

DISCIPLE *of* **CHRIST**

EDUCATION IN VIRTUE®

VIRTUE ANNOUNCEMENTS

TABLE OF CONTENTS

FAITH	2	FORTITUDE	23
		Industriousness	24
HOPE	3	Magnanimity	25
		Magnificence	26
CHARITY	4	Patience	27
		Perseverance	28
PRUDENCE	5		
Circumspection	6	TEMPERANCE	29
Docility	7	Honesty	30
Foresight	8	Humility	31
		Meekness	32
JUSTICE	9	Moderation	33
Affability	10	Modesty	34
Courtesy	11	Orderliness	35
Generosity	12	Self-Control	36
Gratitude	13		
Kindness	14		
Loyalty	15		
Obedience	16		
Patriotism	17		
Prayerfulness	18		
Respect	19		
Responsibility	20		
Sincerity	21		
Trustworthiness	22		

FAITH



SEEING
WITH FAITH

MONDAY

Our virtue of the week this week is the theological virtue of faith. Faith enables one to know God and all that He has revealed. It is a supernatural gift given to us in Baptism. Living the virtue of faith looks like listening to the Word of God so that we can know what God has revealed. It sounds like, “I want to know more about God!”

Dear Jesus, thank you for the gift of my Baptism. Thank you for the incredible gift of faith. It is amazing to think that You came into our world to reveal the truth to us. Help me to appreciate the gift of faith and to strive to deepen it. Help me especially to be attentive in Mass, in religion class, and any time I have an opportunity to learn more about You. Amen.

TUESDAY

This week we are focusing on the theological virtue of faith. Faith is a supernatural gift, but we also need to nourish and strengthen it. One way to strengthen our faith is by receiving the sacraments. Each one of the sacraments, especially Holy Communion, is a source of grace and strength for us. In the sacraments, we encounter Jesus, and our faith in Him is deepened.

Dear Jesus, thank you for the gift of the sacraments. Sometimes I forget how amazing they are! Help me to be aware that in the sacraments, especially in Communion, I am encountering You. When You come into my heart at Communion, please deepen my faith, so that I can know You and love You more. Amen.

WEDNESDAY

Today we continue to focus on the virtue of faith. Faith is the virtue that enables one to know God and all that He has revealed. The basic truths that God has revealed to us are all put together into the Creed, which we say every Sunday at Mass. This is the prayer that begins, “I believe in one God.” One way to strengthen the virtue of faith is to pray the Creed like we really mean it. Do you think about what you are saying when you pray the Creed? Do you just recite it half-heartedly, or do you really proclaim it?

Dear Jesus, it's amazing to think that the Creed we pray has been passed down for hundreds and hundreds of years. Help me to proclaim my faith when I say the Creed, and to believe more and more the truths I am proclaiming. Amen.

THURSDAY

This week we are focusing on the theological virtue of faith. By faith, we can know God and all that He has revealed. But to grow in our faith, we have to seek to understand God's revelation. Faith looks like asking questions of our priests, parents, or religion teachers when we don't understand something about God or the Catholic Faith. It sounds like, “I believe; Lord, help my unbelief!”

Dear Jesus, sometimes the truths that You have revealed to us are hard to understand. I can't always wrap my mind around the things we learn in religion class. Help me to grow in faith and to exercise the gifts of understanding and knowledge, so that I can have a deeper insight into the truth. Amen.

FRIDAY

This week we have been focusing on the virtue of faith. Faith isn't just something intellectual; it is meant to be lived! If we believe the truth about God and understand how important it is, we will want to share it with others. Living out the virtue of faith looks like teaching other people about Jesus and His Church. It sounds like saying, “Do you know that God loves you?”

Dear Jesus, sometimes I think faith is something that is just between me and You. But You are calling me to be an evangelist, to share the good news about You with other people. Help me to bear witness to You in everything that I do today. Please use me as an instrument to strengthen the faith of others. Amen.

HOPE



ABIDING
WITH HOPE

MONDAY

This week our virtue of the week is hope. Hope is the theological virtue that enables one to desire God above all things and to trust Him for personal salvation. The symbol for hope is an anchor, like the anchor on a ship, because hope anchors us in God. Even when there are storms in life, hope keeps us rooted in our trust in God.

