

Lyceum 112, September 25, 2025 -- a forum to Think, Discuss, Share, and Learn from one another. Your input is welcomed - Iron sharpens iron.

Neighborhood “The1826, in Connecticut, a farmer named Josiah Holbrook started a school for ‘the general diffusion of knowledge and raising the moral and intellectual taste’ of Americans. In those days, the opportunities for higher education were limited to those venerable old universities that had long served the upper crust. Holbrook’s vision was to make learning – practical, liberal, and humane – available to working people of all kinds. He named his school the Lyceum, after the garden where Aristotle once taught his students philosophy.... We need to go deeper than the superficial fights that characterize public life. We need to return to the first principles and meet each other there as human beings.”– Nathan Beacom, Plough Magazine, Autumn 2023, p. 9.

Majoring in philosophy at St. Norbert College, Aristotle has been a life-time companion as we have been traveling together on an intellectual and spiritual journey. For Aristotle, the highest GOOD is eudaimonia, translated as happiness which is achieved through virtuous living and rational activity. -Roger J. Vanden Busch.

The pursuit of the good person and a good Christian marriage.

Fifteen traits that only good people have: This is how you can recognize them.

In a world where haste, selfishness, and appearances seem to dominate, finding a good person feels like a real gift. We are not talking about someone perfect, because nobody is, but about those souls who, through their gestures, attitudes, and way of relating, transmit authenticity and kindness without needing words.

Good people can be recognized by what they radiate: peace, respect, and a sincere desire to bring light into the lives of others. They do not need to show off their virtues because their actions speak louder than words. Below, you will find fifteen traits that only good people have and that will help you identify them clearly.

1. Genuine empathy

Good people truly feel the pain and joy of others. They do not just say “I understand you;” they put themselves in someone else’s shoes and act with compassion. That

ability to emotionally connect is what makes them unique and memorable in every space they inhabit.

Instead of judging or dismissing emotions, they create a safe environment where others can share what they feel. This type of empathy builds stronger relationships because it shows that they not only listen but also care deeply about the well-being of those around them.

2. Humility in their attitude

They do not seek recognition or brag about what they have. A good person remains grounded, grateful, and aware that someone's worth is not measured by material possessions but by how they treat others. Humility keeps them approachable and genuine.

Even when they achieve success, they do not let it define them. Instead, they treat everyone with the same respect, showing that their true greatness lies in their ability to stay authentic and free of arrogance.

3. Attentive listening

Good people do not interrupt, judge, or minimize what others are saying. They listen with patience and presence, allowing others to feel valued and understood. This ability makes conversations more meaningful and supportive.

Through attentive listening, they offer comfort and validation. It is not about finding immediate solutions but about giving others the gift of being heard, which is something increasingly rare and precious in today's world.

4. Respect for everyone

Good people do not make distinctions based on job titles, age, or social status. They treat everyone with dignity, from the waiter to the CEO, from the child to the elderly. For them, every life deserves kindness and consideration.

Their respect goes beyond polite manners; it reflects a deep belief in equality. This attitude helps them build strong, positive connections that are not based on power or position but on mutual humanity.

5. Honesty without cruelty

Truth, when it comes from a good person, never cuts like a weapon. They know how to express themselves honestly without unnecessarily hurting others, choosing words that clarify instead of destroying. Their honesty is rooted in respect.

This way of communicating creates trust. Others know they will hear the truth, but also that it will be delivered with empathy and tact, which makes their words much easier to accept and appreciate.

6. Generosity without expecting anything in return

Giving without expecting something back is one of the clearest signs of genuine kindness. It may be time, attention, or support—they give because it feels right, not because they are looking for rewards.

This type of generosity strengthens relationships because it shows that their actions are pure and authentic. Others feel safe knowing that the support they receive is not conditional but sincere.

7. Patience in difficult times

Good people do not react with immediate anger or hostility. They take a deep breath, wait, and remain calm, even in adversity. Patience is not weakness—it is a strength that allows them to navigate challenges with grace.

