

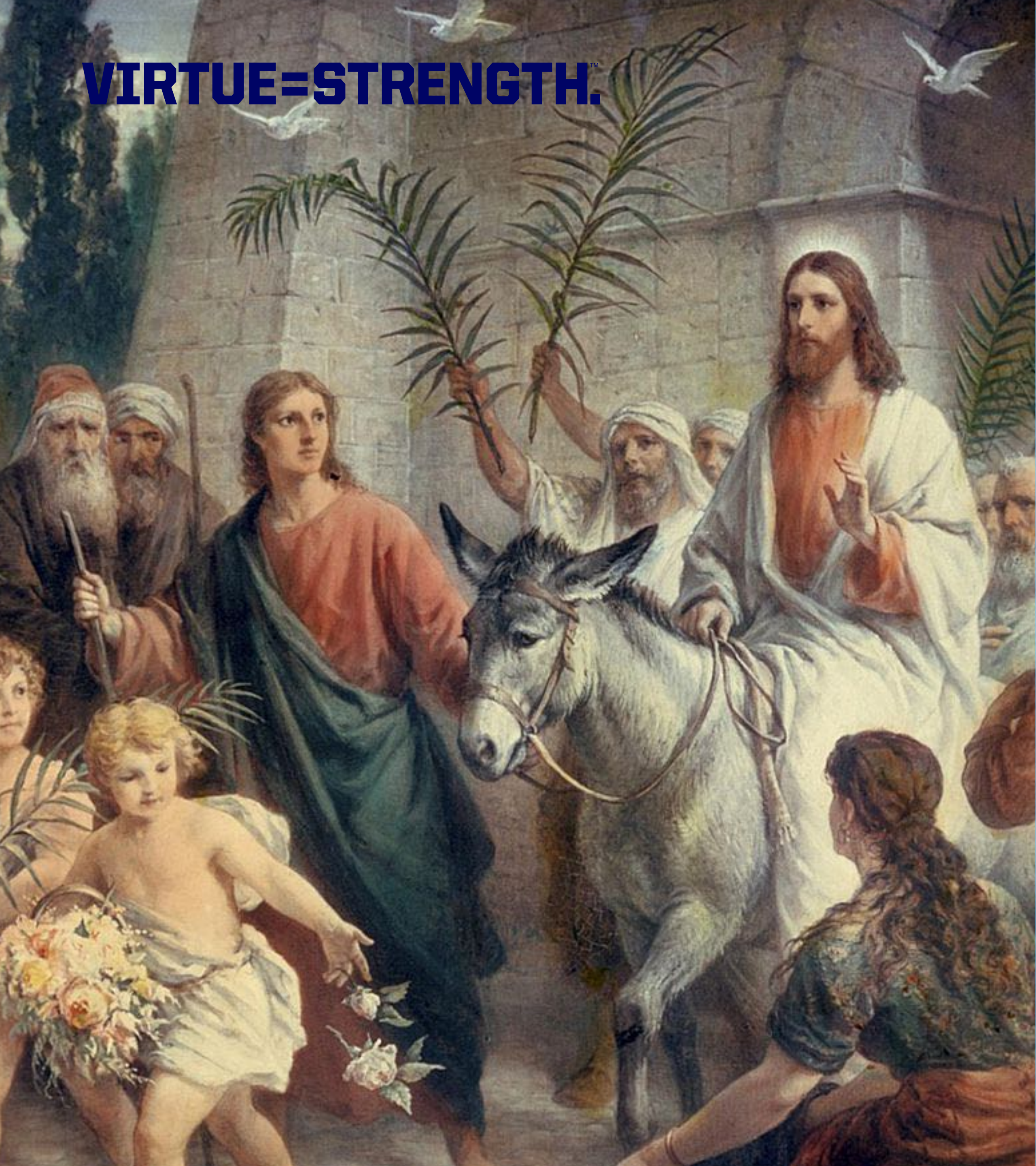


VIRTUE=STRENGTH.™



MORTIFICATION

“OFFER IT UP, DENY YOURSELF.”



DEFINITION

This week our strength building on the virtue of FORTITUDE is MORTIFICATION.

Mortification, based on Faith, is the strength to deny oneself through penance and austerity to strengthen the will in the practice of virtue and grow in the likeness of Christ.

The mortification is never an end in itself, but a means by which we become better followers of Christ.