Dear Jesus, there is sometimes so much anxiety or uncertainty in my life. I don't always feel like I am in control. But I know that You have given me the gift of hope, and that this virtue can help me remember that YOU are in control! Help me to practice hope and to stay anchored in You, no matter what else happens in life. Amen.

TUESDAY

We are focusing this week on hope. Hope is a supernatural gift which God gave us when we were baptized. It's also a virtue we need to strengthen and grow in. One way to grow in hope is by making a simple act of hope each day: "God, I hope in you!"

Dear Jesus, help me now to make an act of hope: I hope by Your grace for the forgiveness of my sins and to gain eternal happiness with You in heaven. I hope for this because You have promised it, and You are infinitely powerful, faithful, kind, and merciful. I intend to live in this hope my whole life long. Amen.

WEDNESDAY

This week we are focusing on the theological virtue of hope. Hope is the virtue of a beloved child who confidently trusts in God's love. Hope looks like trusting that God is going to provide for us. It sounds like, "I trust in God's love for me!"

Dear Jesus, I am amazed when I think of how much the Father loves us. He loves us so much that He sent us the best gift ever: You! Since He's already done so much for us, I can trust that He will finish what He has begun by making me a great saint, if I cooperate with grace. Help me to love You more and more each day. Amen.

THURSDAY

The virtue of the week this week is hope. We can have hope that God will provide for us here on earth, but ultimately hope is about knowing that heaven is our true home, where we will be happy with God forever. Do I ever think about heaven and what it will be like? Do I have a desire to go there, or am I so busy doing things that I never think about the real goal?

Dear Jesus, this life is wonderful. You have given me so many gifts: my family, my friends, a wonderful school, and lots of talents and things to enjoy. But I know that I am made for even more. Help me to keep my eyes on heaven, especially when this life disappoints me or when I am tempted to be distracted from You. Remind me that I am made for eternity! Amen.

FRIDAY

This week we have been focusing on the theological virtue of hope. Scripture says that hope is "an anchor of the soul, sure and firm." With hope, we can be joyful even when there are difficulties in life, because we trust that God is going to bring us home to Him in the end.

Dear Jesus, sometimes I am tempted to think that I can do everything on my own. At other times, I can get discouraged and even start to think that I will never get to heaven. I know that both of these are temptations against hope. I need Your love and mercy – but with Your love and mercy, I have everything I need. Help me to hope in You. Amen.

CHARITY



BURNING WITH CHARITY

MONDAY

This week our virtue of the week is charity. Charity is a theological virtue, given to us at Baptism. It enables us to love as God Himself loves: freely and wholeheartedly. Charity looks like putting God first because of our love for Him, and loving our neighbor as we love ourselves.

Dear Jesus, what an amazing gift, that I can love with Your own love! I know that You love perfectly and completely. Help me to grow in that same kind of love, so that I can return this gift back to You. Amen.

TUESDAY

We are focusing this week on the virtue of charity. One way that we can practice charity is through almsgiving – being generous and freely giving to those less fortunate than us. Do I share my toys or coloring supplies with others if they have less than me? We can also give of our time. Am I willing to spend time with others who may be lonely?

Dear Jesus, I know that by the virtue of charity, I can love with Your own love. You love each of us so much that You gave Your life for us! Help me to love the people around me by giving of myself and what I have. When I do this, help me to offer it to You in my heart. Amen.

WEDNESDAY

This week we are focusing on the virtue of charity. Charity enables us to love as God Himself loves. The symbol for charity is the Sacred Heart of Jesus, burning with love for us. Jesus loves us so much that in art, we show His Heart as being on fire! Charity looks like putting our whole heart into loving God and those around us. Am I lukewarm or halfhearted when I pray, or do I really put my heart into it? When I do something kind for someone else, do I do it reluctantly, or with a smile?

Dear Jesus, by charity I can love with Your own love. Set my heart on fire, as Your Heart is, so that I can be full of love for You and for my family, friends, and neighbors. Help me to overflow with this love! Amen.

THURSDAY

Our virtue of the week this week is charity. There are lots of practical ways we can grow in charity, like praying, making sacrifices for Jesus, and doing good things for others without expecting anything in return. We can also grow in charity by praying an “act of charity” and trying to really mean it. Let’s do that together now.

