

Note to Parents about “The Virtues” lessons and craft project:

In our Church School lessons during the Lenten Season, we have been working on developing an understanding of “The Virtues” and how the children can apply them to their everyday lives: in school, at home, and with their friends.

We are working on creating a large poster collage. For the collage, we are using pictures that illustrate The Virtues in action. The teachers brought some pictures to get the children started.

For the next lesson, the children have been asked to choose one of The Virtues and find a picture in magazines or print out a picture from the Internet and to bring it to Church School to talk about it and then place it on the poster. Parents may wish to help their younger children to find a picture. (The teachers will also bring more pictures for the children to use, until the poster is filled by the end of Lent.)

We have learned that when we cooperate with the Holy Spirit in working to keep the Commandments in our lives, these “good things” are known as the “Fruits of the Spirit” or **“THE VIRTUES.”**

Match the Virtue on the left with its definition (meaning) on the right:

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| 1. Faith | a. telling the truth, admitting mistakes, not lying or trying to get away with something |
| 2. Hope | b. facts that you know, information learned by reading, listening, observing, etc. |
| 3. Knowledge | c. waiting for something quietly for a time, without getting annoyed or upset |
| 4. Wisdom | d. doing something good for you or helpful to others that you are afraid to do |
| 5. Honesty | e. giving to or helping others, sharing what you have |
| 6. Humility | f. what you wish or pray for, knowing that God will provide good things for our lives |
| 7. Obedience | g. knowing right from wrong, using knowledge for the good of ourselves or others |
| 8. Patience | h. knowing that you “can” do something wrong but stopping yourself |
| 9. Courage | i. knowing that you are not better than others, not criticizing or making fun of others |
| 10. Faithfulness | j. doing the right things as you are told to do, including keeping the Commandments |
| 11. Self-control | k. the things you believe are true, especially the teachings of the Orthodox Church |
| 12. Generosity | l. kind feelings toward others, feeling close to others and to God |
| 13. Gratitude | m. loyalty, keeping to your Faith, even if others don’t or they criticize it |
| 14. Love | n. giving thanks to God for all things, thanking others for gifts or kindness |

Think About It:

1. What is the difference between Knowledge and Wisdom?
2. Can you think of ways that Patience and Self-control work together?
3. Courage and Humility are not opposites although they might seem to be.
Can you explain why it sometimes takes Courage to have Humility?
4. We try to be kind to people but sometimes some people are not friendly or kind to us.
What should we do if we try to be kind and friendly but some people are still mean or nasty?
5. God hears every prayer of everyone. But we should never think that prayer is a kind of magic.
So we must understand that there is a difference between what we Hope for and what we “want.”
Can you think of some reasons why God doesn’t give us everything that we ask for or “want”?

A craft project is included with this lesson.

The teachers print out images illustrating each of the virtues (prior to the date of the lesson). After the virtues are explained and defined, the children find the corresponding image that illustrates each virtue and assemble a collage on posterboard.

Materials:

1 large tri-fold posterboard

glue tabs (These are small circles of glue-like double sided-tape that come on slick paper and are easily removed for use; they are available at craft stores and are an easy way for children to use “sticky stuff” without mess.)

print-outs of (royalty-free) pictures from the Internet