

## VIRTUES

There are four primary aretaí or virtues (qualities or strengths) that help us excel in moral goodness. In what follows, they are listed in their original Greek terminology, their English equivalents, and as referred to in Holy Scripture:

- 1) **Sōphrosynē**: Self-Control or Temperance. “Self-control [sōphrosynē], then, is dominance over the desires. Some desires are mental, others are physical, and reason obviously rules over both.” *4 Maccabees 1:31, 32*.
- 2) **Phronēsis**: Wise insight, prudence, or right-thinking in moral activities, acquired by experience. “He that procures wisdom (phronēsis) loves himself; and he that keeps wisdom shall find good.” *Proverbs 19:8*.
- 3) **Andreia**: Manly courage, fortitude: “For the tyrant Antiochus, when he saw the courage [andreia] of their virtue and their endurance under the tortures, proclaimed them to his soldiers as an example for their own endurance...” *4 Maccabees 17:23*.
- 4) **Dikaiosynē**: Righteousness or justice. “Blessed are they that hunger and thirst after righteousness [dikaiosynē]: for they shall be filled.” *Matthew 5:6*.

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