have I committed sin by presuming God's forgiveness? Have I relied solely on my own capabilities as sufficient to handle anything?
- ACEDIA:** Have I neglected to observe the Lord's day? Am I unable to pursue and maintain a relationship with God? Do work and other activities consume my interests?

CHARITY

- ENABLES ONE TO LOVE AS GOD HIMSELF LOVES; INCLUDES LOVING GOD ABOVE ALL THINGS AND ONE'S NEIGHBOR AS ONESELF
- GIFT OF WISDOM:** Moves one to order one's life according to God's will
- KINDNESS:** Expressing genuine concern about the well-being of others, anticipating the needs of others
- GENEROSITY:** Giving of oneself in a willing, cheerful manner for the good of others

WAYS OF TURNING AWAY FROM HAPPINESS

- HATRED OF GOD:** Have I hated God as a result of my own pride and envy? Have I hated God because of my distaste/disdain for the penalty of sin? Have I hated God for some evil that has befallen me?
- ENVY:** Have I rejoiced in someone else's misfortune? Have I been jealous of others?
- DISCORD/CONTENTION:** Do I vehemently argue a point even when I know I might be wrong?
- FOLLY:** Have I made poor decisions in regards to the good of my soul because I am too attached to material things?

PRUDENCE (SOUND JUDGMENT)

- ENABLES ONE TO REASON AND TO ACT RIGHTLY IN ANY GIVEN SITUATION — "RIGHT REASON IN ACTION"
- GIFT OF COUNSEL:** Enables one to respond fully to direction and guidance from the Lord
- CIRCUMSPECTION:** Careful consideration of circumstances and consequences
- DOCILITY:** Willingness to be taught
- FORESIGHT:** Considering the consequences of one's actions; thinking ahead

WAYS OF TURNING AWAY FROM HAPPINESS

- IMPRUDENCE:** Have I engaged in risky behavior endangering my soul/well-being or that of others? Have I been thoughtless in my speech or actions?
- NEGLIGENCE:** Have I neglected my responsibilities as a child of God, spouse, parent or employee?
- CARNAL "PRUDENCE":** Have I seen carnal/material goods as more important than anything else? Have I been crafty, manipulative or fraudulent in my dealings with others?
- Have I utilized integral parts of prudence while making decisions (memory, insight, docility, sagacity (reasonableness), reason, foresight, circumspection, caution)? Have I hastily acted on an impulse or procrastinated through indecisiveness?

JUSTICE (FAIRNESS)

ENABLES ONE TO GIVE TO EACH , BEGINNING WITH GOD, WHAT IS DUE HIM

- GIFT OF PIETY:** Inclines one as a child of God to have devotion and honor to God as Father
- GRATITUDE:** Thankful disposition of mind and heart
- OBEDIENCE:** Assenting to rightful authority without hesitation or resistance
- COURTESY:** Treating other people with respect, recognizing that all are made in God's image and likeness

WAYS OF TURNING AWAY FROM HAPPINESS

- MURDER:** Have I taken the life of another or been involved in taking the life of another (including abortion)?
- THEFT OR ROBBERY:** Have I taken what belongs to another, either in secret or publicly?
- RESTITUTION:** Have I returned to others what I have borrowed or taken from them?
- GOSSIP/CALUMNY:** Have I disparaged someone's character? Have I accused someone wrongly? Have I caused emotional harm to another by word or deed (e.g. backbiting, gossiping, cursing, or cheating another)?
- GOSSIP/DETraction:** Have I harmed another's good reputation by revealing a truth which should not be told?
- SUPERSTITION/THE OCCULT:** Have I indulged in superstitious practices or have I used sacred objects in a superstitious way? Have I indulged in horoscopes, tarot cards, Ouija boards, etc.?
- DEFAMATION:** Have I publicly damaged the character of another through social media?
- BODILY MUTILATION:** Have I intentionally harmed my body through excessive piercings, tattoos, cutting, starvation, etc.?
- IRRELIGION:** Have I tried to tempt God's power? Perjured myself under oath? Misused or violated that which is sacred (sacrilege)?
- DISOBEDIENCE:** Have I willfully disobeyed a command from someone in authority over me? Have I held in contempt that authority or his command?
- INGRATITUDE:** Have I failed to express thanks for a favor received or failed to notice a favor received?
- LYING:** Have I intentionally told a falsehood? Have I lied with malicious intent (e.g. to make fun of others, to profit from the lie, etc.)?
- DISSIMULATION/HYPOCRISY:** Have I acted in such a way to portray myself as someone I am not? Have I behaved in a way that makes me seem like I am better, holier or wiser than I truly am?
- COVETOUSNESS:** Do I have an inordinate desire for wealth or possessions? Do I desire the goods of others?
- PRODIGALITY:** Do I spend money needlessly or excessively?