

# Vice to Virtue with Fr. Nick Monco

## SCOPE AND SEQUENCE – YOUNG ADULT, HIGH SCHOOL, MIDDLE SCHOOL

EPISODE	TITLE	VIRTUOUS RESPONSE	FOCUS	DOWNLOAD	LGTH
<b>FROM VICE</b>					
1	<a href="#">Studying Sin: Bad Reason</a>	<ul style="list-style-type: none"> <li>• Seeking of truth</li> </ul>	Bad reason to look at the seven deadly sins: <ul style="list-style-type: none"> <li>• Increase servile fear</li> <li>• Self-hatred</li> <li>• Fascination with evil</li> <li>• Hopelessness</li> </ul>	Questions and Reflection	4.40
2	<a href="#">Studying Sin: Good Reason</a>	<ul style="list-style-type: none"> <li>• Seeking of truth</li> <li>• Self-knowledge</li> </ul>	Good motives for studying the 7 deadly sins: <ul style="list-style-type: none"> <li>• Humility</li> <li>• Beatitudes</li> <li>• Conversion</li> </ul>	Questions and Reflection	8.59
3	<a href="#">The Devil and Temptation</a>	<ul style="list-style-type: none"> <li>• Prayer</li> <li>• Humility</li> </ul>	<ul style="list-style-type: none"> <li>• Through free will, Adam and Eve invited the devil and his temptations into our life</li> <li>• God helps us know our weaknesses through temptation. We must ask, “What is going on inside?”</li> <li>• Perhaps this is an opportunity to exercise the virtues</li> </ul>	Questions and Reflection	9.22
<b>LUST AND GLUTTONY</b>					
4	<a href="#">Lust and Gluttony</a>	<ul style="list-style-type: none"> <li>• Order</li> </ul>	<ul style="list-style-type: none"> <li>• There are temptations we experience because we are physical beings</li> <li>• Lust and gluttony become disordered when they violate the true purpose of their activities</li> <li>• When physical activities are desired and used rightly, they contribute to our happiness and holiness</li> </ul>	Questions and Reflection	5.32
5	<a href="#">Understanding Lust and Gluttony</a>	<ul style="list-style-type: none"> <li>• Self-knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• We need to understand the deeper things lust and gluttony are messengers of</li> <li>• We ultimately want to be loved and known intimately</li> <li>• We want to give and care for another</li> <li>• We desire to be cared for</li> </ul>	Questions and Reflection	7.41
6	<a href="#">Sex, Food, and Drink Disordered</a>	<ul style="list-style-type: none"> <li>• Temperance</li> <li>• Charity</li> <li>• Courtesy</li> <li>• Obedience</li> </ul>	<ul style="list-style-type: none"> <li>• Disordered pursuit of a good</li> <li>• Access leads to lack of health</li> <li>• Feelings should mean something and point to a reality beyond themselves</li> <li>• Our actions speak and have meaning and value</li> <li>• Harms of sex, food, and drink when they are disordered</li> </ul>	Questions and Reflection	8.40
7	<a href="#">Lust, Gluttony, and Prayer</a>	<ul style="list-style-type: none"> <li>• Prayer</li> <li>• Transparency/honesty</li> </ul>	<ul style="list-style-type: none"> <li>• Spiritual lust and spiritual gluttony can cause us to lose sight of the goal of prayer</li> <li>• We might start pursuing a feeling or experience at prayer instead of a person</li> <li>• Don’t judge your prayer by your feelings</li> </ul>	Questions and Reflection	6.45

