

Act of Temperance (节制)

Heavenly Father,
 You surround us with good things. We ask for
 the grace to use Your gifts rightly, allowing
 You to control our desires for the things You
 put into our life.
 In Jesus' name, we pray.

Cardinal Virtues- Review

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

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.

Virtue of Temperance (节制)

Tomkin and the Virtue of Temperance
<https://www.youtube.com/watch?v=z6jSaaNVvVQ>

Virtue of Temperance (节制)

Temperance is a habit which brings order to
 our life, particularly our **emotions** and
desires. It moderates the **attractions of sense**
pleasure, providing balance in the use of the
 good things of this world.

Symbol: **olive wreath**. Fruit of hard work that
 gives prize of authentic self-mastery. It
 crowns our decisions with a holy balance,
freedom, joy and inner peace.

Virtue of Temperance (节制)


The parable of the rich man and Lazarus (Lk 16:19-31)

The rich man dress in purple garments and fine linen
 and dined **sumptuously each day**.
 Lying at his door was a poor man named Lazarus,
 covered with sores, who would gladly have eaten his fill
 of the scraps that fell from the rich man's table. Dogs
 even used to come and lick his sores.
 Gluttony **dulled** the rich man's **sense** of sin and
sensitivity to those around him.

Virtue of Temperance (节制)

Sins Against Temperance


<p>By excess</p> <p>Intemperance</p> <p>Pursuit of pleasures outside the order of right reason</p>	<p>By defect</p> <p>Insensibility</p> <p>Vice of unfeelingness or insensitivity</p>
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Virtue of Temperance (节制)

Temperance is a virtue that moderates pleasurable things related to touch such as food, drink and sex. These things are not evil in and on itself, but overindulgence will bring about vices.

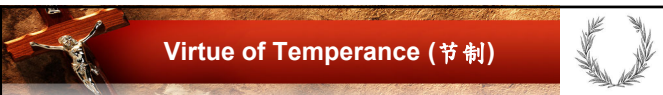
Related Virtue	Meaning	Opposing vices
Abstinence	Moderation in the desire for food and touch	Gluttony
Sobriety	Drink & mind-altering substances	Drunkenness
Chastity	Integration of sexuality within the person	Lust



Virtue of Temperance (节制)

Related Gift of the Holy Spirit – Fear of the Lord

The Gift of Fear of the Lord enlightens us to the real danger of sin in the misuse of created goods and pleasures. It gives us a real horror of sin, not because we are afraid of punishment, but because it is a turning away from all that is good. It is a filial fear that makes us honor God above all and avoid sin out of love for Him.



Virtue of Temperance (节制)

The Gifts of Temperance and the Fear of the Lord are given to us at baptism; they must be guarded from danger

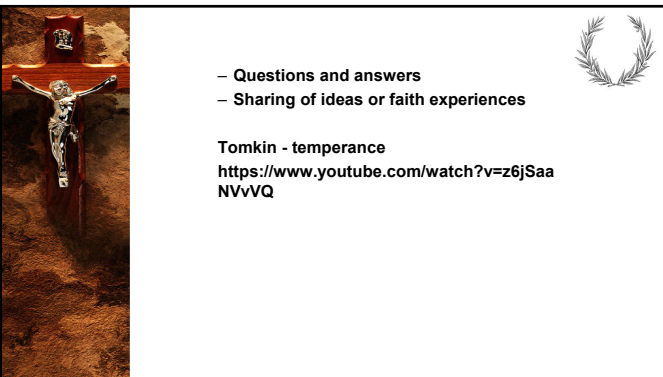
Pride: Too much trust of self leading us to disregard the commands of God; it is an excessive of self-esteem or self-love.

Presumption and Despair: These two stand against each other and both fail to trust God for personal salvation.



Temperance (节制) at home

- Putting God's love at the center of one's life
- Note characteristics of temperance: delay gratification, joyful, put people ahead of things, does not elevate gift above the Giver (Jesus)
- Distinguish between over-indulgence and reasonable pleasures.
- Saying "no" to self and making self-sacrifices
- Read stories of saints (Sts. Francis, Augustine)



– Questions and answers
 – Sharing of ideas or faith experiences

Tomkin - temperance
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