

VIRTUE GROUP

for Couples

Participant Guide



Session 6: TEMPERANCE & JUSTICE

PRAYER (5 min)

INTRODUCTION & 90 SECOND CHECK IN (5 min)

“Temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will’s mastery over instincts and keeps desires within the limits of what is honorable. The temperate person directs the sensitive appetites toward what is good and maintains a healthy discretion.” (CCC 1809)

“Justice is the moral virtue that consists in the constant and firm will to give their due to God and neighbor.” (CCC 1807)

READ SIRACH 18: 30, 32 (15 min)

Do not follow your base desires, but restrain your appetites. Do not revel in great luxury, lest you become impoverished by its expense.

- **What is the cost of reveling in great luxury?**

READ TITUS 2: 11-12 (15 min)

For the grace of God has appeared for the salvation of all men, training us to renounce irreligion and worldly passions, and to live sober, upright, and godly lives in this world.

- **Is it harder in this time of uncertainty and social isolation to live temperately and why?**
- **How can we fight the temptation to binge watch Netflix or spend too much time on our phones or social media? Why should we fight it?**
- **What kind of assumptions do people make about sober, upright, godly living?**

READ CCC 1807 (15 min)

Justice toward men disposes one to respect the rights of each and to establish in human relationships the harmony that promotes equity with regard to persons and to the common good. The just man... is distinguished by habitual right thinking and the uprightness of conduct toward his neighbor.

- **Are shelter in place/stay at home directives just? Why or why not?**

THE TAKEAWAY & PRACTICE (10 min)

Below, write down one thing you learned in this session or one thing that is speaking to your heart. Write a short prayer (2 or 3 sentences) asking Jesus to keep this on your heart. Pick a time to say this prayer each day.

CONCLUSION

To live well is nothing other than to love God with all one’s heart, with all one’s soul and with all one’s efforts; from this it comes about that love is kept whole and uncorrupted (through temperance). No misfortune can disturb it (and this is fortitude). It obeys only [God] (and this is justice), and is careful in discerning things, so as not to be surprised by deceit or trickery (and this is prudence). (CCC 1809 quoting St Augustine)

CLOSING PRAYER AND INTENTIONS (5 min)