

Christian Super Powers

The Four Cardinal Virtues (from ancient Greek philosophy):

Prudence: also described as wisdom, the ability to judge between actions with regard to appropriate actions at a given time.

Justice: also considered as fairness, a most extensive and important virtue.

Self Restraint: also known as temperance, the practice of self-control, abstention, and moderation tempering the appetite.

Courage: also named fortitude, forbearance, strength, endurance, and the ability to confront fear, uncertainty, and intimidation.

The Three Theological Virtues (from the letters of Saint Paul of Tarsus):

Faith : belief in God, and in the truth of His revelation as well as obedience to Him

Hope : expectation of and desire of receiving; refraining from despair and capability of not giving up. The belief that God will be eternally present in every human's life and never giving up on His love.

Charity(Love): a supernatural virtue that helps us love God and neighbors, more than ourselves.

The Seven Heavenly Virtues (adopted from the above virtues by the Church Fathers):

1. **Purity:** (Chastity) Abstaining from sexual conduct according to one's state in life; the practice of courtly love and romantic friendship. Cleanliness through cultivated good health and hygiene, and maintained by refraining from intoxicants. To be honest with oneself, one's family, one's friends, and to all of humanity. Embracing of moral wholesomeness and achieving purity of thought-through education and betterment. The ability to refrain from being distracted and influenced by hostility, temptation, sin, depravity, iniquity, wickedness, corruption. (vice: lust)

2. **Self Restraint** (Temperance): Self control, justice, honor, abstention. Constant mindfulness of others and one's surroundings; practicing self-control, abstention, moderation and deferred gratification. Prudence to judge between actions with regard to appropriate actions at a given time. Proper moderation between self-interest, versus public-interest, and the rights and needs of others (vice: gluttony)

3. **Love** (originally listed as Charity): Benevolence, generosity, sacrifice. Generosity, charity, self-sacrifice; the term should not be confused with the more restricted modern use of the word charity to mean benevolent giving. In Christian theology, charity—or love (agápé) is the greatest of the three theological virtues. Love, in the sense of an unlimited loving kindness towards all others, is held to be the ultimate perfection of the human spirit, because it is said to both glorify and reflect the nature of God. Such love is self-sacrificial. Confusion can arise from the multiple meanings of the English word "love". The love that is "caritas" is distinguished by its origin – being divinely infused into the soul – and by its residing in the will rather than emotions, regardless of what emotions it stirs up. This love is necessary for salvation, and with it no one can be lost (vice: greed)

4. **Diligence** (Industria): Persistence, effort, ethics, righteousness. A zealous and careful nature in one's actions and work; decisive work ethic, steadfastness in belief, fortitude, and the capability of not giving up. Budgeting one's time; monitoring one's own activities to guard against laziness. Upholding one's convictions at all times, especially when no one else is watching (vice: sloth)

5. **Patience** (Patientia): Peace, mercy, non-harmful, sufferance. Forbearance and endurance through moderation. Resolving conflicts and injustice peacefully, as opposed to resorting to violence. Accepting the grace to forgive; to show mercy to others. Creating a sense of peaceful stability and community rather than suffering, hostility, and antagonism. (vice: wrath)

6. **Kindness** (Humanitas): Satisfaction, loyalty, compassion, integrity. Charity, compassion and friendship for its own sake. Empathy and trust without prejudice or resentment. Unselfish love and kindness without bias or spite. Having positive outlooks and cheerful demeanor to inspire kindness in others (vice: envy)

7. **Humility** (Humilitas): Bravery, modesty, reverence, altruism. Modest behavior, selflessness, and the giving of respect. Humility is not thinking less of yourself, it is thinking of yourself less. It is a spirit of self-examination toward yourself and charity toward people you disagree with. The courage of the heart necessary to undertake tasks which are difficult, tedious or unglamorous, and to graciously accept the sacrifices involved. Reverence for those who have wisdom and those who selflessly teach in love. Giving credit where credit is due; not unfairly glorifying one's own self. Being faithful to promises, no matter how big or small they may be. Refraining from despair and the ability to confront fear and uncertainty, or intimidation. (Contrary vice: pride)

The biblical teachings of Jesus include: Love of God, Renunciation of worldly things, Renunciation of violence, Forgiveness of others, and Unconditional love for all.

The "Seven Deadly Sins" (lower powers): wrath, greed, sloth, pride, lust, envy, and gluttony.

Other Lower Powers: adultery, bragging, blasphemy, cheating, desecration, fraud, laziness, lying, incest, murder, narcissism, prostitution, rage, rape, revenge, stealing, sacrilege, terrorism.