

The Pursuit of Virtue

with *The Art of Living*

This pathway introduces participants to the four cardinal virtues and their opposing vices. With content from *The Art of Living* featuring Dr. Edward Sri, participants will hear real life examples, thoughtful storytelling, and the rich history of the Catholic Church's saints and theologians. The content and accompanying discussion resources will inspire participants to love others more deeply and authentically.

WHAT PARTICIPANTS WILL LEARN

- Define the four cardinal virtues
- Explain the vices opposed to these virtues
- Understand how to incorporate the cardinal virtues in our daily lives

WAYS TO RUN THIS PATHWAY

6 Week Study	Guided weekly sessions to watch and discuss.
2 Day Retreat	Guided retreat

PATHWAYS RESOURCES

Video Content

- Episode 1. Introduction to the Cardinal Virtues
- Episode 2. Prudence
- Episode 3. Fortitude
- Episode 4. Temperance
- Episode 5. Justice
- Episode 6. Q&A with Dr. Edward Sri



Pathway Resources

See all pathway information and materials on the Formed Resource Center

- Videos
- Discussion Materials
- Additional Support

ADDITIONAL RESOURCES

- What Are the Virtues and How Do They Help Us?
- How to Grow in Virtue, One Choice at a Time
- Faith, Hope, and Charity | Symbolon | Session 13

Video Content

Episode 1. Introduction to the Cardinal Virtues | The Art of Living

36 minutes

Often in our lives, many skills and lessons are passed down to us from generation to generation. What may not be passed down to us is the art of practicing virtue. This blocks us from living friendships well, dealing with conflict, and embracing all that life has to offer. We have lost the art of living. The four cardinal virtues of prudence, fortitude, temperance, and justice work together to strengthen our ability to live life the way it was intended to be lived, fully and authentically.

Episode 2. Prudence | The Art of Living

43 minutes

As we live our daily lives we are asked to make decisions on things big and small. With the cardinal virtue of prudence you are learning from the past to navigate your present and make prudent decisions for your future. Dr. Sri breaks down the elements of prudence and the opposing vices that stand in our way of living authentically.

Episode 3. Fortitude | The Art of Living

42 minutes

What could you do in your life if you weren't controlled by fear? How can you find ways to do something great for the Lord? Focusing on the virtue of fortitude, Dr. Sri examines how fortitude is needed throughout your daily life, not just in heroic moments.

Episode 4. Temperance | The Art of Living

40 minutes

God gave us the gift to feel pleasure in so many things throughout our lives (food, drink, entertainment, etc.). The virtue of temperance opens us up to feel even MORE. More joy, more pleasure, and more space to experience life's greatest things.

Video Content (Continued)

Episode 5. Justice | The Art of Living

42 minutes

There is some disconnect between the secular worldview and the Christian worldview of justice. While the secular world focuses on “What do you owe me?” the Christian Church asks “What do I owe others?” Dr. Sri breaks down how justice focuses more on our responsibilities and the ways that we can give others their due.

Episode 6. Q&A with Dr. Edward Sri | The Art of Living

21 minutes

Dr. Sri concludes the series by answering audience questions regarding implementation of these cardinal virtues in daily life.

Additional Resources

What Are the Virtues and How Do They Help Us?

7 minutes

The catechism reminds us, “A virtue is a habitual and firm disposition to do the good” (CCC 1803). There are two distinct types of virtues: human virtues and theological virtues. The human virtues involve our intellect and will and are known as prudence, justice, fortitude, and temperance. These human virtues are rooted in the theological virtues. They’re called the theological virtues because they are gifts from God, and are directed towards God. The three theological virtues are faith, hope, and love.

How to Grow in Virtue, One Choice at a Time

42 minutes

What is virtue, and how do we actually become more virtuous? Taylor Kemp sits down with Dr. Joe Scherrer—retired Air Force colonel, leadership coach, and secular Discalced Carmelite—to explore how the habits we practice shape the people we become.

Together, they discuss the cardinal and theological virtues, the relationship between prudence and leadership, the need for temperance in everyday life, and why humility is essential for holiness. Dr. Joe Scherrer also offers a practical approach to growth: identify one virtue, practice it through small concrete actions, and cooperate with God’s grace over time.

Faith, Hope, and Charity | Symbolon | Session 13

33 minutes

The whole of the Christian life is fundamentally a living out of the theological virtues. Whether washing the dishes or offering prayers for the Church, every moment is an opportunity for holiness. See how you can increase the theological virtues in your life and grow closer to God.

Use Cases

2 Day Retreat | Day 1

9:00 AM	Arrival, coffee, welcome, opening prayer, introductions
9:30 AM	Session 1 Connect question
9:45 AM	Session 1 video: Introduction to the Cardinal Virtues
10:25 AM	Session 1 discussion, all 4 questions
10:55 AM	Break
11:10 AM	Session 2 Connect question
11:20 AM	Session 2 video: Prudence
12:05 PM	Session 2 discussion, all 4 questions
12:40 PM	Lunch
1:25 PM	Session 3 Connect question
1:35 PM	Session 3 video: Fortitude
2:20 PM	Session 3 discussion, all 4 questions
2:55 PM	Break
3:15 PM	Adoration and silent reflection using the examination of conscience from the appendix. Confession available.
4:00 PM	Small groups: name your own gap in prudence and fortitude
4:45 PM	Closing prayer

Use Cases (Continued)

2 Day Retreat | Day 2

9:00 AM	Coffee, opening prayer, brief report-back on yesterday's gap
9:20 AM	Session 4 Connect question
9:30 AM	Session 4 video: Temperance
10:10 AM	Session 4 discussion, all 4 questions
10:45 AM	Break
11:00 AM	Session 5 Connect question
11:10 AM	Session 5 video: Justice
11:55 AM	Session 5 discussion, all 4 questions
12:30 PM	Lunch
1:30 PM	Session 6 video: Q&A with Dr. Sri
1:55 PM	Open floor for questions the group still has
2:25 PM	Break
2:40 PM	Rule of life: each person writes one concrete practice per virtue
3:40 PM	Share commitments in small groups, pair off accountability partners
4:15 PM	Mass, or closing holy hour and final blessing

Use Cases (Continued)

6 Week Study

7:00 PM	Opening prayer and the session introduction read aloud
7:08 PM	Connect. The session's opening question, plus last week's Commit report-back
7:18 PM	Watch video. Participants follow the outline in the study guide and take notes.
8:00 PM	Discuss all 4 questions, roughly 5 minutes each.
8:22 PM	Commit. Look over the week's assignment together.
8:27 PM	Wrap-up and closing prayer



See all materials on the **Formed Resource Center**

Discover comprehensive resources and training designed to help your ministry flourish

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