

# **Virtue Based Restorative Discipline (VBRD)**

## **VBRD Prayer**

Dear Lord:

We are your chosen ones, holy and beloved. Help us to grow in heartfelt compassion, kindness, humility, gentleness, and patience, so we may bear with one another and be forgiving. If we have a grievance against another, may we be as forgiving as you have been with us. And over all these virtues may we put on love, that is, the bond of perfection. Let your perfect peace control our hearts, the peace that calls us into one body. We are thankful, in your holy name. Amen.

## **The Four Guiding Principles**

1. We will dedicate ourselves to living virtue.
2. We will support others in living virtue.
3. We will commit to constructive thoughts, words, and deeds.
4. When faced with challenges or conflict, we will find solutions that cultivate virtue for ourselves and others.

## **Prayer for Peace (Prayer of St. Francis)**

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life.

Amen.

## **THEOLOGICAL VIRTUES**

**Faith** - a gift from God that enables us to believe in him and accept all that he has revealed

**Hope** - the virtue that enables us to trust in God's promise to share his life with us forever; it makes us confident in God's love and care for us

**Love** - the greatest of all virtues that enables us to love God and to love one another

## **CARDINAL VIRTUES**

**Fortitude** - the ability to face danger and find strength to overcome fear

**Temperance** - helps us to keep our desires under control and to balance our use of material goods

**Justice** - respecting the rights of others and giving them what's rightfully theirs

**Prudence** - the virtue that helps us to make sound judgments and directs our actions towards the good

## **COLOSSIANS VIRTUES**

**Holiness** - sharing in God's goodness and responding to his love by the way we live our lives; comes through grace

**Compassion** - a sympathetic understanding of another person's pain with the desire to relieve it

**Kindness** - to be gentle and generous toward others; knowing the kindness of God in creation, and responding

**Humility** - willingness to think first of others and of God, and to give ourselves to God and to others for God's sake

**Gentleness** - one of the Fruits of the Holy Spirit that makes us both humble, thankful for God's grace, and resist judging, resenting, or harming others

**Patience** - the ability to wait calmly without complaining, even when something takes a longtime

**Forbearance** - make allowance for each other's faults, withholding judgment and having mercy

**Forgiveness** - the power given by God to free us from our mistakes and regrets so that we can look to the future with hope through mercy and pardon

**Peace** - the result of justice, sign of love in action; the freedom that comes from trusting God & respecting all people

**Unity** - an understanding that we are all one in Christ and that what we do to one another affects the entire Body

**Thankfulness** - showing appreciation and being changed by gratitude for someone or something