

Virtue of Fortitude

Pray an Act of Fortitude
 Our Lord and mighty God,
 alone I am weak,
 but with You I can do all things.
 Give me the grace to be strong
 against temptations and bold in proclaiming
 You and Your Church on earth. Amen

Virtue of Fortitude

Justice Review

- Justice is the constant and firm **will** to give to each what is his due. (God, neighbor)
- Justice perfects our will and all our relationship with others (God, family, country, and Church).
- Justice focuses on others and strives to respect the rights of other people.
- Proper order at home (filial piety), follow the rules, respect one another.

Virtue of Fortitude

Fortitude is the virtue that **perfects** our **emotions**, particularly by freeing us from **fear** and **anger**. It **strengthens** us in the **pursuit of goodness**, helping us to **resist temptations and overcome obstacles**. When inspired by charity, it empowers us to hope in Christ's strength to make us confident and even joyful in the face of trials, persecution, and even death (**martyrdom**).

Virtue of Fortitude

Prudence and **justice** are the virtues through which we decide what needs to be done. **Fortitude** gives us the strength to do it.


Fortitude suppresses inordinate **fear** and curbs **recklessness**. Putting our bodies or lives in danger when it is not necessary is not fortitude but foolishness.

Virtue of Fortitude


It is in martyrdom that we see the best example of fortitude rising above a mere cardinal virtue into a **supernatural gift of the Holy Spirit**. Fortitude, as a gift of the Holy Spirit, also allows us to cope with poverty and loss. The saints, in their love for God and their fellow man and their determination to do what is right, exhibit fortitude as a supernatural gift of the Holy Spirit, and not merely as a cardinal virtue.

Virtue of Fortitude

In order to have **courage** you must have **fear**, and in order to have fear you must have **love**. Fear is based on love for something and a desire not to lose it. No one fears the loss of something he does not love and value. A person of fortitude is willing to sacrifice something lesser for something greater.




Virtue of Fortitude




Parable of the treasure buried in a field: which a person finds and hides again, and out of joy goes and sells all the he has and buys the field. (Matt 13:44)

Parable of the pearl of great price: When a merchant finds a pearl of great price, he goes and sells all that he has and buys it.




Virtue of Fortitude



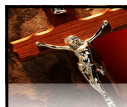
First step in gaining fortitude is to ask: What do I value the most? Or what do I fear losing the most?

A man who pursues a lesser good at the expense of a greater good is not brave, but stupid. It is stupid to exchange a dollar for a penny, and it is of no profit to a man if he gains the whole world and loses his soul.




Two components of Fortitude

- Endurance
 - **Practice of fortitude involves inconvenience and discomfort**
 - Music; sports, art,
 - Listening to conversation among the adults
 - Doing family chores
 - Completing homework before other activities
 - Daily prayers (reading scriptures)
- Enterprise
 - **Courage to undertake great deeds**
 - **Serve others**




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Magnanimity (Big soul or big heart): seeking with confidence to do great things in God.

Opposing vice
 Pusillanimity (faintheartedness)
 vainglory (unduly seeking fame and popularity)
 presumption (doing things beyond one's ability)
 ambition (seeking honor based on one's merit)

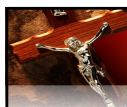


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Perseverance (恒心、毅力): Taking the steps necessary to carry out objectives in spite of difficulties

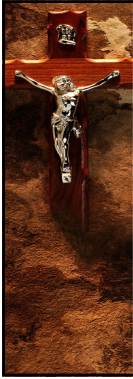
Patience (忍耐): Bearing present difficulties calmly



Virtue of Fortitude at Home



Exercise constancy (stay engaged): daily prayer
 Avoid minimalism
 Sportsmanship; developing talents
 Practicing patience
 Watch movies of good characters
 Stories of the Saints
 Apologetic (defend our faith)
 Be a model for children
 Let children handle responsibilities
 Allow consequences for poor choices



- Questions and answers
- Sharing of ideas or faith experiences

Tomkin - fortitude
<https://www.youtube.com/watch?v=lc97rSrUMRk>