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<b>LUST AND GLUTTONY – CONTINUED</b>					
8	<a href="#">Remedies for Lust and Gluttony</a>	<ul style="list-style-type: none"> <li>• Humility</li> <li>• Acknowledging temptation</li> <li>• Get help</li> <li>• Pray</li> <li>• Confession</li> <li>• Engage in real joys</li> <li>• Avoid the near occasion of sin</li> </ul>	<ul style="list-style-type: none"> <li>• Remedies to combat lust and gluttony</li> </ul>	Questions and Reflection	8.31
<b>GREED (AVARICE)</b>					
9	<a href="#">Greed</a>	<ul style="list-style-type: none"> <li>• Spirit of generosity</li> <li>• Generosity of time</li> </ul>	<ul style="list-style-type: none"> <li>• Feelings should mean something and point to a reality beyond themselves</li> <li>• Disordered desire for material wealth</li> <li>• Materialism</li> <li>• Holding on for things</li> </ul>	Questions and Reflection	6.32
10	<a href="#">Remedies for Greed</a>	<ul style="list-style-type: none"> <li>• Generosity in our goods</li> <li>• Generosity in time</li> <li>• Generosity in prayer</li> <li>• Vulnerable listening</li> <li>• Open-handed poverty and receive God's generosity</li> <li>• Faith in God's generosity</li> </ul>	<ul style="list-style-type: none"> <li>• Remedies for greed</li> </ul>	Questions and Reflection	6.17
<b>SLOTH (ACEDIA)</b>					
11	<a href="#">Sloth or Acedia</a>	<ul style="list-style-type: none"> <li>• Contemplation</li> <li>• Accept God's love and return it</li> </ul>	<ul style="list-style-type: none"> <li>• Lack of care about the most important obligations</li> <li>• Sloth attacks the joy of the good</li> </ul>	Questions and Reflection	7.57
12	<a href="#">Sloth Manifested</a>	<ul style="list-style-type: none"> <li>• Love God more than happiness.</li> <li>• Perseverance</li> </ul>	<ul style="list-style-type: none"> <li>• Sloth does not disguise itself and it is still a temptation to conquer</li> <li>• This lies at the very core to conversion</li> <li>• We must love God more than we love being happy</li> <li>• We can only be really happy when we love something more than happiness</li> <li>• Avoidance of good things</li> <li>• Seeking after compensations</li> </ul>	Questions and Reflection	13.06
13	<a href="#">Sloth and the Incarnation</a>	<ul style="list-style-type: none"> <li>• Trust in the slow work of God</li> <li>• Tears</li> <li>• Remembering our death and judgment</li> <li>• Perseverance</li> <li>• Call out to God for help</li> <li>• Don't try to manufacture joy</li> <li>• Offer God your happiness</li> </ul>	<ul style="list-style-type: none"> <li>• Remedies for sloth from the Desert Fathers</li> </ul>	Questions and Reflection	11.41
<b>WRATH (ANGER)</b>					
14	<a href="#">Wrath</a>	<ul style="list-style-type: none"> <li>• Justice</li> <li>• Patience</li> </ul>	<ul style="list-style-type: none"> <li>• Anger is a combination of two different passions—sorrow plus hope</li> <li>• Vengeance, when given to God in trust, is an ordered justice</li> </ul>	Questions and Reflection	8.44

