

23RD ANNUAL COLUMBUS CATHOLIC MEN'S CONFERENCE

CATHOLIC MEN GO TO GOD

2020 CONFERENCE

BUILDING
VIRTUE

POST CONFERENCE CALL TO ACTION

“for this reason, make every effort to
supplement your faith with **virtue**,
virtue with knowledge.”

- 2 Peter 1:5

2020 POST-CONFERENCE **CALL TO ACTION**

MEN OF GOD

BUILDING VIRTUE

“For this very reason, make every effort to supplement your faith with virtue, virtue with knowledge, knowledge with self-control, self-control with endurance, endurance with devotion, devotion with mutual affection, mutual affection with love. If these are yours and increase in abundance, they will keep you from being idle or unfruitful in the knowledge of our Lord Jesus Christ. ”

- 2 Peter 1: 5-8

What is Virtue?

What does it look like and how do we Build it?

A virtue is a 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.

The goal of a virtuous life is to become like God.
(CCC 1803)

CARDINAL VIRTUES:

PRUDENCE

JUSTICE

TEMPERANCE

COURAGE

THEOLOGICAL VIRTUES:

FAITH

HOPE

CHARITY

CAPITAL VIRTUES:

CHASTITY

PATIENCE

KINDNESS

HUMILITY

GENEROSITY

PERSISTENCE

2020 POST-CONFERENCE **CALL TO ACTION****FAITH**

"Faith is the theological virtue by which we believe in God and believe all that He has said and revealed to us, and that Holy Church proposes for our belief, because He is truth itself." By faith "man freely commits his entire self to God."

For this reason, the believer seeks to know and do God's will. **"The righteous shall live by faith." Living faith "work[s] through charity."**

(CCC 1814)

Faith is a verb, an active dialogue between God and Man, both a grace and a response to grace.

"FAITH is a gift of God, a supernatural virtue infused by him."
(CCC 153)

So how do we grow in this virtue and walk in faith? We ask God what He wants of our lives, then we give ourselves over to His will.

BUILDING VIRTUE:

1. **Prayer:** Add a small prayer to your morning, starting in Lent, asking God to reveal His will to you and for an increase in the virtue of Faith.
2. **Sacraments:** The Sacraments are our "fuel for the journey", infusing us with the grace we need to walk in faith. Commit to a Weekly Mass, Regular Confession, and Mass on one additional day per week.
3. **Giving a Good Example:** We share our faith, not by words, but in the way we live. As we attempt to live a life of faith, we must do so with a joyful heart. You never know who is watching.

***"He kept his heart fixed on God,
and in times of lawlessness practiced virtue."***
- Sirach 49:3

HOPE

"Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit."

(CCC 1817)

Our hope resides in our confidence in God's promise, in recognition of our eternal purpose. It is our consolation in a world that is besieged by suffering, scandal, sickness and hopelessness.

BUILDING VIRTUE:

1. **Prayer:** The Catechism states that, ***"Hope is expressed and nourished in prayer, especially in the Our Father, the summary of everything that hope leads us to desire."*** (1820) This Lent, find a way to "hang out" with God and build your relationship, starting with a daily Our Father, Hail Mary and Glory Be.
2. **Detachment from the World:** ***"If then you were raised with Christ, seek what is above, where Christ is seated at the right hand of God. Think of what is above, not of what is on earth."*** (Colossians 3:1-2) Identify one way you could trust more in God by trusting less in the world.
3. **Be Present:** Our hope in Heaven is not limited to Sunday, it should be every day. What icon or picture or holy item could you carry or display to remind you of your real reason for hope?

"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus."

- Philipians 4:6-7

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CHARITY

The greatest of virtues is charity, because charity is the imitation of God! The Catechism states, **"The practice of all the virtues is animated and inspired by charity, which "binds everything together in perfect harmony"; it is the form of the virtues; it articulates and orders them among themselves; it is the source and the goal of their Christian practice. Charity upholds and purifies our human ability to love and raises it to the supernatural perfection of divine love.**

BUILDING VIRTUE:

1. **Patience:** **"He is able to deal patiently with the ignorant and erring, for he himself is beset by weakness."** (Hebrews 5:2)
Imagine what it must be like for God to watch us continually turn away and deny Him, He who is complete love? Whether in traffic or at work or especially at home, where can you build your patience?
2. **Mercy:** Do not try to imitate God's judgement, believe me, you are unqualified. Instead, imitate His mercy and forgive others as He continuously forgives us. **"Always speak and act as men destined for judgment under the law of freedom. Merciless is the judgment on the man who has not shown mercy; but mercy triumphs over judgment."** (James 2:12-13)
3. **Gratitude:** A response to Patience and Mercy, the measure of our Gratitude will be in the measure of our Charity towards others. Maintain or begin a prayer of Gratitude when waking, at meals, or when we go to bed.

