

VIRTUES – Episode 5: Wisdom/Prudence – Living the Truth



Team Member Name: _____ Date: _____

Game Strategy – Men, we don't have a right to be wrong, even when doing wrong seems right. What is truth?

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. There are many confusing messages being thrown around in this crazy, mixed-up world – when you want to know what is really true – where do you search for the truth? From where are you gathering your wisdom? Who are you listening to? How much time do you spend on the internet? TV? Listening to talk shows? Listening or talking with the Lord in prayer? Do you have a mentor/spiritual director? Do you read Scripture in order to gather wisdom? How often do you refer to the Catechism of the Catholic Church in order to gain wisdom concerning the teachings of the Catholic Church?
2. Three steps in making a prudent decision:
Take counsel – Where and whom do you seek counsel?
Make a judgement about what is right – What is this judgement based on? Why?
Take action – What type of action should you take?
3. There seems to be a lack of truth in the world. Why do you think this is taking place? Do you find yourself not trusting the word of people, especially the ones in leadership roles? Why? (2 Corinthians 4:1-4).
4. The “truth will set us free” – to be virtuous people we must begin to trust in one another. Who do you trust? Jesus Christ? Why? Catholic Church? Why? Family members? Friends? Co-workers?
5. Personal “quiet time” is essential in order for us to be able to hear God speak to us inwardly to gain some of His wisdom. Spend some time reflecting on your daily schedule and make a list of all the things that distract you from this “quiet time.” What are some ways that you can adjust your schedule in order to free up some “quiet time” with the Lord.

VIRTUES -- Episode 5: Wisdom/Prudence – Living the Truth

Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Beg the Lord to send you His Spirit. Get on your knees and be honest. The Holy Spirit will help you.
2. It's time to grow up. We need to recognize the Church can guide us.
3. The Lord gave us one mouth and two ears. Be quiet and listen. Spend 30 minutes in an Adoration chapel.

Complete your **Personal Action Item**. 

Scripture References

1 Kings 3:6-14

Proverbs 31:1-9

1 Kings 19:9-16

2 Corinthians 4:1-4

Coaching Tips

Prudence is the mother of all virtues. All other virtues – justice, courage, temperance – rely on prudence.

Steps to be prudent...

- Take Counsel – get the wisdom of others
- Make a judgment about what's right based on the truth
- Take action – be bold and do it!

Prudence is defined as the habit and skill of applying moral principles to concrete situations. Its opposite is “reckless, uncontrolled, hasty and careless”.

Prudence makes us look for the truth about reality. It sees what's real. It requires listening to the truth, taking the issue to prayer and finally taking action. Prudence requires work and commitment.

Prudence asks three questions: What is just? What is brave? What is temperate?

Rely on the power of the Holy Spirit. We need to defeat “panic” and let prudence manage the situation.

Catechism Connection

1806 *Prudence* is the virtue that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it; “the prudent man looks where he is going.” “Keep sane and sober for your prayers.” Prudence is “right reason in action,” writes St. Thomas Aquinas, following Aristotle. It is not to be confused with timidity or fear, nor with duplicity or dissimulation. It is called *auriga virtutum* (the charioteer of the virtues); it guides the other virtues by setting rule and measure. It is prudence that immediately guides the judgment of conscience. The prudent man determines and directs his conduct in accordance with this judgment. With the help of this virtue we apply moral principles to particular cases without error and overcome doubts about the good to achieve and the evil to avoid.

1835 Prudence disposes the practical reason to discern, in every circumstance, our true good and to choose the right means for achieving it.

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...