

TRUEMANHOOD'S QUICK GUIDE TO VIRTUE

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WHAT IS VIRTUE?

The Catechism of the Catholic Church defines virtue in paragraph 1803 as: “*The habitual and firm disposition to do the good, which allows a man not only to perform good acts but to give the best of himself.*” Think: Good habits. Virtues are actions!

WHAT IS VICE?

Vice(s) are the bad habits that prevent someone from doing the good and giving the best of themselves. Vice is sinful. Living vice gets in the way of a person fulfilling their life’s purpose and becoming a saint. To break a vice, practice the opposite habit . . . the virtue!

BREAK-IT-DOWN

There are 7 virtues to concentrate on --- 4 Cardinal Virtues & 3 Theological Virtues.

* Cardinal Virtues, like the 4 cardinal directions, direct our lives.

* Theological Virtues are the good habits we have in relationship to God.

CARDINAL VIRTUES

PRUDENCE: wisdom for practical, everyday living. Practical knowledge and right reason applied to daily actions.

→ Knowing the right thing to do, at the right time, in the right way.

JUSTICE: giving others what is due to them.

→ Start with giving others respect and kindness. These are both free to give but go *a long way* to right relations!

FORTITUDE: (courage) firmness in difficulty.

→ Constancy in the pursuit of the good. Resolve to resist temptation.

TEMPERANCE: moderation of one’s attraction to pleasure.

→ Overconsumption (of almost everything) can be dangerous to our bodies, minds, and souls.



BLESSED BE JESUS CHRIST, TRUE GOD ^AND ^DTRUEMAN

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THEOLOGICAL VIRTUES

FAITH: Intellectual assent to God's Divine Revelation (intellect) and the personal adherence to it (will). CCC 150

→ Often described as "blind", the virtue of faith combines both our intellect (human ability to think/know), and our will (ability to do/choose). We must work to develop and build our faith; sacraments, pray, learn, serve, etc.

HOPE: one's desire for Heaven as their happiness.

→ Requires faith! These virtues build upon the previous virtue. Hope = bridge between faith and love.

LOVE: The Greatest Good. Willing the Good of another (in concrete actions.) Love = friendship with God.

→ Effects of love: Joy (extreme pleasure and happiness), Peace (right relations), Mercy (extreme compassion for others in their time of need.)

HOW IT ALL WORKS

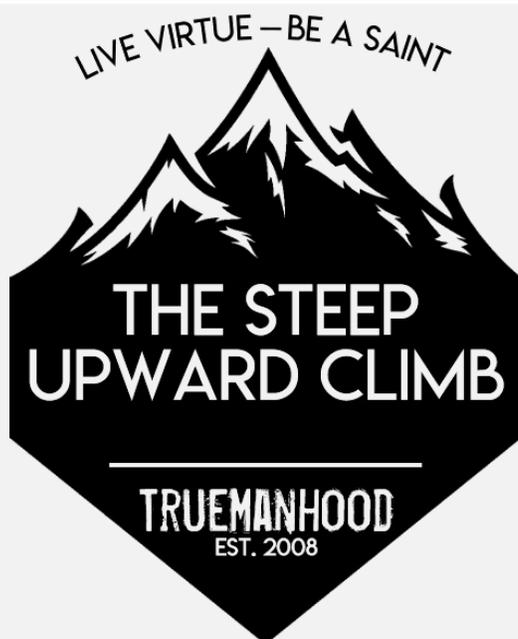
*Living virtue is not easy. Growing in virtue is likely the hardest thing you will ever do in life. Virtue IS masculinity (From the Latin *vir*, meaning manly, or strength.)

*2 Main ways to grow in virtue: 1. Practice & 2. Grace.

Grace is God's free gift of Himself, which allows us to live supernaturally and helps us live the virtuous life.

*Virtues are like Spiritual Muscles; you must work them out. If you do not, you will atrophy. If you do, they will grow strong.

THE STEEP UPWARD CLIMB



Imagine that you are standing at the base of a tall, treacherous, jagged, icy mountain. Your options are to either begin to climb and try to get to the top or slide down and deal with the consequences. Virtue is at the top, and to truly be who you were created to be (a saint!), you must begin -and continue- to climb. The climb will be difficult, unsettling, and you will likely want to quit. Each day, work on getting just a little bit better, and a little bit better, and over time, you will see the improvements. You will notice that you control your will, and not the other way around. The other option is to quit and slide down. At the bottom is vice, sin, & death. There is nothing good at the bottom. Throughout history, a small minority have persevered enough to win the crown of victory. Add to those numbers! Lastly, know that living virtue is ultimately all about living the virtue of love. Love is the most masculine trait you can possess. Jesus' example of TrueManhood shows us how we should act and who we should be - a man who strives for virtue! A TrueMan! Be like Jesus.