



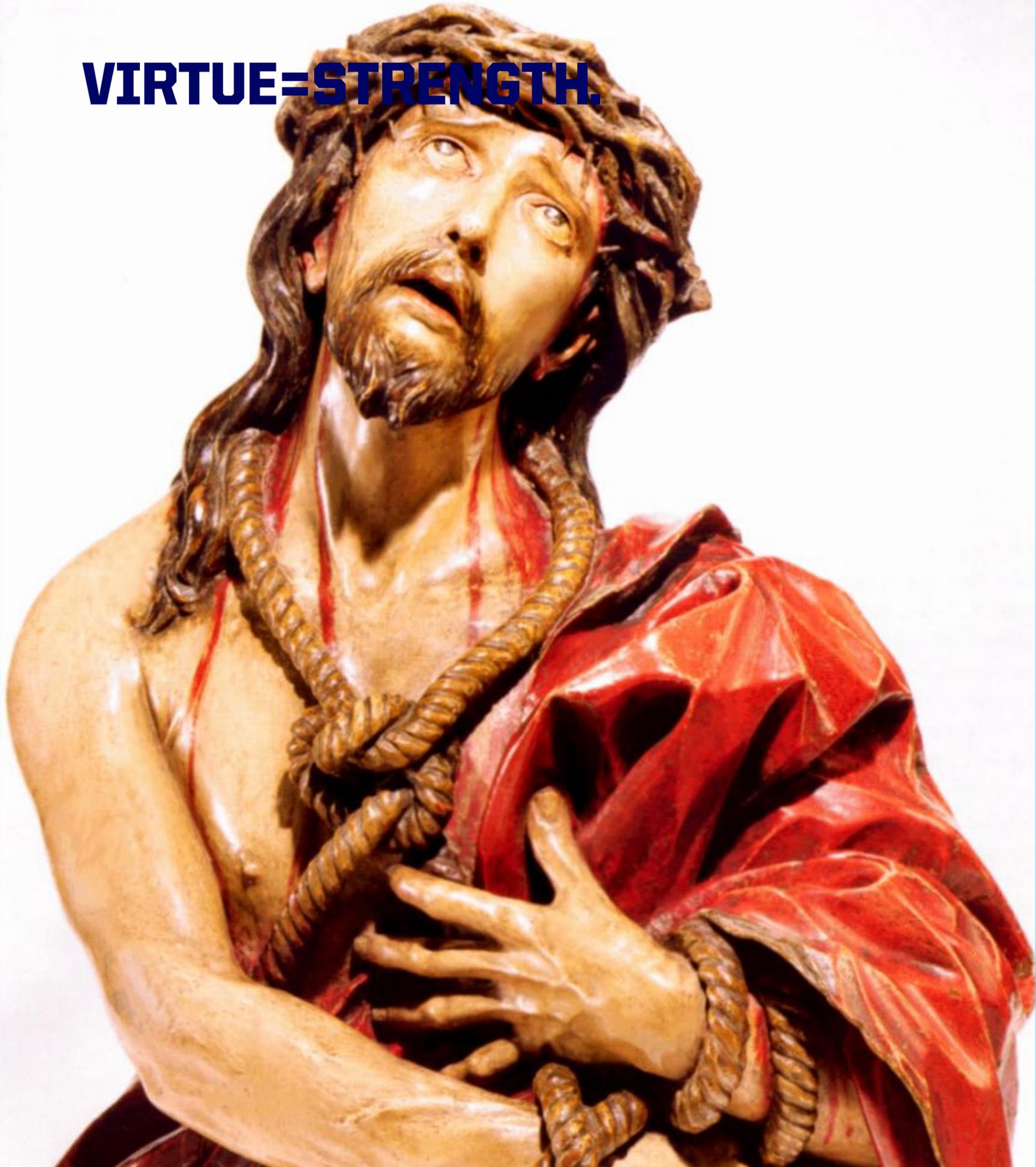
VIRTUE=STRENGTH.™



STEADFASTNESS

The strength of being dutifully
firm and unwavering.

VIRTUE=STRENGTH.



STEADFASTNESS

OPENING PRAYER

Lord, sometimes we are tempted to do things that are wrong.

Help us to be STEADFAST and to use our will to always do what is right.

Give us the strength and the wisdom to remember that You are always with us and that You can help us overcome any temptation.

Does anyone have any prayer intentions?

Who wants to lead us in a prayer?

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STEADFASTNESS

RESOLUTION

WAY TO LIVE THE VIRTUE THIS WEEK

When you give your word to do something,
stick to it.

Don't give up when it gets difficult or boring.

