



VIRTUE=STRENGTH.™



FORTITUDE

“STRENGTH IN ADVERSITY.”

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FORTITUDE

OPENING PRAYER

PRAYER FOR FORTITUDE

Holy Spirit, Divine Consoler, I adore You as my true God, with God the Father and God the Son.

I adore You and unite myself to the adoration You receive from the angels and saints.

I give You my heart and I offer my ardent thanksgiving for all the grace which You never cease to bestow on me.

Grant me the gift of fortitude, so that I may overcome courageously all the assaults of the devil, and all the dangers of this world which threaten the salvation of my soul.

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DEFINITION

The virtue of Fortitude, or Courage, is the strength to do the right thing in the face of fear and/or difficulties.

From The Catechism
of the Catholic Church #1808

Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good.

It strengthens the resolve to resist temptations and to overcome obstacles in the moral life.

The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions.

It disposes one even to renounce and sacrifice his life in defense of a just cause.

FORTITUDE



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HOW TO STRENGTHEN

How do we grow this virtue of FORTITUDE?

We need practice. We need opportunities to rise above fear and do the right thing.

Read stories about saints who were martyred or persecuted.

Find a Bible verse about fortitude or courage and memorize it.

Pray for the gift of fortitude. It is a grace, a gift that many martyrs of the Catholic faith received from God so they could give their lives for Him. That is the courage that comes from God.



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BENEFITS

FORTITUDE enables us to:

Achieve our goals when the going gets tough.

Control our emotions and fears so we can do the good and avoid the evil.

Make sacrifices to serve God and others.



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CHALLENGE

Practice praying in public

For example:

Cross yourself and pray when you're out to eat.

Pray before and after a sporting event or other group activity.



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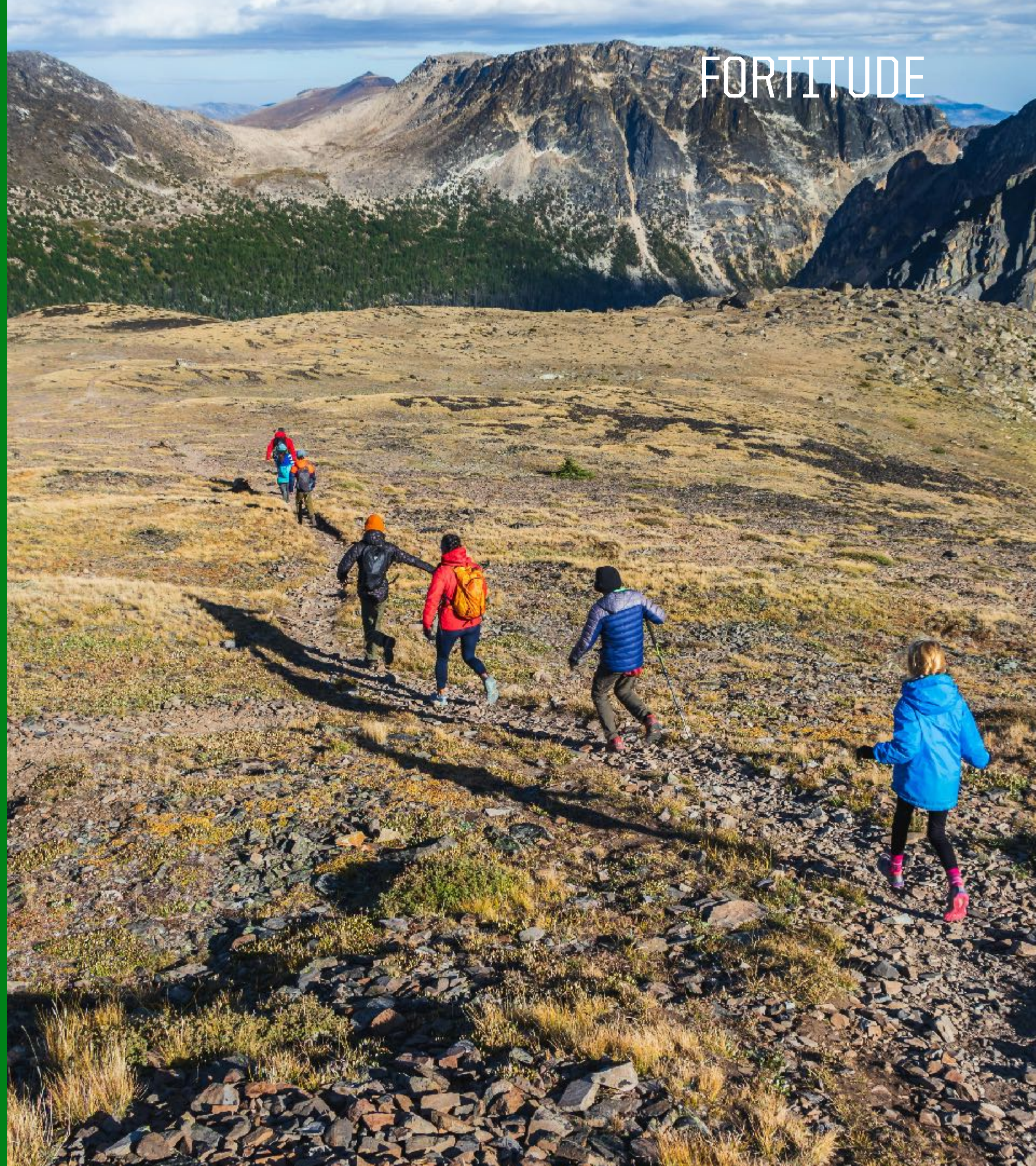
RESOLUTION

