

WORD of LIFE

Chapter 10

Lesson Enhancement Video: The Cardinal Virtues

- **Start with the teaching point of the video: *How many cardinal virtues are there?* (Four.)**
 - ***What are the four cardinal virtues?*** (Prudence, justice, temperance, and fortitude.)
 - ***Why are the cardinal virtues so important?*** (Because our character and our happiness hinge on them. Therefore, if we do not have these virtues, we will not have a virtuous character and we will not be truly happy.)
- **Develop the teaching point of the video: *What image does the video give to show what prudence looks like?*** (A person figuring out directions on where to go.)
 - ***Why is such an example of prudence appropriate?*** (Because a prudent person knows and does the right thing, in the right way, and at the right time.)
 - ***What image does the video give to show what justice looks like?*** (A person paying for his shoes.)
 - ***Why is such an example of justice appropriate?*** (Because a just person gives others what they deserve.)
 - ***What image does the video give to show what temperance looks like?*** (A young person who stops reading her book to help her mother.)
 - ***Why is such an example of temperance appropriate?*** (Because a temperate person practices self-control and moderation. Therefore, a temperate person has control over herself and is not so absorbed in her own enjoyment that she fails to see the needs of others.)
 - ***What image does the video give to show what fortitude looks like?*** (A person breaking up a fight.)
 - ***Why is such an example of fortitude appropriate?*** (Because a courageous person has moral strength in the face of danger and difficulty. He tries to intervene so that people do not hurt one another.)
- **Personalize the virtues: *What are some ways you can practice these virtues?*** (Answers may vary.)
 - ***How can you practice prudence?*** (Answers may include praying about important decisions, thinking before I act, and considering what God would want me to do.)
 - ***How can you practice justice?*** (Answers may include being respectful of others, telling the truth, and helping the elderly.)
 - ***How can you practice temperance?*** (Answers may include going to bed on time, eating dessert after dinner rather than before, and spending quiet time in prayer.)
 - ***How can you practice fortitude?*** (Answers may include refusing to give in to peer pressure to do something bad and praying in public.)