

# Simply Put, What is a Christian?

## What are the Cardinal Virtues and How Might They Help?

January 28, 2024

### Luke 4v1-12

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written,

"Worship the Lord your God, and serve only him."

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written,

"He will command his angels concerning you, to protect you",

and

"On their hands they will bear you up, so that you will not dash your foot against a stone."

Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' When the devil had finished every test, he departed from him until an opportune time.

**Books:** *Mere Christianity* by C. S. Lewis  
**Songs:** Take My Life and Let It Be, In Christ Alone, Build My Life, Living Hope, Reign Above It All, Revelation Song  
**Podcast:** Word & Table: The Cardinal Virtues (12/01/2020)  
**Looking to Connect?:** One of the staff would love to meet for a walk, on the phone, or for a beverage. To schedule a time please visit our website and click on the "Meet with Staff" button on the home page.

**Suggested Mere Christianity Reading:**  
 Week 1 (January 14-20): Preface, Book I (3-32)  
 Week 2 (January 21-27): Book II (35-68)  
 Week 3 (January 28-Feb 3): Book III: Chapter 1 & 2 (pgs 69-81)  
 Week 4 (February 4-10): Book III: Chapters 9-12 (pgs 129-152)  
 Week 5 (February 11-17): Book IV: Chapters 8-11 (pgs 195-227)

How do we become the kinds of people who can do the right thing, even when it's difficult?

Circa 2022: Your Mental Game: Back to the Basics

"What if courage is a Cardinal Virtue?"

What are the Cardinal virtues?

**Fortitude:** the ability to not be controlled by fear

2 Timothy 1v7  
 For God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.

**Temperance:** the ability to not be controlled by pleasure

1 Corinthians 9v24-27  
 Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

Matthew 20v25-28  
 But Jesus called them to him and said, 'You know that the rulers of the Gentiles lord it over them, and their great ones are tyrants over them. It will not be so among you; but whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be your slave; just as the Son of Man came not to be served but to serve, and to give his life a ransom for many.'

**Justice:** the ability to do right by others

**Prudence:** the ability to seek wisdom for self and others

Proverbs 1v1-4  
 The proverbs of Solomon son of David, king of Israel:

For learning about wisdom and instruction, for understanding words of insight, for gaining instruction in wise dealing, righteousness, justice, and equity; to teach shrewdness to the simple, knowledge and prudence to the young—

How might the Cardinal Virtues be helpful categories of thought?