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UNDERSTANDING

“KNOWING THE RIGHT THING TO DO.”

OPENING PRAYER

Father, in Your goodness grant me
the intellect to comprehend You,
the perception to discern You,
and the reason to appreciate You.

In Your kindness endow me with
the diligence to look for You,
the wisdom to discover You,
and the spirit to apprehend You.

In Your graciousness bestow on me
a heart to contemplate You,
ears to hear You,
eyes to see You,
and a tongue to speak of You.

Grant me a perfect end, Your holy presence. I ask this
in the name of Your Son, Our Lord Jesus Christ. Amen.

- *St. Benedict*





UNDERSTANDING

DEFINITION

This week our strength building on the virtue of PRUDENCE is UNDERSTANDING.

The strength to know what is the right thing to do in each situation.

If you don't know what the right thing to do is, you should:

Ask for help or advice
Listen attentively
Reflect and decide
Get it done!

What are some examples we could talk about to explain this further?

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RESOLUTION

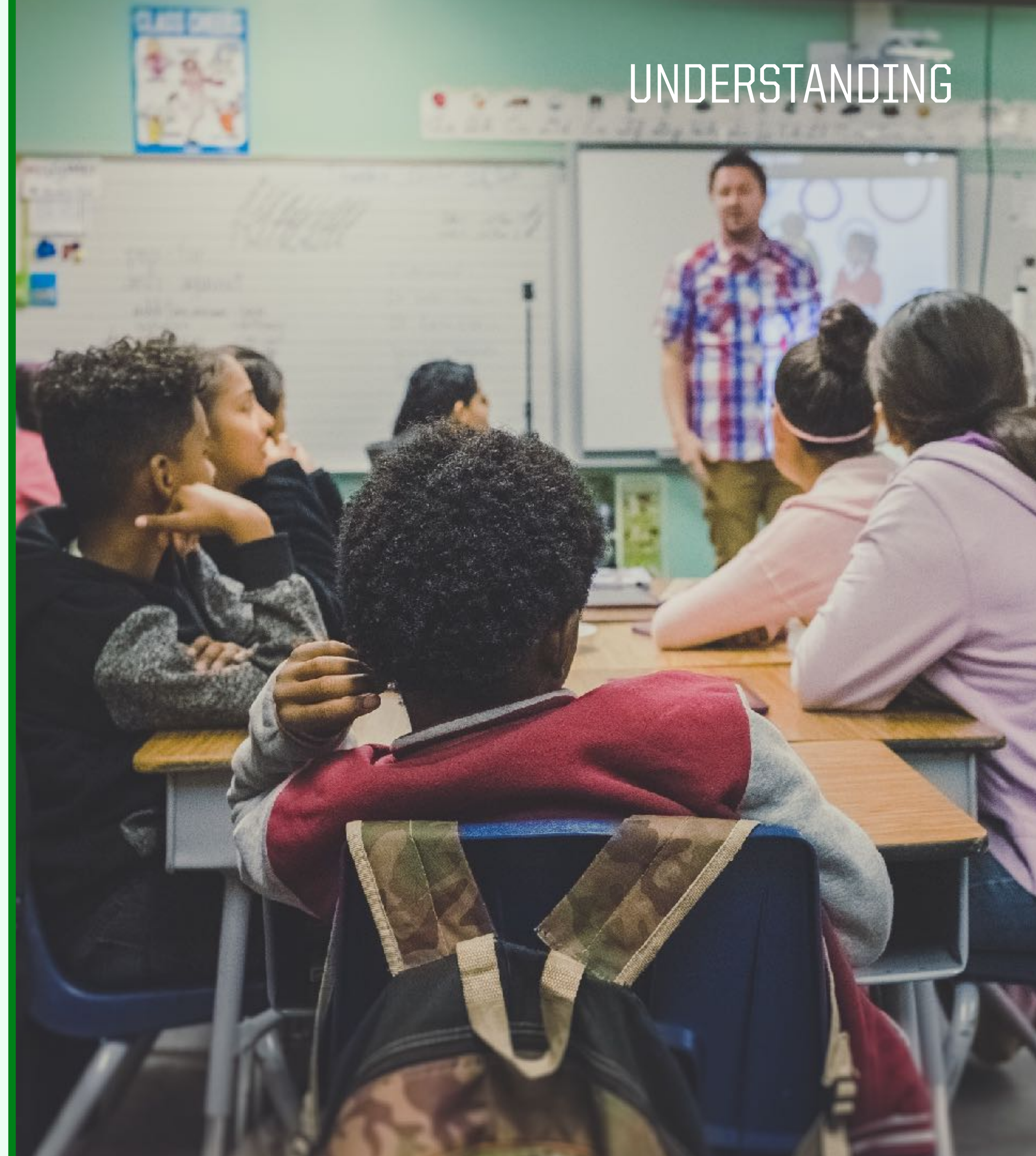
Give your students an assignment where they have to go through the steps when they don't know what the right thing to do is.

For example, should you donate \$100 to this organization or not?

- *Ask for help or advice
- *Listen attentively
- *Reflect and decide
- *Get it done!

Then have them write about it or explain it to the class.

UNDERSTANDING



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UNDERSTANDING

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UNDERSTANDING

“The Lord opened the understanding of my unbelieving heart, so that I should recall my sins.”

- St. Patrick

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UNDERSTANDING

“What we need is a cup of understanding, a barrel of love and an ocean of patience.”

- St. Francis de Sales

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VICE

VICE





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IMPULSIVITY

“REACTING WITHOUT REFLECTING.”

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VICE

SOME CONSEQUENCES OF BEING TOO IMPULSIVE

Getting into frequent fights or arguments.

Quitting activities or jobs too soon.

Binge eating.

Destroying property.

Jumping to conclusions.

Making spur of the moment decisions.

Not avoiding unnecessary risks.

What are some other ways we can be impulsive or too hasty about things?



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1974 - A Douglass Blvd. Louisville, KY 40205