



VIRTUE=STRENGTH.™



FORTITUDE

“STRENGTH IN ADVERSITY.”



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FORTITUDE

OPENING PRAYER

PRAYER FOR FORTITUDE

Holy Spirit, Divine Consoler, I adore You as my true God, with God the Father and God the Son.

I adore You and unite myself to the adoration You receive from the angels and saints.

I give You my heart and I offer my ardent thanksgiving for all the grace which You never cease to bestow on me.

Grant me the gift of fortitude, so that I may overcome courageously all the assaults of the devil, and all the dangers of this world which threaten the salvation of my soul.

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DEFINITION

The virtue of Fortitude, or Courage, is the strength to do the right thing in the face of fear and/or difficulties.

From The Catechism
of the Catholic Church #1808

Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good.

It strengthens the resolve to resist temptations and to overcome obstacles in the moral life.

The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions.

It disposes one even to renounce and sacrifice his life in defense of a just cause.

FORTITUDE



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CHALLENGE

Practice praying in public

For example:

Cross yourself and pray when you're out to eat.

Pray before and after a sporting event or other group activity.



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RESOLUTION

Offer up your activities for a specific intention.

FAMILY RESOLUTION

Walk, jog, run together as a family a certain distance offering it up for a specific intention.



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FORTITUDE

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IN GOOGLE SLIDES](#)

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TEACHER & STUDENT VIDEO
WORKSHEETS](#)



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*“Virtue is nothing without the trial of temptation,
for there is no conflict without an enemy,
no victory without strife.”*

*- St. Leo the Great
Pope and Doctor of the Church*

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VICE

WHAT IS COWARDICE?

Cowardice is an inordinate fear compared to the good that is sought to be achieved that prevents you from doing your duty.

In other words, a person acts cowardly when they let fear stop them from pursuing some goal that is really worth pursuing.

Notice that to determine if you are acting cowardly you must have a goal worth pursuing or something that you do not want to lose.

Example:

- You know you did something wrong such as hurting someone's feelings with what you did or said.
- You know you can apologize and ask for forgiveness.
- But you choose not to because you are afraid of how awkward you might feel.

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MONTHLY NOVENA

APRIL 10-18

Monthly Intention: Let us pray that we may grow in the virtue of fortitude, always choosing the right thing to do in the face of fear and/or difficulties

PRAYER TO HONOR THE SHOULDER WOUND OF CHRIST

O Loving Jesus, meek Lamb of God, I, a miserable sinner, salute and worship the most Sacred Wound of The Shoulder on which Thou didst bear Thy heavy Cross, which so tore Thy flesh and laid bare Thy Bones as to inflict on Thee an anguish greater than any other wound of Thy Most Blessed Body.

(MENTION YOUR REQUEST).

I adore Thee, O Jesus most sorrowful; I praise and glorify Thee, and give Thee thanks for this most sacred and painful Wound, beseeching Thee by that exceeding pain, and by the crushing burden of Thy heavy Cross to be merciful to me, a sinner, to forgive me all my mortal and venial sins, and to lead me on towards Heaven along the Way of Thy Cross.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

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APRIL

MOVIE FORUM

This ceremony is to help the students understand the virtue of FORTITUDE and how to pick out the virtues and vices in movies.

Show a movie to your class but stop every 15 minutes (at least) or so to ask questions.

Maybe put the class into teams and give points for correct answers.

Consider serving popcorn.

[CLICK HERE FOR 6 MOVIES TO CHOOSE FROM ON GOOGLE SLIDES](#)



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