

# In His Image

parent resources

## SOLID ROCK: BUILDING OUR FAMILIES ON THE FOUNDATION OF CATHOLIC VIRTUE

### MORE ABOUT VIRTUE: podcasts, videos, articles

#### PODCASTS...

- [How the Virtues Changed My Life](#) (Edward Sri)
- [Prepare the Way with Virtue](#) (Edward Sri)

#### VIDEOS...

- [Faith, Hope, and Love](#) (Bishop Barron)
- [The Virtues of the Christian Disciple](#) (Edward Sri)
- [Dr. Edward Sri on The Art of Living](#) (Augustine Institute)

#### ARTICLES...

- [The Seven Deadly Sins + The Seven Lively Virtues](#) (Blessed is She [BIS])
- [Virtues](#) (multiple articles from Edward Sri website)
- [Educating in Virtue](#) (Catholic Education Resource Center)
- [Feast of the Holy Family Homily](#) (Vatican/Pope John Paul II)



Bishop Robert Barron's [Seven Deadly Sins, Seven Lively Virtues](#) (video on formed.org)

### FOR PARENTS: resources to grow in personal virtue

#### FOR MEN...

- [True Manhood's Guide to Virtue](#) (TrueManhood article)
- [The Virtuous Man](#) (Catholic article)
- [Knights of Columbus Virtues and Vices](#) (PDF guide)

#### FOR WOMEN...

- [Praying with Mary through May: The Ten Virtues of Mary](#) (BIS article)
- [Extinguishing Vices, Growing Virtues](#) (BIS article)
- [Celebrating with Virtue](#) (BIS article)



[How to Grow in Virtue](#) (youtube video for men)

### FOR YOUR HOME: strategies, toolkits, and more!

- [Education in Virtue](#) (comprehensive toolkit for teaching virtue, includes option to purchase full access)
- [How \(+ Why\) to Build Your Domestic Church](#) (BIS article with links)
- [The Catholic Toolbox: Virtue](#) (activities, coloring pages, crafts, games)
- [Catholic Virtues Lesson Plan](#) (strategies for teaching virtue, includes option to purchase lesson plans)
- [Rise Up Virtues Devotional for Kids](#) (BIS book, purchase required)

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## **SOLID ROCK: BUILDING OUR FAMILIES ON THE FOUNDATION OF CATHOLIC VIRTUE**

*STRATEGIES TO BUILD VIRTUE FOR ALL FAMILIES, regardless of age:*

- **Lead by example:** learn about the virtues, seek healing, build your virtue
- **Display the virtues in your home as a visible reminder** of how we are all called to live—by name, picture, etc.
- **Regularly receive the sacraments**—this is the surest way to encountering Jesus and receiving the gift of grace and virtue from God!
- **Center a family activity on a virtue** (e.g., memorize a short Bible verse that emphasizes a virtue; study a saint who displayed a particular virtue; begin a family challenge to show a specific virtue through our actions; do an art project and discuss God's magnificence)
- **Pray as a family**—regularly pray together and ask the Holy Family's intercession!

*BUILDING VIRTUE in ages 0-5:*

- **Teach good manners** to emphasize respect, dignity, and habitual courtesy
- **Name virtues when correcting behavior** (e.g., "Sharing is a way we show our love [charity] for our friends")

*BUILDING VIRTUE in grades K-2:*

- **Be a united front with your spouse**, especially in offering consequences
- **Reward virtuous behaviors:** Recognize when your child lived a virtue and offer a special treat for their action

*BUILDING VIRTUE in grades 3-5:*

- **Encourage regular confession:** Help your child examine his/her conscience with the language of virtue (...this is where they will receive the mercy of Jesus, remove vice, receive God's grace, and build virtue!)

*BUILDING VIRTUE in grades 6-8:*

- **Cultivate personal and family honor:** Reflect on how our actions and words build our character, reputation, and allow us to show Jesus to others
- **Discuss your child's day/experiences with the language of virtue** (e.g., "Wow, it sounds like you experienced the virtue of hope today!" or "It seems like you had a rough day—maybe you didn't receive as much courtesy from your friends as you needed.")

*BUILDING VIRTUE in grades 9-12:*

- **Set a goal for building virtue and/or removing vice.** Pick a concrete goal, discuss it as a family, regularly pray for one another, hold one another accountable, and do this with them!
- **Complete a [consecration to Jesus through Mary](#) with your kids.** During this 33 day period, learn about the 10 virtues of Mary and ask for the Blessed Mother's intercession (particularly relevant for girls).
- **Complete a [consecration to Jesus through St. Joseph](#) with your kids.** During this 33 day period, learn about St. Joseph's most chaste heart and ask for his intercession (particularly relevant for boys).