Dear Jesus, I love You above all things with my whole heart and soul, because You are all good and worthy of all my love. I love my neighbor as myself for the love of You. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

FRIDAY

Charity, or love, is the greatest of the three theological virtues. As Scripture says, “So faith, hope, love remain, these three; but the greatest of these is love.” Charity is the driving force behind all our living of the virtues. If we love God and others, we will be filled with joy, peace, and mercy, and we will do good for other people happily. Charity binds our whole life of virtue together.

Dear Jesus, charity is the greatest of all the virtues, and in my Baptism, You have given it to me freely as a gift! Help me to guard and nourish this precious virtue by putting You first and by loving others as I love myself. I love You, Jesus! Help me to live in charity throughout this whole year. Amen.



PRUDENCE

MONDAY

Our virtue of the week this week is prudence. Prudence is “right reason in action.” It is one of the four cardinal virtues. Prudence takes our common sense and perfects it. Have you ever made a decision that turned out not to be the right call? If we grow in prudence, we will learn to make better decisions no matter what the circumstances.

Dear Jesus, You have given me the great gift of my mind. Help me to form and use it well with the virtue of prudence. I know that with Your help, I can make good decisions and follow through on them. Please help me to do this today. Amen.

TUESDAY

This week we are practicing the virtue of prudence. One way to practice prudence is by taking time to think before we act. When something unexpected happens or someone does something I do not like, do I respond impulsively, or do I think about the best way to handle the situation? Prudence looks like counting to ten or taking a few deep breaths to give yourself time to think before reacting.

Dear Jesus, sometimes things happen and I am tempted to respond immediately. But I know that when I do this, I often regret what I say or do later. Help me to instead use prudence and to think about the best way to respond. I know that with Your help, I can learn to respond more virtuously. Amen.

WEDNESDAY

Today we continue to practice the virtue of prudence. One way to grow in prudence is to seek good input from others. We don’t have all the answers, and asking for advice can help us think more clearly. Prudence looks like asking advice from reasonable, trustworthy people, like our parents and teachers. It sounds like, “What do you think I should do in this situation?”

Dear Jesus, thank you for all the trustworthy and wise people in my life. Sometimes I want to do things on my own, without their help. But at times it would be better to tap into their wisdom by asking their advice. Give me the prudence to know when I need to ask for help. Amen.

THURSDAY

This week we are working on the virtue of prudence. Prudence means putting right reason in action. It is thinking correctly about a situation and then acting in accord with our thoughts. Prudence looks like following through on a good decision. When I thoughtfully make a good decision, do I second-guess myself later or back out of what I was going to do? Or do I stick with my decision because I know I made it well?

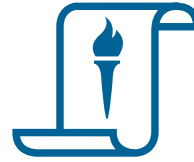
Dear Jesus, help me to think clearly and to act accordingly. I know that prudence is not meant to make me afraid to act. If I think through my decisions well, I should have the confidence to act on them. Help me to act prudently today. Amen.

FRIDAY

This week we have been practicing the virtue of prudence. Prudence is sometimes called “the charioteer of the virtues.” This is because prudence drives and directs all the other virtues. Without prudence, we wouldn’t know which virtues to use when! We need prudence to guide everything we do so that it will be “right reason in action.”

Dear Jesus, I want to grow in virtue because I know that the goal of a virtuous life is to become like God, and that this is what I am made for. I want to become the great saint You made me to be! Help me to exercise prudence so that I will know which virtues to use at each moment. Make me a saint. Amen.

CIRCUMSPECTION



ACTING WITH PRUDENCE

MONDAY

This week we will be working on the virtue of circumspection. Circumspection means careful consideration of the circumstances and consequences of one's actions. It means thinking about how my actions affect other people, and not just myself.

Dear Jesus, it's easy for me sometimes to forget about other people, especially when I really want something. Help me to choose the thing that is best for everyone, instead of just the thing that is best for me. You did what was best for me, even though it cost You so much. Help me to imitate You! Amen.

TUESDAY

Today we will continue to practice the virtue of circumspection. Circumspection sounds like asking yourself, "Let me think about what I should do." When you are tempted to respond angrily to someone, circumspection looks like taking a deep breath or counting to five before you respond. Do you say or do the first thing that comes into your head, even if it is not virtuous? Or do you stop and think before you act?

