



**VIRTUE=STRENGTH.™**



# SACRIFICE

The strength to forgo one's own benefit  
for the good of others.

**OPENING PRAYER**

Lord, You SACRIFICED everything dying for us on the Cross.

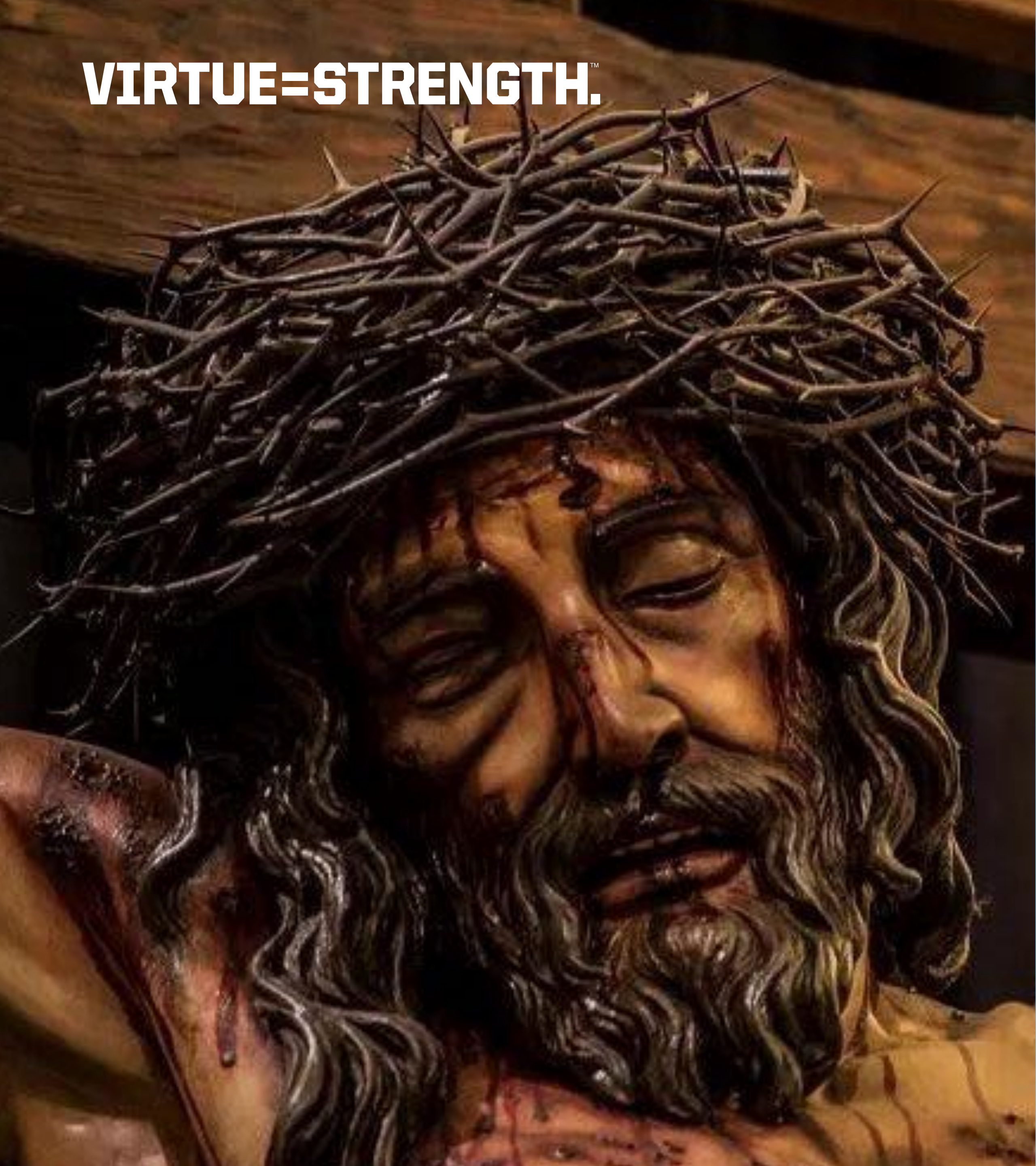
You suffered all of that for our good, because You love us.

May we learn how to SACRIFICE for those around us especially our family members, classmates and teammates.

Help us to develop the habit of looking for ways to do good for others.

Does anyone have any prayer intentions?

Who wants to lead us in an Our Father?



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## DEFINITION

This week our strength building on the virtue of Love for God is SACRIFICE.

**The strength to forgo one's own benefit for the good of others.**

What are some ways we can make SACRIFICES?

SACRIFICE



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**RESOLUTION**

Volunteer to help someone  
with a particular task this  
week.

