



**VIRTUE=STRENGTH.™**



# SILENCE

The strength that disposes the soul  
to converse continually with God.

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SILENCE

## DEFINITION

This week our strength building on the virtue of HUMILITY is SILENCE.

**The strength that disposes the soul to converse continually with God.**

We know that in order to draw closer to God — to move from stage to stage of our relationship with Him — we must embrace the Holy Spirit and allow Him to direct our lives.

We will only be able to achieve this docility to the Holy Spirit in silence, as Mary did.



**VIRTUE=STRENGTH.**



**SILENCE**

## BENEFITS

The fruit of silence is  
**PRAYER.**

The fruit of prayer is  
**FAITH**

The fruit of faith is  
**LOVE**

The fruit of love is  
**SERVICE**

The fruit of service is  
**PEACE.**

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## RESOLUTION

Turn off your devices and spend some time in silent prayer for at least a few minutes every day this week and over Christmas break.

## FAMILY RESOLUTION

Read the first few chapters of the Gospel of Luke together as a family.

SILENCE



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SILENCE

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## STORY

## SILENCE

### OUR LADY OF GUADALUPE

December 12

The feast in honor of Our Lady of Guadalupe goes back to the 16th century. Chronicles of that period tell us the story.

A poor Indian named Cuauhtlatohuac was baptized and given the name Juan Diego. He was a 57-year-old widower, and lived in a small village near Mexico City. On Saturday morning December 9, 1531, he was on his way to a nearby barrio to attend Mass in honor of Our Lady.

Juan was walking by a hill called Tepeyac when he heard beautiful music like the warbling of birds. A radiant cloud appeared, and within it stood an Indian maiden dressed like an Aztec princess. The lady spoke to him in his own language and sent him to the bishop of Mexico, a Franciscan named Juan de Zumarraga. The bishop was to build a chapel in the place where the lady appeared.

Eventually the bishop told Juan to have the lady give him a sign. About this same time Juan's uncle became seriously ill. This led poor Juan to try to avoid the lady. Nevertheless the lady found Juan, assured him that his uncle would recover, and provided roses for Juan to carry to the bishop in his cape or tilma.

On December 12, when Juan Diego opened his tilma in the bishop's presence, the roses fell to the ground, and the bishop sank to his knees. On the tilma where the roses had been appeared an image of Mary exactly as she had appeared at the hill of Tepeyac.

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**SILENCE**

*“The Lord manifests Himself to those who stop for some time in peace and humility of heart.*

*If you look in murky and turbulent waters, you cannot see the reflection of your face.*

*If you want to see the face of Christ, stop and collect your thoughts in silence, and close the door of your soul to the noise of external things.”*

*- St. Anthony of Padua*



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# NOISE

The weakness that disrupts the soul  
causing difficulties to converse with God.

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VICE

## TYPICAL EXCUSES TO AVOID SILENCE & PRAYER

Too tired  
Too busy  
My mind wanders right away  
Just don't feel anything  
I get bored  
I fall asleep  
It feels absurd  
It just doesn't come naturally  
I just don't feel like I need to  
I'm good  
Feels like a waste of time

**Silence and prayer are not the  
preparation for the battle.**

**They are the battle!**





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