VIRTUE=STRENGTH.™

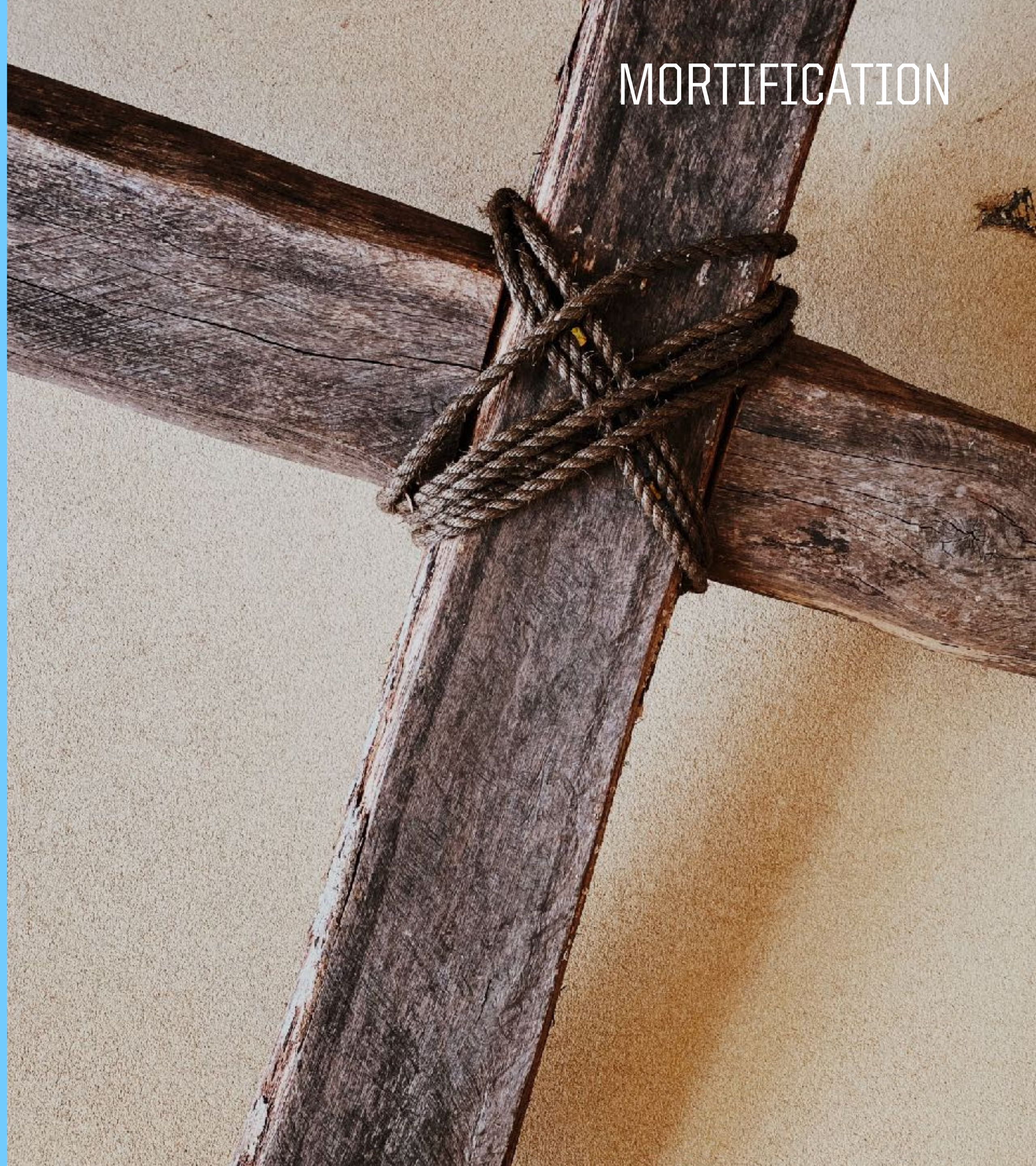
Jesus spoke about mortification as an absolute necessity for growth into Christian maturity. Here are some of the better-known passages:

“If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me” (Luke 9:23).

“In all truth I tell you, unless a wheat grain falls into the earth and dies, it remains only a single grain; but if it dies it yields a rich harvest” (John 12:24).

“Anyone who wants to save his life will lose it; but anyone who loses his life for my sake, and for the sake of the gospel, will save it” (Mark 8:35).

MORTIFICATION



MORTIFICATION

The root word for “mortification” comes from the Latin, mors and mortis, and it translates as “death.”

In the spiritual life, therefore, mortification refers to voluntary actions by which we gradually “put to death” all of our vices, sinful habits, and the self-centered tendencies that lurk beneath them.

Spiritual writers use terms like abnegation, sacrifice, self-sacrifice, and self-denial to refer to the same thing.

