

# HEAVENLY VIRTUES

This seven-week series helps us shift from society's "achievement values" to heavenly virtues. These form the foundation of a life rooted in faith.

## WISDOM

Vice: Ignorance | Vice: Arrogance

## COURAGE

Rashness | Cowardice

## JUSTICE

Selfishness | Selflessness

## TEMPERANCE

Insensibility | Over-indulgence

## PATIENCE

Wrath | Passivity

## KINDNESS

Cruelty | Pity

## HUMILITY

Pride | Shame

### To Learn More Wisdom:

*First Level* | Reflect on an action you made this week. Was this a wise action? What could have been done if not?

*Next Level* | Schedule lunch with someone you see as a mentor or can help make you wiser.

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### To Have More Courage:

*First Level* | Watch *Hidden Figures*: reflect on daily acts of courage.

*Next Level* | Talk to someone you see every day but don't interact with. Ask them about their life; listen to their story.

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### To Be More Just:

*First Level* | Google William Wilberforce: "You may choose to look the other way but you can never say again that you did not know."

*Next Level* | Volunteer with The Storehouse.

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### To Learn More Temperance:

*First Level* | Identify something you overindulge in or underindulge in. Give that up/take that up for the week.

*Next Level* | Tell someone and ask them to keep you accountable.

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### To Have More Patience:

*First Level* | Wait 1 hour to send a difficult email.

*Next Level* | If entering into a difficult conversation this week, ask the other person if you can begin in prayer.

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### To Be More Kind:

*First Level* | Listen to a podcast on kindness.

*Next Level* | Invite someone to your house for dinner.

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### To Have More Humility:

*First Level* | Identify three blessings and from whom they came. Thank God for them.

*Next Level* | Identify someone you've wronged and apologize.

