

Christian Virtues

As Orthodox Christians, our goal is to live a pure and holy life. There is a set of guidelines we can follow to help us live a virtuous life. If we concentrate on doing what is pure and holy, then we don't need to worry about doing what makes God unhappy with us. The Holy Virtues are pleasing to God but their opposite sins keep us away from God. To help us, we receive the Holy Sacraments, we pray for guidance, and we surround ourselves with people who will lead us closer to God. At the same time, God understands that sometimes it is difficult to follow all these guidelines, and teaches us that through repentance and confession, all our sins will be forgiven.



VIRTUE	EXPLANATION	SIN	EXPLANATION
Patience	Behaving with grace and being calm when dealing with difficult situations. Peace is always the answer.	Impatience	Lacking Faith in God, not counting on Him and not trusting in Him. Wanting what we want immediately.
Humility	Being selfless and always thinking of others first.	Pride	Being arrogant and believing that we are better than others.
Kindness	Being happy with our life and behaving in a kind, friendly and understanding way with others no matter what.	Envy	Disliking someone because of the things that they have.
Temperance	Having self-control and living with moderation and within our needs.	Gluttony	Always wanting more things than we actually need.
Chastity	Keeping our body, our mind and our soul pure.	Lust	Having impure thoughts and ideas.
Generosity	Sacrificing our wants so that we can help and give to others.	Greed	Wanting something because someone else has it.
Diligence	Working hard and never giving up in order to meet our goals.	Sloth	Behaving in a lazy way and expecting others to give you everything without working for it.



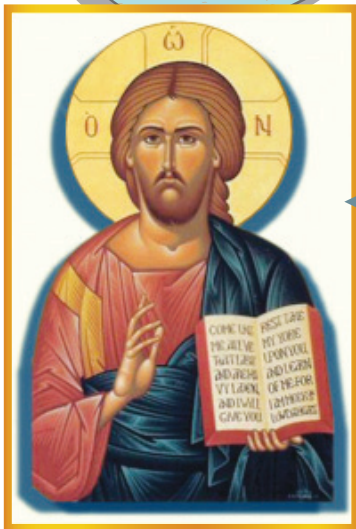
Virtues in the Bible

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." **Philippians 4:8**

"These six things doth the Lord hate: yea, seven are an abomination unto him: a proud look, a lying tongue, and hands that shed innocent blood, a heart that deviseth wicked imaginations, feet that be swift in running to mischief, a false witness that speaketh lies, and he that soweth discord among brethren." **Proverbs 6:16-19**

Name: _____ Date: _____

Choose one of the guidelines, then draw a picture of yourself using it.



Write the red letters on the line to find out what guidelines we must follow to be closer to God.

G**T**F**H****H**K**H**E**J**R**C**G**T****H**N**V**R**X**J**I**F**R****S**F**L****T**N**G****I**J**D**A**J**G
N**I**S**V**K**S**I**K**M**R**L**K****T**S**D****U**D**C**E**V**M**S**.



PRAYER – PSALM 121:1 (120)

*I lift up my eyes to the hills – where does my help come from?
My help comes from the Lord, the Maker of Heaven and Earth.*

- Divine Liturgy -

Christian Virtues

{Teacher's Edition}

Lesson Objective: To have the children become familiar with the Seven Christian Virtues and understand that if we do not follow them, we will be committing the sin listed next to each one.

Introduction:

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Bible Reading:

Virtues in the Bible

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Highlights:

VIRTUE	EXPLANATION	SIN	EXPLANATION
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Activity:

Have the children choose a virtue and draw a picture of themselves using it. Have the children write the red letters on the line to discover the message.

Prayer

Psalm 121,1 (120):

I lift up my eyes to the hills – where does my help come from?
My help comes from the Lord, the Maker of Heaven and Earth.
- Divine Liturgy -