

**The Virtues Bring Us Joy**

May 17, 2020

6th Sunday of Easter

ARCHDIOCESE OF SEATTLE

# At Home with Faith

**The commandments lead us to a life of virtue, which bring us closer to God and true joy.**



## Read

Take time to quietly and contemplatively read the Scriptures for this day.

### **Don't have access to a Bible?**

Visit [www.usccb.org/bible/readings](http://www.usccb.org/bible/readings) or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

The Catholic faith is all about intimacy with Jesus. He gives us the commandments to develop virtues or habits that condition us to friendship with God and others. This time we have at home with our children gives us the opportunity to train our children in the virtues: Prudence, which brings humility; justice which brings gratitude; fortitude or perseverance; and self-control.

Recent social science research has documented the value of these virtues. Teaching the commandments is one of the best ways we can prepare our children for happiness later in life.

### **Acts 17:22-31**

The Apostles heal many people in Samaria.

### **Psalms 66**

Blessed be God who listened to my prayer.

### **1 Peter 3:15-18**

It is better to suffer for doing good than for doing evil.

### **John 14:1-12**

Whoever keeps my commandments loves me.

# At Home with **Faith**

## Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

- Tell a story about how you followed one of the commandments when it was hard. Maybe it wasn't the popular or easy thing to do. Did your belief in God affect what you did? What was the experience like for you? Ask your children if they have had a similar experience.
- Ask your children if they know what the Ten Commandments are. See if they can name them. You can find them in the Bible in Exodus 20:2-17 and Deuteronomy 5:6-21. If your child finds them a little confusing, tell them that they were meant to prepare us to follow Jesus who teaches us how to live a good life here on earth and live in joy with him after in heaven.
- Leave the Bible out in the house in a place where your children can see it. Look for other religious articles, pictures or books that can be a physical reminder that God has asked us to follow the commandments.



## The Cardinal Virtues: Foundations for Lifelong Happiness

**Use time at home during this pandemic as a time to explore these virtues with your children and recommit to forming them together.**

- **Prudence** is the virtue that helps us understand our identity as being deeply rooted in our relationship with God. Humility, just one of the benefits from this virtue, enables us to ground our happiness in good relationships instead of pride or ego.
- **Justice** helps us know how to treat others with the same dignity we give ourselves. It also fosters gratitude, which is one of the most powerful factors leading to happiness in life.
- **Fortitude** is the virtue that enables us to overcome difficulties knowing that God will care for us. Today this virtue is commonly known as “resiliency” or “grit.”
- **Self-control** (also called Temperance) is the virtue that enables us to forgo our immediate desires for the greater good, knowing that God will ultimately take care of all our needs. Studies have found that a child who learns self-control by ages 11-14 is much more likely to be happy later in life.

**For more resources, including previous issues of  
At Home with Faith, visit us online at:**

<https://marriagefamilylife.seattlearchdiocese.org/athomewithfaith>