



Spiritual Strengths Institute  
For Hope, Healing and Inner Peace



## The Power of Virtue

### What is the Value of Virtue?

Living a virtuous life bestows many gifts! In every stage and phase of life, your true heart's desire is simply to love, and to be loved.

You can love, and you can find love in many ways, yet if you compact our lifelong search for love down to one word; that word would be virtue. In general I can confidently say that virtue provides the foundation for true happiness. Let's take a look.

#### **1. Virtue offers you a life of meaning**

*To find true happiness you need a deep-rooted sense of meaning in your life!*

Meaning is a fundamental human need, without it you begin to wither. Meaning is a “felt sense” that your life is on-track... on-target. Simply stated, those of us who find personal meaning in life are the happier ones among us, while those of us with only meager measures of life meaning gradually lose their “vigor for life.”

If left unchecked this loss of life-vigor slowly erodes your personality, contorting it out into the shadows and compulsions, places where you risk increased susceptibility to a life of desolation, commonly known as depression.

## **2. Virtue gives purpose to your life**

*You feel that extraordinary inner sensation of meaning only when you live your life on-purpose.*

You are created by God for one singular purpose: to embrace that you are unconditionally loved by God, and then to return this love to all God’s children and to yourself... to become God’s instrument of love... and nothing more.

Yet, who could measure the variety of ways this purpose is expressed in the world? Purpose is a many-faceted diamond, yet the reflection of each facet sheds light on the same life purpose: to come to know and love God’s creation in the unique ways that the Holy Spirit calls-forth your one-of-a-kind spiritual personality. Your deepest and most lasting life-meaning and true happiness flows from saying ‘yes’ to this call... following your life purpose.

Holding-on to a firm purpose in life helps convert desolation, woundedness, and brokenness into illuminating consolation. A sense of purpose in life, i.e., believing that you matter, that what you do is good, and that you are on a meaningful path – has been shown in earlier studies to contribute to greater well-being and better overall health.

## **3. Virtue motivates you**

*Motivation is regarded as the most critical factor in maintaining a strong positive mental attitude, a key ingredient in true happiness.*

Motivation is the energy that drives you, it fortifies your efforts, and it powers you through frustration, pressures and fears. Most of all, motivation gives you the energy to continue your life journey, the inner drive to go the extra mile, and to reach for new heights of life performance even in the face of what others might call pain, suffering, and even tragedy.

Motivation is the mega-competency in your personality to push-on, to ignite your purpose, and to keep your stamina and fortitude intact. It is your thoughts that determine what and how you motivate yourself, and it is your thoughts that give you the reason to focus-in on the target-calling of your life.

#### **4. Virtue begets peace of mind and heart**

*Virtue is the epicenter of our peace of mind and heart...  
true happiness!*

Without the virtue of peace, how could you ever...

- Listen to the great quiet within you?
- Know that you live in celestial security and serenity?
- Live in a state and place where Love abides?
- Embrace the gift of tranquility that comes when you see a higher plan for your happiness, one that you perhaps didn't see before?

***Virtue connects you to God's truth, beauty and goodness that together form the foundation for true inner happiness.***