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STEADFASTNESS

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WORKSHEETS](#)



SAINT STORY

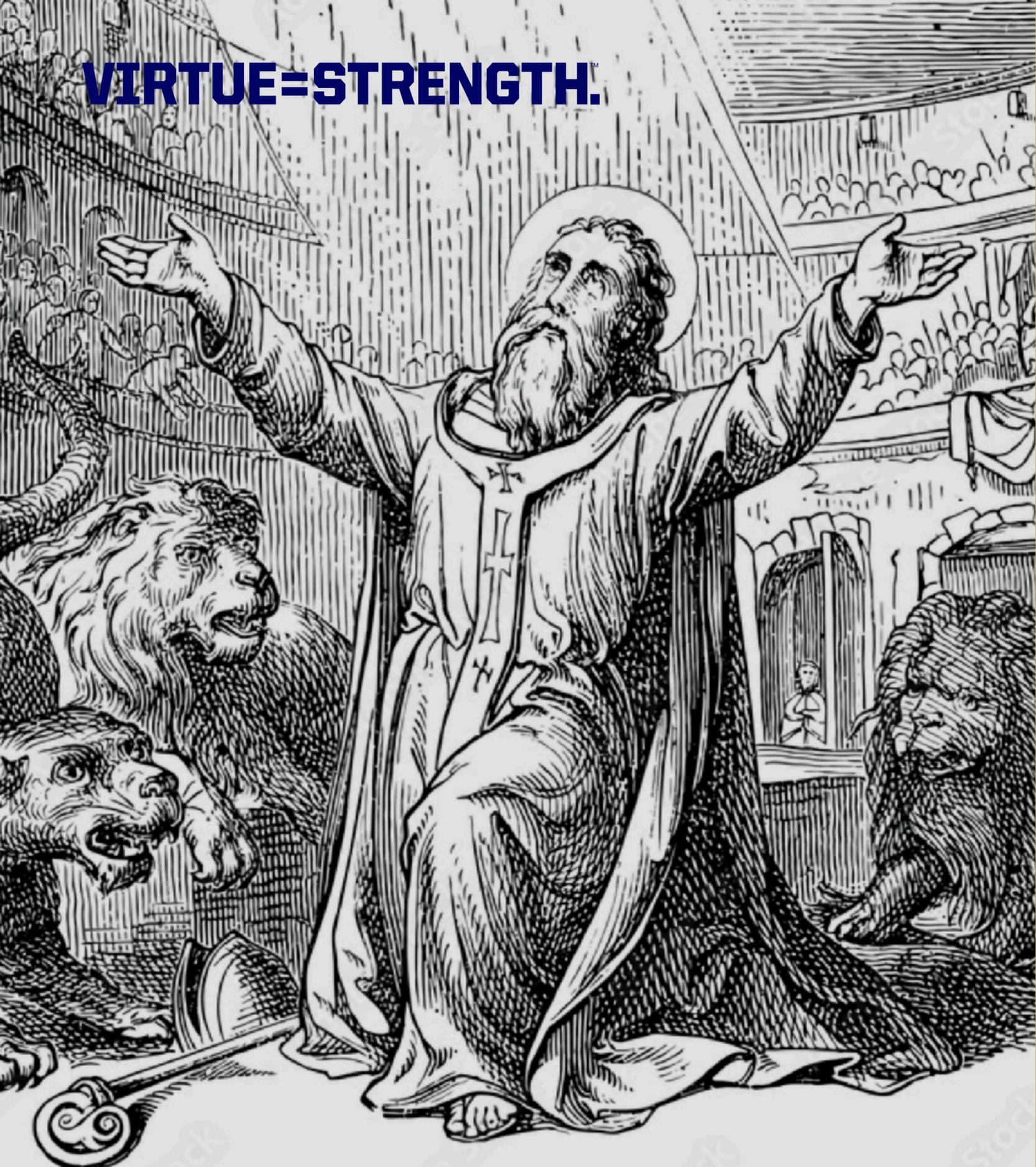
ST. IGNATIUS OF ANTIOCH

October 17

35-107

In 107, during the reign of the brutal Emperor Trajan, this holy Bishop was wrongfully sentenced to death because he refused to renounce the Christian faith. He was taken under guard to Rome where he was to be brutally devoured by wild beasts in a public spectacle. During his journey, his travels took him through Asia Minor and Greece. He made good use of the time by writing seven letters of encouragement, instruction and inspiration to the Christians in those communities. We still have these letters as a great treasure of the Church today.

Bishop Ignatius was not afraid of death. He knew that it had been defeated by the Master. He followed the Lord Jesus into his Passion, knowing that he would rise with Him in his Resurrection. He wrote to the disciples in Rome: "Permit me to imitate my suffering God ... I am God's wheat and I shall be ground by the teeth of beasts, that I may become the pure bread of Christ." The beauty of this Eucharistic symbolism in these words reflects the deep theology of a mystic.



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STEADFASTNESS

“Can you expect to go to heaven for nothing?”

*Did not our Savior track the whole way to it with
His tears and blood?*

And yet you stop at every little pain.”

- St. Elizabeth Ann Seton



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INCONSTANCY

The weakness to not stand firm and easily change your convictions.

VIRTUE=STRENGTH.

VICE

EXAMPLES OF INCONSTANCY

**I made a resolution to wake up early to work-out but
I only do it a few times a week.**

I only go to Church when I feel like it.

**I'll basically do anything if most people are doing it.
Even if it is wrong.**



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