"Finally, my brothers, your thoughts should be wholly directed to all that is true, all that deserves respect, all that is honest, pure, admirable, decent, virtuous, or worthy of praise. Live according to what you have learned and accepted, what you have heard me say and seen me do. Then will the God of peace be with you. "

- Philippians 3:17-4:9

CHASTITY

The virtue of chastity, not to be confused with abstinence, comes under the Cardinal Virtue of temperance, which seeks to permeate the passions and appetites of the senses with reason.

"Chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being...The virtue of chastity therefore involves the integrity of the person and the integrality of the gift."

(CCC 2337)

Whether living in the vocation of Marriage or Holy Orders or the Single life, we are called to live chastely. From our thoughts, to our what we look at, to how we treat one another, chastity is built on our ability to gain self-mastery.

BUILDING VIRTUE:

1. **Fasting:** Fasting is both a temporary sacrifice and a means to gain control over ourselves. Whether with food or even our favorite TV show, create a weekly exercise of fasting.
2. **Abstinence/Continance:** Beyond fasting, periodic abstinence from meat or alcohol or sexual union, heightens our commitment to holiness, empowering us with the Virtue of Fortitude to live chastely. Maybe start with abstaining from meat every Friday, year-round.
3. **Diligence:** Let's be honest, between our human concupiscence and the culture we live in, it's hard to avoid temptation and the attacks on our chastity of mind and being. So when we struggle, turn to God in prayer, especially in the midst of temptation, because it allows His grace to work in us immediately. ***"Pray without ceasing."*** (1 Thessalonians 5:17)

“Human goodness is like a signet ring with God, and virtue he keeps like the apple of his eye.”

-Ben Sira 17:22

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HUMILITY

CS Lewis once said, **"Humility isn't thinking less of yourself, it's thinking of yourself less".** If charity is the primary Theological Virtue, then humility is the foundation of all virtue because it is the antithesis of pride and is required to both receive and grow in all virtue. And for us, Christ is the ultimate example, **"though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance he humbled himself, becoming obedient to death, even death on a cross."**

(Philippians 2:8)

Nothing is more fruitful, more transformative, than when we practice and nurture the virtue of humility.

BUILDING VIRTUE:

1. **Pray for it:** Humility is a hard thing to desire and it is hard to live, Pray for it! Try to Pray the Litany of Humility and let the words resonate in your heart. *"Lord, grant me the grace to desire it"*
2. **Practice it:** Frustration, jealousy, anger, and entitlement are all fruits of pride, which is the opposite of humility. Practice humility by putting the needs of others before your own.
3. **Share it:** *"For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted". (Luke 14:11)*
Identify one way, every week, that you could humble yourself and exalt someone else.

“Virtue provides an example for people to follow; when it is not there, they miss it. It has always been the finest prize a person can win, and it will always be so. It is the noblest of all the good qualities a person can have.”

- Wisdom 4:2

“This is how he died, leaving in his death a model of nobility and an unforgettable example of virtue not only for the young but for the whole nation.”

- 2 Maccabees 6:31

*This is our **LEGACY**...*

It is what we pass on to our families, our friends, the world.

With Lent right around the corner, how are you going to allow God to **BUILD VIRTUE** in your life?

FAITH

DAILY: _____

WEEKLY: _____

MONTHLY: _____

HOPE

DAILY: _____

WEEKLY: _____

MONTHLY: _____

CHARITY

DAILY: _____

WEEKLY: _____

MONTHLY: _____

CHASTITY

DAILY: _____

WEEKLY: _____

MONTHLY: _____

HUMILITY

DAILY: _____

WEEKLY: _____

MONTHLY: _____

Hail Mary, full of Grace, the Lord is with thee.

Blessed art thou among women,

and Blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. *Amen.*

“BUILDING VIRTUE

For this very reason, make every effort to supplement your faith with virtue, virtue with knowledge, knowledge with self-control, self-control with endurance, endurance with devotion, devotion with mutual affection, mutual affection with love. If these are yours and increase in abundance, they will keep you from being idle or unfruitful in the knowledge of our Lord Jesus Christ. ”

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We are the Catholic Men's Ministry, serving the Columbus Diocese with an annual Catholic Men's Conference and programs and resources which support parish men's ministry programs. We work with pastors and lay leaders to serve men in order to deepen their relationship with Jesus Christ; grow as Catholic Men, and strengthen their commitment to be disciples of Christ.

This eBook is a part of the 23rd Annual
Columbus Catholic Men's Conference
find out more online at www.CatholicMensMinistry.com



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