By staying calm, they create stability around them. Their patience often becomes a source of comfort for others, who find reassurance in their composed presence during stressful situations.

8. Gratitude in everyday life

They express gratitude for what others do, no matter how small it seems. Good people do not take things for granted; they appreciate every effort and every gesture of kindness. Gratitude is part of their daily outlook.

This attitude makes them happier and more resilient. By focusing on what they have instead of what they lack, they radiate positivity and remind others to celebrate the little things.

9. Ability to forgive

Forgiveness does not mean forgetting or justifying harmful behavior. For good people, it means choosing not to carry resentment. They understand that forgiveness is more about inner peace than about excusing someone else's mistakes.

By forgiving, they release emotional burdens and open the door to healing. This ability allows them to move forward with lightness, avoiding the bitterness that often comes with holding grudges.

10. Consistency between words and actions

Good people are not full of contradictions. Their words align with their actions, which makes them trustworthy. When they say something, they follow through, showing integrity in every aspect of life.

This coherence builds credibility over time. Others know they can rely on them, which is one of the most valuable traits in any relationship—whether personal or professional.

11. Joy that uplifts others

Their happiness is not forced or fake; it comes from appreciating life as it is. This genuine joy has the power to uplift everyone around them, creating a more positive atmosphere.

Instead of spreading negativity, they inspire hope and optimism. Their lighthearted spirit is a reminder that joy can be found even in small, simple moments.

12. Solidarity with those in need

Good people do not stay indifferent in the face of suffering. If they can help, they do—whether through small acts of kindness or bigger gestures. Their solidarity shows that they genuinely care about the struggles of others.

Their willingness to support others often inspires more generosity. By extending a helping hand, they remind everyone that kindness is a force that multiplies when shared.

13. Attention to details

They notice what others need, often before being asked. Whether it is a thoughtful message, a comforting call, or a small gesture, good people make others feel cared for and less alone.

These details may seem small, but they create deep emotional connections. They show attentiveness and reinforce the idea that the other person matters and is truly seen.

14. Authenticity always

Good people do not pretend to be someone they are not just to fit in. They show themselves as they are, with strengths and flaws, and honesty makes them trustworthy.

Authenticity builds relationships based on truth rather than appearances. By being real, they encourage others to feel comfortable being themselves as well.

15. Love for life

Their kindness is not limited to people, it extends to animals, nature, and the environment. They demonstrate respect for all forms of life, driven by a genuine sense of care and responsibility.

This love for life reflects a deep awareness of the interconnectedness of everything. It makes them protectors of balance, reminding others that caring for the world is also an act of love.

-----The pursuit of the good Christian marriage.

A strong marriage does not happen by accident. It is built over years of shared effort, intentional choices, and leaning on faith when life gets hard. For Christian couples, their relationship is not about the two of them — it is a partnership with God at the center. The habits that keep love steady over decades are not flashy or complicated, but they are consistent, meaningful, and rooted in both grace and commitment.

1. They Pray Together Regularly

Prayer is not just for emergencies — it is a daily anchor. Whether it is holding hands before bed or offering a quick prayer before a big decision, couples who pray together stay spiritually connected. It is less about the perfect words and more about inviting God into every season of life. That shared time creates unity even when the day has been messy or stressful.

2. They Keep Communication Honest and Kind

Disagreements happen, but strong couples know the value of talking things through without tearing each other down. Honesty matters, but so does tone. They share frustrations without weaponizing them and listen without jumping to defend. Over time, this habit builds trust, because both partners feel safe expressing what is really on their hearts, knowing they will be heard instead of dismissed.

3. They Make Time for Each Other, No Matter How Busy Life Gets

Jobs, kids, and church responsibilities can easily push quality time to the bottom of the list. Couples who stay close protect time together — a walk after dinner, a quiet breakfast, or even running errands side by side. It is not always grand gestures, but the small, regular moments that say, "You still matter most to me."

