

Come. Be. BECOME

“Be who you were created to be, and you will set the world on fire.”



INTERACTIVE SESSION: Why Virtue?

ACTIVITY 1 (SEPARATE MEN'S AND WOMEN'S GROUPS)

What traits and characteristics do you find most attractive in women/men? Make a list, answering this question about the opposite gender.

ACTIVITY 2 (MIXED GROUPS)

Take some time to discuss how an individual's commitment to living a life of virtue (i.e. 'doing the good even when it's hard or unpleasant') affects the various areas of our lives.

How are each of the below spheres of life affected when key persons involved:

(+ VIRTUE) are committed to the pursuit of virtue?

(- VIRTUE) are not committed to the pursuit of virtue?

List examples of some of the consequences you observe in your own life or in the culture today.

	+ VIRTUE	- VIRTUE
DATING		
MARRIAGE & FAMILY		
WORK		
SOCIAL MEDIA & ENTERTAINMENT		

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ACTIVITY 3

VIRTUE LIVED: DATE SKIT

You're on a date, and your date tells you they had a good time, and they'd like to see you again. You do not share their enthusiasm for going on another date.

GROUP 1: “Choosing Virtue” Scenario.

GROUP 2: “Not Choosing Virtue” Scenario.

LIVE IT – WEEKLY CHALLENGE

Ask the Holy Spirit to help you identify an area of your life where an increase in virtue is needed; ask Him for grace & strength as you persevere at transforming Vice into a Virtue.

EXTRA RESOURCES:

Definition of Virtue from the Catechism of the Catholic Church (CCC 1803)	<i>“A virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions”.</i>
Quote from Aristotle	<i>“Happiness is the reward of virtue.”</i>
Quote from C.S. Lewis	<i>“Courage is not simply one of the virtues, but the form of every virtue at the testing point, which means, at the point of highest reality. A chastity or honesty or mercy which yields to danger will be chaste or honest or merciful only on conditions. Pilate was merciful till it became risky.”</i>
The complete list of resources for this session can be found at: hrcyoungadults.ca/become/session-6	

Visit hrcyoungadults.ca/become for links to all our session videos, question sheets, and resources.