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<b>WRATH (ANGER) – CONTINUED</b>					
15	<a href="#">Understanding Wrath</a>	<ul style="list-style-type: none"> <li>Justice</li> <li>Go to confession</li> <li>Give mercy and forgiveness</li> </ul>	<ul style="list-style-type: none"> <li>Anger can be broken down into 3 parts. wrath, ill-will (bitterness), rancor (desire for vengeance)</li> <li>Mercy and forgiveness must be received in order to give</li> <li>Look at your displaced anger</li> </ul>	Questions and Reflection	11.01
16	<a href="#">Remedies for Wrath</a>	<ul style="list-style-type: none"> <li>Patience and prudence</li> <li>Acknowledge your own weakness before your judgment</li> <li>Real forgiveness</li> </ul>	<ul style="list-style-type: none"> <li>Remedies for Wrath—the Incarnation</li> <li>Correct understanding of our emotional life</li> <li>Correct understanding of forgiveness</li> </ul>	Questions and Reflection	12.18
<b>ENVY</b>					
17	<a href="#">Envy</a>	<ul style="list-style-type: none"> <li>Happiness for another’s good</li> <li>Not revealing the shortcoming of another unnecessarily</li> </ul>	<ul style="list-style-type: none"> <li>Attacks our joy for our neighbor’s good</li> <li>Temptation and envious feelings verse willful consent</li> </ul>	Questions and Reflection	7.32
18	<a href="#">Spiritual Envy and Remedies</a>	<ul style="list-style-type: none"> <li>Keep our eyes fixed on the Lord</li> <li>Count your blessings</li> <li>Willing our neighbor’s good.</li> </ul>	<ul style="list-style-type: none"> <li>What is spiritual envy</li> <li>Sins against the Holy Spirit</li> <li>What St. Gregory of Nazianzen and Basil the Great can teach us</li> </ul>	Questions and Reflection	7.43
<b>PRIDE</b>					
19	<a href="#">Vainglory</a>	<ul style="list-style-type: none"> <li>Humility</li> </ul>	<ul style="list-style-type: none"> <li>There are different categorizations of Pride and Vainglory</li> <li>Give God the credit</li> <li>Don’t mistake vainglory for real glory</li> <li>Vainglory is false advertising</li> <li>Virtue of humility</li> </ul>	Questions and Reflection	6.41
20	<a href="#">Four Types of Pride</a>	<ul style="list-style-type: none"> <li>Humility</li> <li>Gratitude</li> <li>Magnanimity</li> </ul>	<ul style="list-style-type: none"> <li>Surprise by our weaknesses and sins</li> <li>Over-estimation of the influence we have control</li> <li>Self-made goodness</li> <li>Earned goodness</li> <li>Disdained goodness</li> </ul>	Questions and Reflection	10.20
21	<a href="#">Pride and Psychology</a>	<ul style="list-style-type: none"> <li>Obedience</li> <li>Love</li> </ul>	<ul style="list-style-type: none"> <li>Pride can cause or exasperate mental health</li> <li>The important truth that we are lovable are loved is the cure</li> <li>Accepting the reality that we cannot avoid or control every bad thing that happens to us</li> <li>Relationship between pride and self-hatred</li> <li>Relationship between pride and self-control</li> </ul>	Questions and Reflection	9.59

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	...TO VIRTUE	DEFINITION	FOCUS	DOWNLOAD	LGTH
22	<a href="#">Humility</a>	<ul style="list-style-type: none"> <li>Thinking and acting in the reality of who we are</li> </ul>	<ul style="list-style-type: none"> <li>Have faith in God's love and know that you are utterly lovable</li> <li>We are loved as sinners</li> <li>Grow your faith in God's love for you</li> <li>Go to confession and run towards God.</li> <li>Naming your sins gives you power over them</li> <li>Count your blessings</li> <li>Be kind and grateful to those who give us feedback or criticism</li> </ul>	Questions and Reflection	7.59
23	<a href="#">Magnanimity</a>	<ul style="list-style-type: none"> <li>Holy Ambition, doing great things for God</li> <li>The reality of who we are</li> </ul>	<ul style="list-style-type: none"> <li>We should accept the limitations that we have but try to be the very best we can while relying on God's grace</li> <li>There is a natural desire in us to be the very best we can be</li> <li>St. Ignatius was able to do great things for God in true humility</li> </ul>	Questions and Reflection	3.23
24	<a href="#">Hope</a>	<ul style="list-style-type: none"> <li>A desire for a good thing that we don't have that's hard to get but possible to obtain</li> </ul>	<ul style="list-style-type: none"> <li>The difference between Aristotle's understanding of virtues and the Theological Virtues</li> <li>Distinction between hope and optimism/wish</li> <li>The role of prayer</li> <li>Keep problems correctly labeled</li> </ul>	Questions and Reflection	14.09