4. They Forgive Quickly and Fully

Resentment does not just fade on its own — it grows if left unchecked. Christian couples who last learn to forgive without keeping score, remembering how much grace they have received themselves. Forgiveness does not mean pretending the hurt never happened, but it does mean choosing not to hold it over the other person. This clears the path for healing instead of letting bitterness take root.

5. They Support Each Other's Callings

In a Christian marriage, each partner has their own God-given gifts and callings. Strong couples make space for each other to pursue those passions, whether that is leading a ministry, going back to school, or starting a new project. Instead of competing, they cheer each other on, knowing that personal growth in one spouse enriches the marriage.

6. They Stay Connected to a Church Community

Isolation makes it easier for misunderstandings and struggles to grow. Couples who stay strong often stay plugged into a faith community that encourages, prays for, and sometimes even challenges them. Being surrounded by other believers provides perspective and accountability, which can be especially helpful during seasons when it is harder to feel united at home.

7. They Keep a Sense of Humor

Laughter can be a lifeline in marriage. Couples who can laugh at themselves, find joy in silly moments, and not take every inconvenience too seriously tend to weather challenges better. Humor breaks tension reminds you that you are a team and helps keep the relationship lighthearted even when the world outside feels heavy.

8. They Keep Physical Affection a Priority

Physical closeness matters beyond intimacy — a hug in the kitchen, holding hands in the car, or kissing goodbye before work. These small gestures speak volumes over time, reminding each other they are still wanted and cherished. It is a way of saying "I see you" without needing a single word, keeping the spark alive in the everyday routine.

9. They Pray for Each Other Individually

Even when they are not praying together, strong couples take time to lift each other up privately. These prayers can be for protection, wisdom, strength, or encouragement. It is a quiet habit, but it shows a deep level of care — one that says, "I'm bringing your

needs before God, even when you don't know it." That unseen support often shapes how they treat each other day to day.

10. They Protect Boundaries in Their Relationship

Healthy marriages have guardrails. This can mean being mindful about one-on-one time with members of the opposite sex, keeping transparency with devices, or setting limits on work hours. These boundaries are not about mistrust — they are about protecting the relationship from unnecessary strain or temptation. Strong couples agree on these safeguards and stick to them because they value their marriage above everything else.

11. They Keep Learning Together

Life changes, and so do people. Couples who keep growing together stay interested in each other. They might read a devotional side by side, attend a marriage retreat, or simply talk about what God's teaching them lately. Learning as a team keeps their faith and their relationship from getting stagnant, reminding them there is always more to discover.

12. They Serve Others as a Couple

Serving together creates a different kind of closeness. It is dropping off a casserole to a sick friend or spending a Saturday repainting the church nursery with paint still drying on your jeans. You are laughing over spilled coffee for one minute and quietly helping someone in need the next. It pulls your attention away from who forgot to do the dishes and reminds you that you are both here to love God and love people.

13. They Keep Speaking Words of Encouragement

It is easy to notice flaws, but couples who stay strong make a habit of pointing out the good. A simple "I appreciate you" or "I'm proud of you" can carry more weight than grand speeches. Encouragement builds a foundation of affirmation, reminding each spouse that they are valued not just for what they do, but for who they are.

14. They Face Hard Seasons as a Team

Every marriage hits challenges — health scares, financial strain, and family issues. Couples who endure these seasons well decide from the start that they will face them together, not as opponents. They pray, plan, and lean on God side by side. Even if the solution is not immediate, knowing they are united gives them strength to keep going until the storm passes,

15. They Keep God at the Center

For Christian couples, faith is not something they squeeze in — it is the thing holding everything else up. When the bills pile up or a health scare hit, they pray together because they know they cannot do it all themselves. Some nights, it is a quiet "God, help us" whispered before bed. The struggles do not vanish but there is a sense they are not facing them alone and that changes everything. -Internet.

Amen.