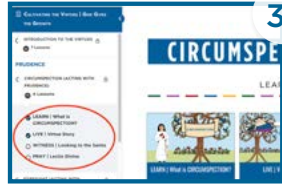


Do the virtue of the week with

CULTIVATING THE VIRTUES

GOD GIVES THE GROWTH

1. Go to: <https://openlightmedia.com/courses/cultivating-virtues/lessons/introduction-to-the-virtues/>
2. From the left side-bar menu, click the virtue you want to cover.
3. Then click the lesson you need. (Learn, Live, Witness, or Pray)



4. The video lesson can be found to the right; the worksheets are below the video.



SUGGESTED SCHEDULE

*This breakdown helps you use our online video course to teach one virtue each week (weekdays), or to cover a virtue on your own schedule, such as every other week or once a month in five, fifteen-minute segments.

DAY 1 (MON)	Show "Learn" Lesson for the Virtue (approx. 7 min)	Begin a worksheet	Worksheet options: Looks Like-Sounds Like Opposing Traits Ways to Cultivate Create your own virtue card
DAY 2 (TUE)	Continue worksheet from Day 1	<i>*Day 2 and 3 can be combined, if desired.</i>	
DAY 3 (WED)	Show "Live" Lesson (approx. 4 min)	Complete Worksheet.	
DAY 4 (THU)	Show "Witness" Lesson (approx. 6 min.)		<i>Optional Worksheet: Saint Coloring Page</i>
DAY 5 (FRI)	"Pray" Lesson: Show video and complete journaling worksheet. (approx. 20 minutes.)		Worksheet is essential to this activity. <i>Don't forget to print it.</i>

2022-2023

Week of Virtue

8/1/22	Faith
8/8/22	Hope
8/15/22	Charity
8/22/22	Prudence
8/29/22	Justice
9/5/22	Orderliness
9/12/22	Docility
9/19/22	Obedience
9/26/22	Responsibility
10/3/22	Foresight
10/10/22	Kindness
10/17/22	Courtesy
10/24/22	Industriousness
10/31/22	Circumspection
11/7/22	Patriotism
11/14/22	Magnanimity
11/22/22	Gratitude
11/28/22	Prayerfulness
12/5/22	Humility
12/12/22	Patience
12/19/22	Magnificence
1/2/23	Respect
1/9/23	Sincerity
1/16/23	Affability
1/23/23	Modesty
1/30/23	Trustworthiness
2/6/23	Courtesy
2/13/23	Prayerfulness
2/20/23	Self-Control
2/27/23	Perseverance
3/6/23	Moderation
3/13/23	Honesty
3/21/23	Meekness
3/27/23	Foresight
4/3/23	Generosity
4/10/23	Fortitude
4/17/23	Gratitude
4/24/23	Magnificence
5/1/23	Loyalty
5/8/23	Temperance