Offer up your activities for a specific intention.

FAMILY RESOLUTION

Walk, jog, run together as a family a certain distance offering it up for a specific intention.

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

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

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



Matthew 16:24-27

Then Jesus said to his disciples: If any man will come after me, let him deny himself, and take up his cross, and follow me.

For he that will save his life, shall lose it: and he that shall lose his life for my sake, shall find it.

For what doth it profit a man, if he gain the whole world, and suffer the loss of his own soul?

Or what exchange shall a man give for his soul?

For the Son of man shall come in the glory of his Father with his angels: and then will he render to every man according to his works.

Amen I say to you, there are some of them that stand here, that shall not taste death, till they see the Son of man coming in his kingdom.

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***“Virtue is nothing without the trial
of temptation, for there is no
conflict without an enemy,
no victory without strife.”***

***- St. Leo the Great
Pope and Doctor of the Church***

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*“War with vices,
but peace with individuals.”*

*- St. Isidore of Seville
Bishop and Doctor of the Church*





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COWARDICE

The weakness to fail to do the right thing in the face of fear and/or difficulties.

WHAT IS COWARDICE?

Cowardice is an inordinate fear compared to the good that is sought to be achieved that prevents you from doing your duty.

In other words, a person acts cowardly when they let fear stop them from pursuing some goal that is really worth pursuing.

Notice that to determine if you are acting cowardly you must have a goal worth pursuing or something that you do not want to lose.

Example:

- You know you did something wrong such as hurting someone's feelings with what you did or said.
- You know you can apologize and ask for forgiveness.
- But you choose not to because you are afraid of how awkward you might feel.



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FORTITUDE

MONTHLY NOVENA

MARCH 8-16

Monthly Intention: Let us pray that we may grow in the virtue of justice, always giving God and our neighbor their rightful due.

ST. PATRICK NOVENA

St. Patrick, obtain for me grace to love God with my whole heart, to serve him with my whole strength, and to persevere in good purposes to the end, o faithful shepherd of the Irish flock, who wouldst have laid down a thousand lives to save one soul, take my soul, and the souls of my countrymen, under thy special care. Grant that all hearts may share the blessed fruits of that Gospel thou didst plant and water.

(Mention your request).

I arise today Through God's strength to pilot me; God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's way to lie before me, God's shield to protect me, God's hosts to save me From snares of the devil.

Pray for us, O glorious saint Patrick.
And obtain for us the intention of this Novena.

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.

SCALA SANCTA - HOLY STAIRS

This ceremony is to help the students understand the virtue of **FORTITUDE** and the practice of **“offering up”** sacrifices and difficulties to our Lord in prayer.

Consider having your students go up a set or a small number of steps on their knees, offering up the activity for a very specific prayer intention. If you have a crucifix stand, consider having the students kiss the crucifix at the top of the steps to remind them of the pain and sacrifice Jesus went through going up the steps to see Pilate.

For example, maybe the 5-year-olds go up the last 3 steps on their knees and then kiss the crucifix at the top of the steps.

[Click here for the Scala Sancta Devotional](#)

The Scala Sancta (English: Holy Stairs, Italian: Scala Santa) are a set of 28 white marble steps that are Roman Catholic relics located in Rome, Italy near the Basilica of Saint John Lateran. [Click Here for a Video.](#)

According to Roman Catholic tradition, the Holy Stairs were the steps leading up to the praetorium of Pontius Pilate in Jerusalem on which Jesus Christ stepped on his way to trial during his Passion. The Stairs were brought to Rome by Saint Helena in the fourth century. For centuries, the Scala Sancta has attracted Christian pilgrims who wish to honor the Passion of Jesus Christ. Since the early 1700s, the Holy Stairs have been encased in wood for protection, but were briefly exposed in 2019 following restoration work.

The Scala Sancta may only be ascended on the knees. For common use, the staircase is flanked by additional staircases, two on each side.

[Click Here for a video on the restoration of the Scala Sancta](#)

[The Scala Sancta Ceremony explained by a teacher who did it with photos and video.](#)





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1974 - A Douglass Blvd. Louisville, KY 40205