



VIRTUE=STRENGTH.™



PERSEVERANCE

The strength to never quit
despite failures and difficulties.

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OPENING PRAYER

*Grant me, O Lord my God,
a mind to know you,
a heart to seek you,
wisdom to find you,
conduct pleasing to you,
faithful perseverance in waiting for you,
and a hope of finally embracing you. Amen.*

- St. Thomas Aquinas

PERSEVERANCE



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PERSEVERANCE

5 TIPS TO PERSEVERE (Even When You Really Want to Quit)

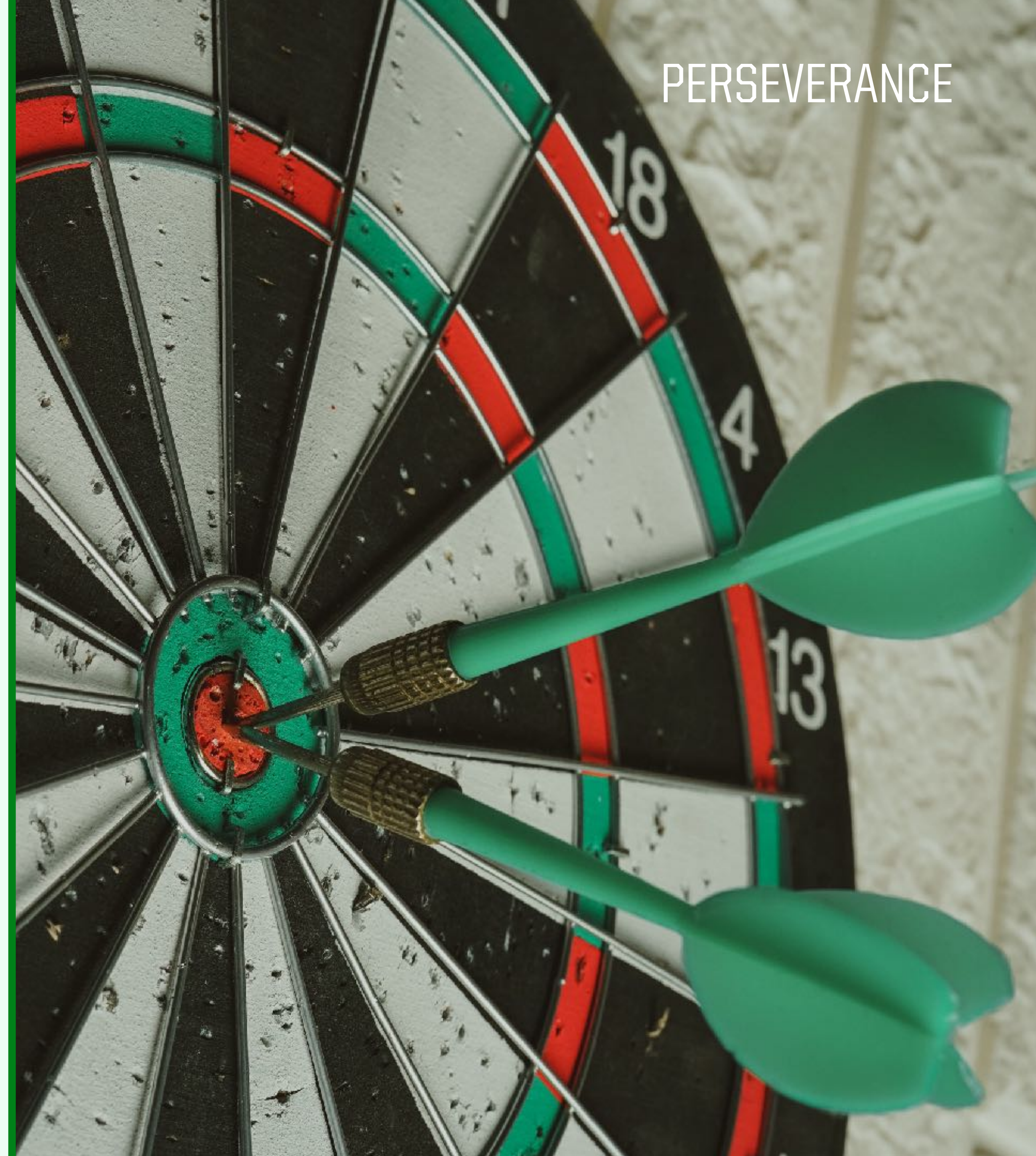
1. Make sure your goals are worthy of your perseverance.
Review why you are doing this. Is it the best goal you could have?
2. Recall past persistence.
Remembering times in the past when you refused to give up can help you summon more perseverance now.
3. Take a step.
Don't get caught up in thinking too far into the future.
4. Set your pace.
As the old saying tells us, slow and steady often wins the race.
5. Just keep going.
Having faith that your efforts will pay off and just putting one foot in front of the other is the most basic aspect of perseverance.

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RESOLUTION

Write down one, small,
short-term goal
and strive to live it each day this week.

PERSEVERANCE



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PERSEVERANCE

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WORKSHEETS](#)



SAINT STORY

ST. CONRAD OF PARZHAM

April 21
1818-1894

Conrad spent most of his life as porter in Altoetting, Bavaria, letting people into the friary and indirectly encouraging them to let God into their lives.

His parents, Bartholomew and Gertrude Birndorfer, lived near Parzham, Bavaria. In those days, this region was recovering from the Napoleonic wars. A lover of solitary prayer and a peacemaker as a young man, Conrad joined the Capuchins as a brother. He made his profession in 1852 and was assigned to the friary in Altoetting. That city's shrine to Mary was very popular; at the nearby Capuchin friary there was a lot of work for the porter, a job Conrad held for 41 years.

At first, some of the other friars were jealous that such a young friar held this important job. Conrad's patience and holy life overcame their doubts. As porter, he dealt with many people, obtaining many of the friary supplies and generously providing for the poor who came to the door. He treated them all with the courtesy Francis expected of his followers.

Conrad's helpfulness was sometimes unnerving. Once Father Vincent, seeking quiet to prepare a sermon, went up the belltower of the church. Conrad tracked him down when someone wanting to go to confession specifically requested Father Vincent.

Conrad also developed a special rapport with the children of the area. He enthusiastically promoted the Seraphic Work of Charity, which aided neglected children. Conrad spent hours in prayer before the Blessed Sacrament. He regularly asked the Blessed Mother to intercede for him and for the many people he included in his prayers. The ever-patient Conrad was canonized in 1934.



SMALL GROUP DIFFICULT SITUATION
DISCUSSION

*The strength to never quit
despite failures and difficulties.*

You remember that you made a New Years
Resolution way back in January to do X.

You did it once but then quit and never tried again.

You know you should give it another try.

What should you do to help yourself persevere this
time?



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PERSEVERANCE

“Never give up prayer...

*... and should you find dryness and difficulty,
persevere in it for this very reason.*

*God often desires to see what love your soul has, and
love is not tried by ease and satisfaction.”*

*- St. John of the Cross
Doctor of the Church*



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QUITTING

The weakness to give up
on a good person or goal.

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VICE

QUITTING CAN BECOME A BAD HABIT

While perseverance builds character and helps form good habits, quitting can become habit-forming as well in the wrong way.

When quitting becomes routine, you won't even think twice about giving up next time...

Jesus did not give up on you.

Let's not give up on Him.



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