VIRTUE=STRENGTH.™

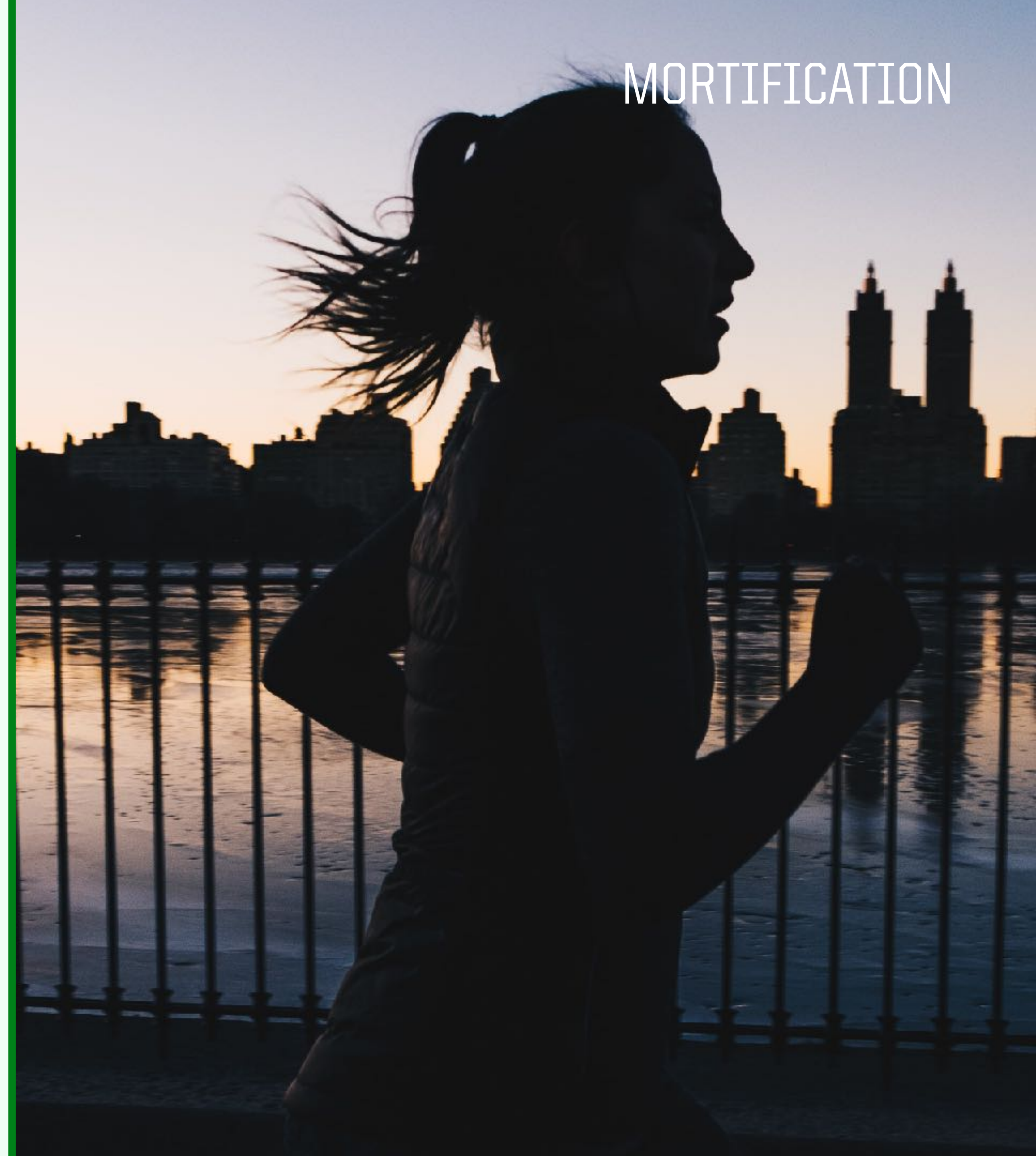
RESOLUTION

Choose one way to practice mortification out of love for Jesus.

Here are some options:

- Get up when alarm goes off or Mom wakes you.
- Make a small sacrifice at meals.
- When you feel tempted to say something nasty or negative - zip it!
- Exercise.
- If you are tempted to look or stare inappropriately, don't.

MORTIFICATION



VIRTUE=STRENGTH.™



MORTIFICATION

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

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

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



VIRTUE=STRENGTH.™

MORTIFICATION

MATTHEW 6: 16-21

And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward.

But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

VIRTUE=STRENGTH.™



MORTIFICATION

“Model yourselves on those who excel the most in mortification.”

- St. Vincent de Paul

VIRTUE=STRENGTH.



MORTIFICATION

*“Where there is no great
mortification
there is no great sanctity.”*

- St. Philip Neri

VIRTUE=STRENGTH.™

MORTIFICATION

“Our pilgrimage on earth will not be of long duration: our home is eternity, where he who has practiced the greatest mortifications during life shall enjoy the greatest glory.”

***- St. Alphonsus Liguori
Bishop and Doctor of the Church***



VIRTUE=STRENGTH.™



EXCESSIVENESS

“TOO MUCH.”

VIRTUE=STRENGTH.



VICE

EXAMPLE OF EXCESSIVENESS

French fries and ketchup.

Putting ketchup on your french fries is completely fine. Many people like doing this.

A person who likes ketchup on their fries but wants to offer up a sacrifice for their Mom who is sick and practice the strength of mortification might choose not to put ketchup on them one day, praying for that special intention.

Excessiveness is pouring half the bottle or just too much ketchup on your fries.



VIRTUE = STRENGTH.™

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