**SACRIFICE**



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SACRIFICE

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## SACRIFICE

*“All the good works in the world are not equal to the Holy Sacrifice of the Mass because they are the works of men - but the Mass is the work of God.*

*Martyrdom is nothing in comparison, for it is but the sacrifice of man to God - but the Mass is the sacrifice of God for man.”*

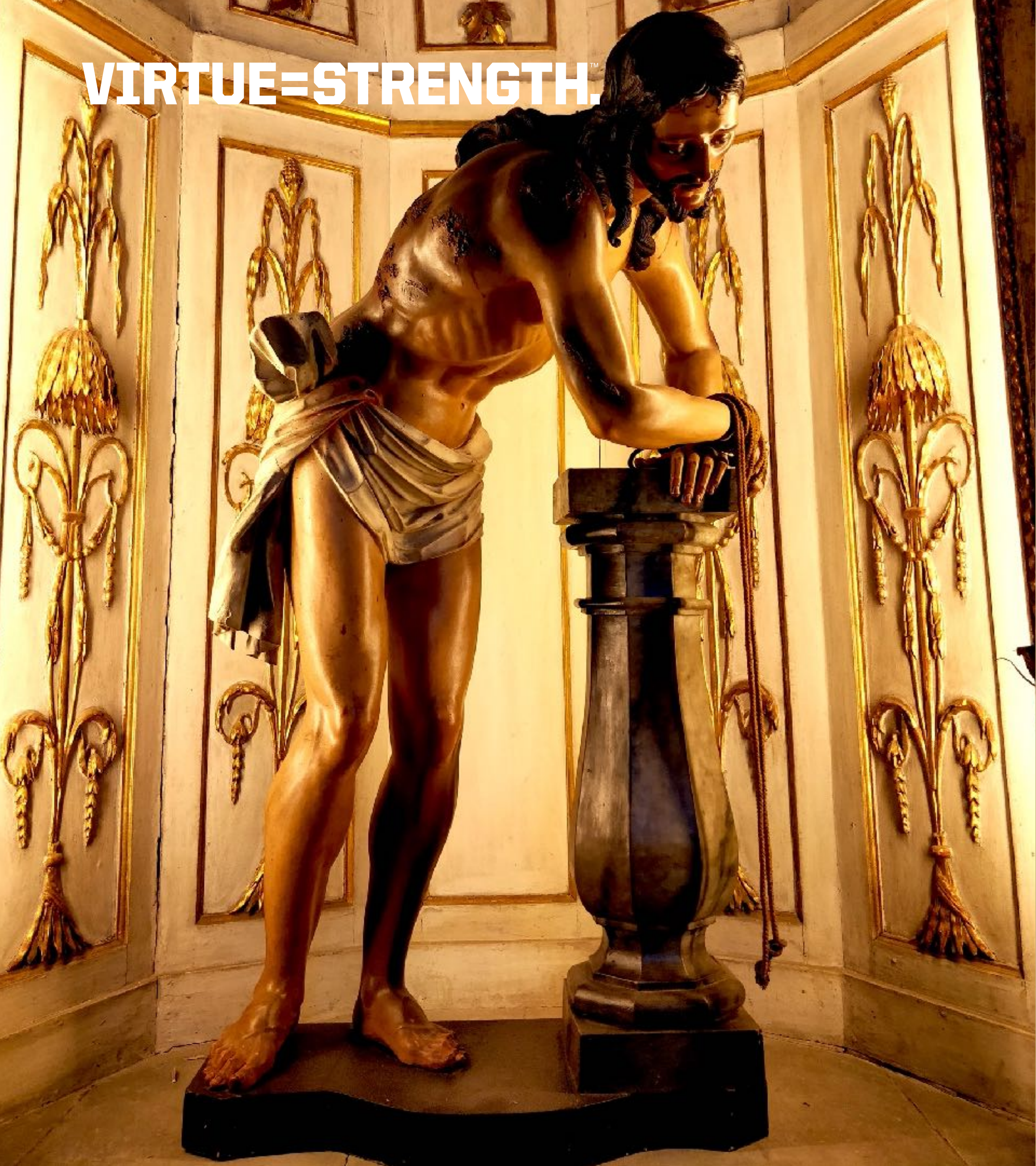
*- St. John Marie Vianney*

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**SACRIFICE**

*“Jesus took upon Himself the scourging that would have been our due, in order to save the creature He formed and loves.”*

*- St. Odo of Cluny*





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**SELF-INDULGENCE**

**“MAKING EVERYTHING  
ABOUT YOU.”**



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VICE

## EXAMPLES OF SELF-INDULGENCE

- Throwing or leaving your garbage on the ground.
- Cutting in line.
- Making a mess and refusing to clean it up.
- Going up for seconds before others have even had firsts.
- Grabbing the best piece of pizza or cake before anyone else so you have the best.

If every human being lived this way, the world would be a very unhappy place.





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