



VIRTUE=STRENGTH.™



UNDERSTANDING

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



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!

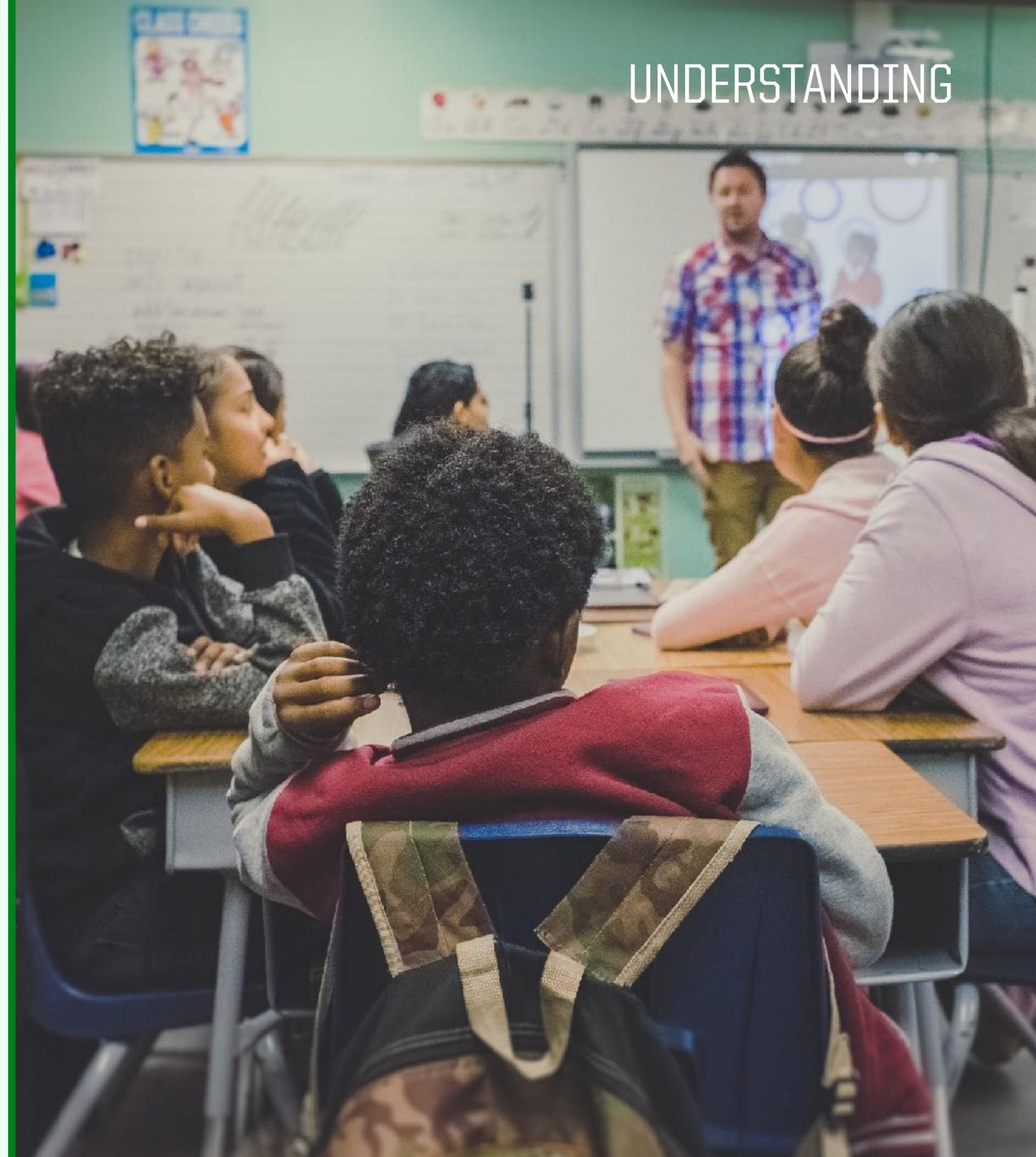
What are some examples we could talk about to explain this further?

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.

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.



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UNDERSTANDING

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UNDERSTANDING

SAINT STORY

ST. THOMAS AQUINAS

1225-1274

January 28

Patron Saint of Students

Dominican friar and priest, who is one of the most influential writers in this history of the world. He was a philosopher, a theologian, and a jurist. He is known within the Catholic Church as the Doctor Angelicus, the Doctor Communis, and the Doctor Universalis.

The name Aquinas identifies his ancestral origins in the county of Aquino in present-day Lazio, Italy. Among other things, he was a prominent proponent of natural theology and the father of a school of thought (encompassing both theology and philosophy) known as Thomism. He argued that God is the source of both the light of natural reason and the light of faith.

He has been described as "the most influential thinker of the medieval period" and "the greatest of the medieval philosopher-theologians." His influence on Western thought is considerable, and much of modern philosophy is derived from his ideas, particularly in the areas of ethics, natural law, metaphysics, and political theory.

As a Doctor of the Church, Thomas Aquinas is considered one of the Catholic Church's greatest theologians and philosophers.

SMALL GROUP DIFFICULT SITUATION DISCUSSION

What is the definition of understanding?

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

Your parents have a ton of people over to celebrate an anniversary.

Your grandparents arrive late and as they are coming in to the living room you notice that all the seats are taken and no one seems to notice.

You really don't have other chairs to get for them.

How should you handle this situation so that your grandparents can sit down and you don't embarrass anyone at the same time?



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UNDERSTANDING

“I want to become a saint; it will not be easy at all. I have a lot of wood to chop and it is as hard as stone. I should have started sooner, while it was not so difficult; but, in any case, better late than never.”

- St. Zelig Martin



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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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