



VIRTUE=STRENGTH.™



TEMPERANCE

“SELF-CONTROL.”

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DEFINITION

The virtue of Temperance, or Moderation, is the strength that moderates the attraction of pleasures and provides balance in the use of created goods.

From The Catechism
of the Catholic Church #1809

Temperance ... ensures the will's mastery over instincts and keeps desires within the limits of what is honorable.

“To live well is nothing other than to love God with all one's heart, with all one's soul and with all one's efforts; from this it comes about that love is kept whole and uncorrupted (through temperance).”

-St. Augustine
Bishop, Father and Doctor of the Church

TEMPERANCE



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TEMPERANCE

HOW TO STRENGTHEN

**How do we grow this virtue of
TEMPERANCE?**

**From The Catechism
of the Catholic Church #1811**

It is not easy for man, wounded by sin, to maintain moral balance.

Christ's gift of salvation offers us the grace necessary to persevere in the pursuit of the virtues.

Everyone should always ask for this grace of light and strength, frequent the sacraments, cooperate with the Holy Spirit, and follow his calls to love what is good and shun evil.

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TEMPERANCE

WE ARE CREATED FOR MORE

We are created for more than pleasure.

We are created to give the best of ourselves in all of our relationships.

A lack of temperance prevents us from loving God, our family, our friends, classmates, teammates as well as we could.

When we lack self-control, we become slaves to our desires for pleasure, always selfishly focusing on pleasing ourselves.

Soon we will have difficulty sacrificing for others.

We will often put our own desires and preferences before others.

We will be selfish and so focused on getting what we want that we do not even notice the needs of others around us.

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TEMPERANCE

CHALLENGE

Don't allow yourself into situations where you know you will be tempted.

For example:

What you are watching or looking at on a device.

Where you are going with your friends.

What you are talking about in person or online.

When you are eating ... stop at seconds ...

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TEMPERANCE

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VIDEOS IN GOOGLE SLIDES](#)

[CLICK HERE FOR THE
TEACHER & STUDENT VIDEO
WORKSHEETS](#)



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SMALL GROUP DIFFICULT SITUATION DISCUSSION

The strength that moderates the attraction of pleasures and provides balance in the use of created goods.

You get a \$90,000 gift from your grandparents.

You've always wanted that particular car ... it costs \$90,000.

You are free to do with the money as you choose.

There are numerous other needs you could use this for ...

How do you make this decision?

Why?

TEMPERANCE



Matthew 4: 1-11

THEN Jesus was led by the spirit into the desert, to be tempted by the devil. And when He had fasted forty days and forty nights, afterwards He was hungry. And the tempter coming said to Him: If thou be the Son of God, command that these stones be made bread. Who answered and said: It is written, Not in bread alone doth man live, but in every word that proceedeth from the mouth of God.

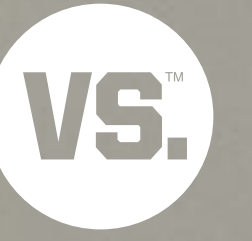
Then the devil took Him up into the holy city, and set Him upon the pinnacle of the temple, and said to Him: If thou be the Son of God, cast thyself down, for it is written: That he hath given his angels charge over thee, and in their hands shall they bear thee up, lest perhaps thou dash thy foot against a stone. Jesus said to him: It is written again: Thou shalt not tempt the Lord thy God.

Again the devil took Him up into a very high mountain, and showed Him all the kingdoms of the world, and the glory of them, And said to Him: All these will I give thee, if falling down thou wilt adore me. Then Jesus saith to him: Begone, satan: for it is written, The Lord thy God shalt thou adore, and Him only shalt thou serve.

Then the devil left Him; and behold angels came and ministered to Him.



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INTEMPERANCE

The weakness to not moderate nor restrain the attraction of pleasures and is not balanced in the use of created goods.

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VICE

WHAT'S SO BAD ABOUT INTEMPERANCE?

When someone isn't able to temper or moderate their actions, they are at risk of intemperance.

When you feel angry - you yell at everyone.

When you feel like shopping - you spend way too much money on stuff you don't need.

When you feel like eating - you eat too much.

When you are tempted - you give in and indulge.

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TEMPERANCE

MONTHLY NOVENA

MAY 8-16

Monthly Intention: Let us pray that we may grow in the virtue of temperance, the strength that moderates the attraction of pleasures and provides balance in the use of created goods.

THE MAGNIFICAT PRAYER

My soul doth magnify the Lord,
And my spirit has rejoiced in God my Savior,
Because He has regarded the humility of His handmaid:
for behold, from henceforth all generations shall call me blessed;
Because He that is mighty
has done great things to me; and Holy is His Name.
And His mercy is from generation unto generations,
on those who fear Him.
He has shown might in His arm:
He hath scattered the proud in the conceit of their heart.
Put down the mighty from their thrones,
and exalted the humble.
He has filled the hungry with good things,
and the rich He has sent empty away.
He has received Israel, His servant,
being mindful of His mercy
As He spoke to our fathers,
to Abraham and to his seed forever.
Amen.

(Mention your request)

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.

MIRACULOUS MEDAL

This ceremony is to help the students understand that our Blessed Mother is our Queen and, along with Jesus, the best model for all of the virtues, including TEMPERANCE.

Miraculous Medal. As part of your Rosary Procession and/or May Crowning ... explain the Miraculous Medal to all your students and give them one with a chain.

Share one of these articles with them ... have as an assignment the students to read one of these explanations with their parents ... invite the parents to come to the Rosary Procession and/or May Crowning ...

Get miraculous medals and chains for all your students and parents and distribute. Have each classroom put the medals on the chains ...

[MIRACULOUS MEDAL DESIGN AND SHORT MOVIE](#)

[ARTICLE: STORY OF CLAUDE NEWMAN](#)

[ARTICLE: THE BASICS OF THE MIRACULOUS MEDAL](#)





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