



**VIRTUE=STRENGTH.™**



**RESILIENCE**



**“BOUNCE BACK.”**

**VIRTUE=STRENGTH.**

RESILIENCE

## OPENING PRAYER

Lord, You were the most RESILIENT man ever.

You encountered every possible difficulty ... hunger, humiliation, traveling, insults ... not to mention all You suffered in Your Passion and Death. May we learn how to be RESILIENT like You.

**Strengthen our wills** and forge our resolve to have RESILIENCE in our pursuit of excellence in every area of our life.

Help us to bounce back and get back up after every challenge or difficulty.

In Your Name, we pray, o Lord. Amen.



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RESILIENCE

## DEFINITION

Resilience is the strength to be able to withstand or recover quickly from difficult conditions.

Father John Killackey, was stuck in a line of cars along the highway after six vehicles were involved in a crash on Interstate 81 South July 8, 2020.

Traffic apparently had come to a stop due to heavy rain. One car, not noticing the stand-still traffic, ran into the stream of cars and the driver was seriously injured. Father Killackey went to work, walking between the cars and semi-trucks, offering help to those suffering.

Father Killackey was able to administer last rites to one person, **just before the driver died.**



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RESILIENCE

RESOLUTION

## WAY TO LIVE THE VIRTUE THIS WEEK

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

Let's not “stay down” but “bounce up”.

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RESILIENCE

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## JESUS TEACHES US

### **Matthew 7: 13-14**

*“Enter through the **narrow** gate; for the gate is wide and the road broad that leads to destruction, and those who enter through it are many.*

*How narrow the gate and constricted the road that leads to life. And those who find it are few.”*

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RESILIENCE

*"In difficult moments I will fix my gaze upon the silent heart of Jesus.*

*Stretched upon the cross, and from the exploding flames of his merciful heart, will flow down upon me power and strength to **keep fighting.**"*

*- Saint Faustina*



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DEFEATISM

“STAY DOWN.”







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**VICE**

## DEFEATISM

The weakness to accept defeat without struggling to win.

We should never give in to defeatism.

“Giving up without a fight”  
should never be an option.

At times, the circumstances we are dealt are simply too difficult to overcome. At times, accepting or losing with grace is a virtuous act. But this is always after we have tried our best, given our all.

Defeatism is simply not even trying.



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