

Living the Virtues

In this chapter, you learned how virtues and discipleship are connected. Read this paragraph about virtue from the *Catechism of the Catholic Church*. Then respond to the questions below.

A virtue is an habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions.

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In your own words, define what a virtue is.

How can a virtue help you give the best of yourself? Choose a virtue and describe how.

What concrete actions from your life demonstrate that you pursue that which is good? Which virtues do you exercise?

In your Bible, read Philippians 4:8. In your own words, describe the advice Saint Paul gives us for how to live virtuous lives.
