

VIRTUE=STRENGTH.

WHAT IS DETACHMENT?

The strength to let go of worldly desires and attachments in order to focus on the spiritual life.

This virtue enables us to prioritize our love for God above all else, trusting in Him fully, while being open to His will.

Detachment is not about rejecting the world but rather about having a proper perspective, recognizing that our ultimate fulfillment comes from God.

Examples of Detachment:

1. Maria chooses to spend her Saturday volunteering at a local shelter instead of sleeping in.
2. Carlos donates his old, unused electronics to charity even though they could bring in extra money.
3. Sarah refrains from obsessively checking social media, prioritizing family time and prayer to nurture her spiritual well-being.

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THE VICE OF ATTACHMENT

The weakness to cling excessively to worldly possessions, people, or status to the point of prioritizing them over God.

Attachment can lead us to find our security, identity, and happiness in things or people rather than in God's will and can lead to idolatry.

Examples of Attachment:

1. Ethan refuses to part with his phone, even when it becomes a source of constant distraction from schoolwork and prayer, because he believes his happiness depends on knowing everything.
2. Lily constantly seeks approval from her friends by wearing expensive clothes, feeling empty when she's not at the center of attention.
3. Alex spends hours playing video games, neglecting his spiritual life and relationships with family because he is attached to the thrill of winning.



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CATHOLIC SYMBOL: EMPTY HANDS

A powerful symbol for the virtue of detachment is a pair of empty, open hands raised toward heaven.

This represents letting go of material possessions, worldly attachments, and personal desires to fully trust in God's providence.

It reflects the biblical call to "store up treasures in heaven" (Matthew 6:19-21) rather than clinging to earthly things.

Open hands also signify freedom—when we are detached from material goods, social status, and personal ambitions, we are free to receive God's grace and do His will.

The hands appear empty, showing a willingness to surrender all to God and let go of attachments.

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REFLECTION-DISCUSSION QUESTIONS

1. What are some things in your life that might be difficult to let go of, and how could detaching from them bring you closer to God?
2. How does detachment relate to true freedom? Can you think of a saint who lived this virtue well?
3. Jesus said, 'Where your treasure is, there your heart will be also' (Matthew 6:21). How can we practice detachment while still being responsible with the gifts God has given us?
4. What are some modern examples of things that people might become overly attached to? How do these attachments impact their relationship with God and others?

WHAT DOES DETACHMENT LOOK LIKE?

