



VIRTUE=STRENGTH.™



DISCIPLINE

“TRAINING FOR A SKILL.”

**VIRTUE=STRENGTH.™**

**Discipline** leads to **habits**.

**Habits** lead to **consistency**.

**Consistency** leads to **growth**.

DISCIPLINE

## INTRODUCTION

This week our strength building on the theme of VIRTUE is DISCIPLINE.

**The strength to be in control of oneself while learning a skill.**

DISCIPLINE is necessary for everything in life.

We **need** to have DISCIPLINE in school, in our relationships, in our future jobs....if we expect to succeed.

VIRTUE=STRENGTH.™

DISCIPLINE

RESOLUTION

**WAY TO LIVE THE VIRTUE THIS  
WEEK**

Practice DISCIPLINE this week  
by getting **out of bed** as soon as  
you should.



**VIRTUE=STRENGTH.™**



DISCIPLINE

[CLICK HERE FOR ALL THE DISCIPLINE VIDEOS  
IN GOOGLE SLIDES](#)

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

[CLICK HERE FOR ALL THE AUGUST SAINTS VIDEOS  
IN GOOGLE SLIDES](#)



**VIRTUE=STRENGTH.™**

**DISCIPLINE**

## **SAINT STORY**

**ST. ROSE OF LIMA**

AUGUST 23

[Click here for more information on St. Rose](#)

St. Rose is most famous for her penances, done not for their own sake, but as pure expressions of her love for Jesus and vicarious satisfaction for souls dear to Him. Her love found other means of expression. Rose prayed long hours for her beloved Archbishop Turibius, himself a saint, in his trials, and beseeched God for the conversion of the Peruvian Indians, who were still practicing pagan religions. She was taught to make herbal medicines and took great delight in distributing these remedies to long lines of the sick poor of Lima.

At age 20 she made her profession in the Third Order of St. Dominic.

It was at this time that perhaps the most spectacular of Rose's miracles occurred when Dutch pirates invaded Lima's harbor and defeated the Peruvian fleet. Due to the Reformation, they intended not only to loot the city but also to desecrate the churches. The women, children and religious of Lima took refuge in the churches. In the church of Santo Domingo, **Rose stirred them all to prayer.** It is said that as pirates burst into the church, they were confronted with the terrifying spectacle of a young girl ablaze with light, holding a monstrance with the Blessed Sacrament. They turned away and fled to their ships, which sailed away.



VIRTUE=STRENGTH.™

DISCIPLINE



*"The will, therefore, is then truly free, when it is not the **slave** of vices and sins."*

*- St. Augustine*

**VIRTUE=STRENGTH.**

DISCIPLINE

*"Discipline is the **bridge** between goals and accomplishments."*

*- St. Mother Teresa of Calcutta*

**VIRTUE=STRENGTH.™**



DISCIPLINE

*“Our body is like armor,  
our soul like the **warrior**.”*

*Take care of both, and you  
will be ready for what  
comes.”*

*- St. Amma Syncletica*





VIRTUE=STRENGTH.™

A photograph of two clenched fists, one on the left and one on the right, wearing silver metal handcuffs. The fists are raised and clenched, symbolizing strength and resistance. The background is a plain, light gray.

INDULGENCE

“LETTING OUR FEELINGS  
CONTROL US.”



**VIRTUE=STRENGTH.**

**VICE**

## **INDULGENCE VS. DISCIPLINE**

**Imagine walking on this narrow bridge without guardrails.**

**As guardrails help us to stay on the dangerous bridge, so constraints and discipline help us to stay on the right path in life.**

**Everyone likes to have a good time, but most people come to recognize that happiness and satisfaction come not so much from the enjoyment of pleasure as from the performance of duty.**

**A life without constraints is not a dream but a nightmare.**



**VIRTUE=STRENGTH.**<sup>TM</sup>

Virtue = Strength is a program of © SportsLeader.  
SportsLeader is a charitable non-profit 501(c)(3) corporation.  
1974 - A Douglass Blvd. Louisville, KY 40205