



**VIRTUE=STRENGTH.™**



# VIRTUE

A virtue is an habitual and firm disposition  
to do the good.



**VIRTUE=STRENGTH.**

VIRTUE

## DEFINITION

A virtue is an habitual and firm **disposition** to do the good.

It allows the person not only to perform good acts, but to give the best of himself.

The virtuous person tends toward the good with all his sensory and spiritual powers;

he pursues the good and chooses it in concrete actions.

***Catechism of the Catholic Church # 1803***





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## VIRTUE VS. VICE

It is not easy to grow in virtue. It is a struggle.

This is why we use VS. for Virtue = Strength.

How many pull-ups can you do? The more you do them, the more you can do, right?

In a similar manner we need to **train our willpower** and souls so that when the time comes and we're faced with a temptation, we're ready and able to overcome that temptation.

The more virtuous we become, the greater ability we have to overcome temptations.



## HOW TO STRENGTHEN

One way to grow in virtue is by setting resolutions.

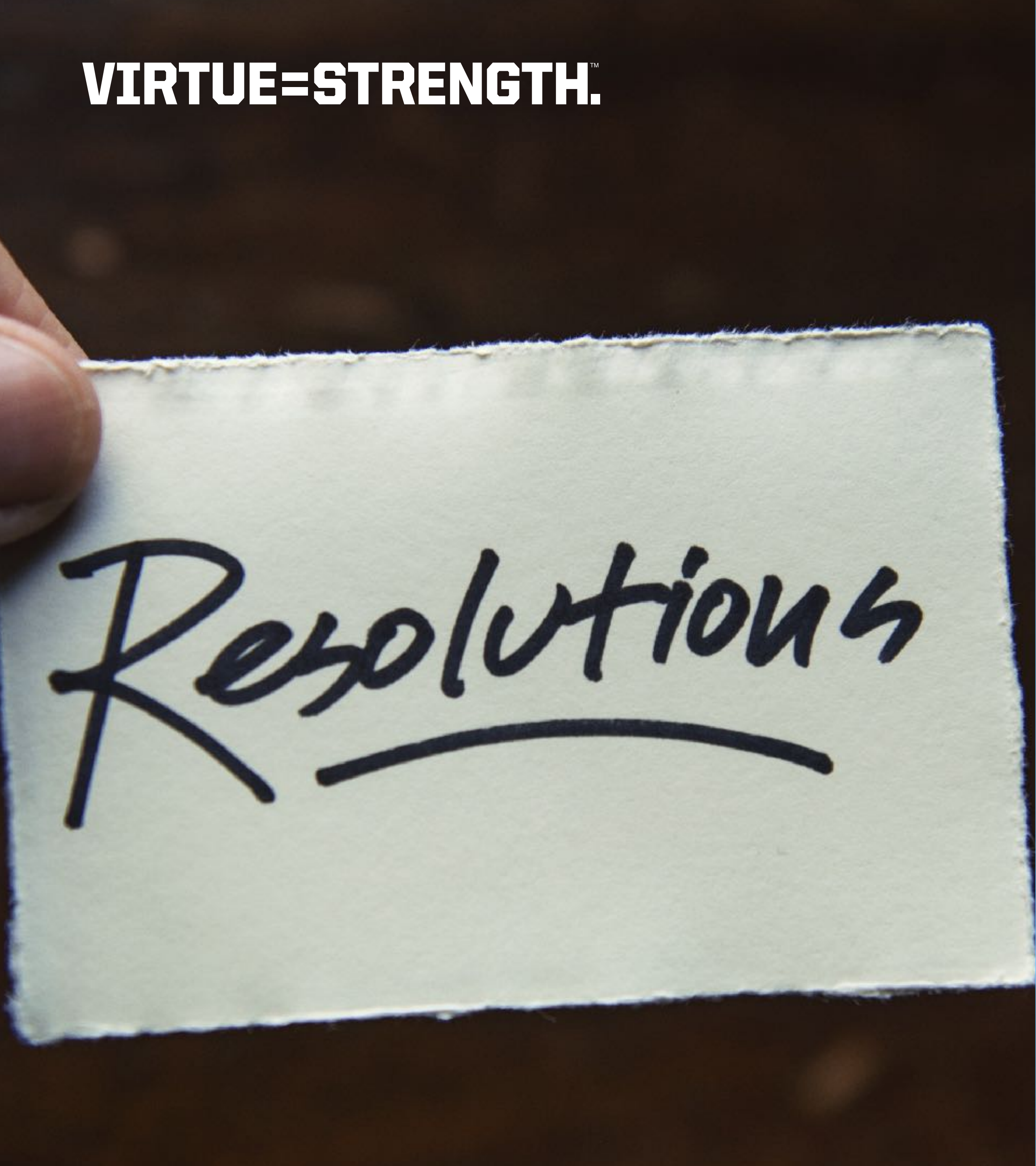
A resolution is a firm **decision to do something** good or to avoid something bad.

For example:

I will get my work done before doing what I want.

Living a resolution for a few weeks gives us the opportunity to form the habit of doing that good action.

You may not live your resolution every day but the more you do the stronger you are becoming.



Resolutions



## RESOLUTION

Always say 'Please' and  
'Thank You'.

## FAMILY RESOLUTION

Parents and Guardians: Get some  
Blessed Holy Water and **ble**ss  
your spouse and children by  
making the Sign of the Cross on  
their foreheads each day.



holy  
water

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SAINTS ALIVE PODCAST

ST. CLARE OF ASSISI

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A radio theater podcast that tells the stories of the saints like never before! This podcast is full of adventure, heroism, virtue and humor.

Saint Clare can sometimes be overlooked as the tag-along friend of Saint Francis. But her story is unforgettable. She was bold in her faith and tireless in her pursuit of Christ.

Listen to her story to hear how this humble saint saved the city of Assisi and founded an order that is still thriving today!





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VIRTUE

*“VIRTUE is its own **reward.**”*

**- Cicero**





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**VICE**



**“BAD HABITS.”**



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**VICE**

**EXAMPLES OF VICE**

**SELFISHNESS**

**LAZINESS**

**ARROGANCE**

**DISRESPECT**

**CHEATING**

**MALICE**

**COWARDICE**

**GLUTTONY**





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**VIRTUE**

## MONTHLY NOVENA

August 6-14

**Monthly Intention:** Let us pray that we may grow in virtue, embracing a life striving to live with a habitual and firm disposition to do the good.

### **MARY UNDOER OF KNOTS NOVENA**

Mother of Mercy, look with kindness upon me, your poor child, and obtain for me the grace to grow in merciful love. Through your maternal intercession with your Son, Jesus Christ, help me to be merciful to others, realizing that they, too, have knots in their life that they are struggling with.

(Mention your request).

Through your grace, your intercession, and your example, deliver us from all evil, Our Lady, and untie the knots that prevent us from being united with God, so that we, free from sin and error, may find him in all things may have our hearts placed in him and may serve him always in our brothers and sisters.

Mother of fair love, I look to you. Take into your hands the ribbon of my life, and see the snarl of knots that keeps me bound to sin, anxiety, and hopelessness. I beg you, Mother, by your powerful intercession and long fingers of love and grace, undo the knots in my heart and in my life. Free me to love as Christ loves. Mary, Undoer of Knots, pray for us.

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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