Dear Jesus, sometimes I react impulsively, especially if I am angry. Help me to think first, so that I respond in the best way. I know that with Your help, I can learn to practice this virtue, and that it will help me grow in my relationship with other people and with You. Amen.

WEDNESDAY

As we continue to work on the virtue of circumspection, let's think about how it can help us in difficult situations. Circumspection looks like asking advice from someone we trust. Of course, the first person whose advice we should ask is Jesus! When faced with a tough situation, do I ask Jesus for help and guidance?

Dear Jesus, You are all-knowing and all-loving. You are the best source of advice! Help me to develop the habit of asking for Your help when I don't know what to do. Let me follow the promptings of Your Holy Spirit so that I will always choose Your will. Amen.

THURSDAY

Today we continue to work on the virtue of circumspection. Circumspection looks like asking advice from an older, trusted person. Who is someone in your life who you trust to give you good advice? Do you ask your parents, teachers, or priest for advice when you need it, or do you try to do everything on your own?

Dear Jesus, thank you for the trustworthy people in my life. Even though I trust them, sometimes I forget that I can ask them for advice. They have so much wisdom to share with me! Help me to practice circumspection by seeking their guidance, so that I can make virtuous decisions. Amen.

FRIDAY

As we continue to work on the virtue of circumspection, let's think about what circumspection sounds like. Often, it sounds like silence. Do I take time to silently think before acting? Or do I speak and act without thinking about all the factors of the situation?

Dear Jesus, You know that sometimes there is a lot going on. Please help me to practice circumspection and to pause and think before I act. Help me to find some time for silence so that I can think carefully about what I ought to do, so that I can make virtuous decisions. Amen.



DOCILITY

MONDAY

This week we will begin to work on the virtue of docility. Docility is the willingness to be taught. This virtue helps us to listen to and to be taught by our teachers and parents. When my teachers try to help me learn a new idea, am I willing to listen to them? When my parents teach me something, do I hear them out?

Dear Jesus, sometimes it is difficult to listen to my teachers when I am learning something new, especially when I am not interested. Help me to listen attentively to my teachers today so that I can hear You speaking through them. Amen.

TUESDAY

Docility is the willingness to be taught. Oftentimes when we think of docility, we think of listening to our parents and teachers, but docility also includes listening to our friends and learning from their ideas and opinions. When my friend is sharing his or her idea with me, do I actually listen and think about their idea or opinion?

Dear Jesus, help me today to notice others' gifts, especially in the areas in which I want to be the best. May I realize that my friends' gifts glorify You. Help me to rejoice in their success and learn from their ideas, too. Amen.

WEDNESDAY

This week we are practicing docility. Docility is a virtue that helps us grow in other virtues, too. Docility looks like silently taking a correction when a teacher or parent points something out to you that you need to grow in. It sounds like responding politely even when you want to make a comeback. If we are docile, we say, "Yes, thank you for letting me know. I will work on that."

Dear Jesus, my pride is wounded when my teachers or parents find fault with my actions and attitudes. Yet I know that I'm not perfect. Help me today to practice docility when corrected, so that I can become more virtuous. Grant me the grace to hold my tongue and listen attentively with a humble heart, to really benefit from what those who love me are trying to help me see. Amen.

THURSDAY

We are continuing to work on the virtue of docility, or willingness to be taught. One way we practice this virtue is by following directions. If we follow our teacher's instructions the first time they're given, not only will we have an orderly classroom and learn more, but we are also practicing to follow God's directions for our lives.

Dear Jesus, thank you for so many opportunities to practice docility today. Help me to listen to my teacher's directions and follow them the first time. Most of all, help me to follow all the directions You give me. I want to do Your will! Amen.

FRIDAY

As we finish reflecting on the virtue of docility, let's think about how it was practiced by the saints. Saints are people who listen to God and follow His plan for them. Because they are docile, God can do amazing things in their lives! How can I listen to God today?

Dear Jesus, thank you for the witness of the saints, especially my patron saint. Help me today to practice the virtue of docility by listening to the promptings that the Holy Spirit puts into my heart. Help me to say "yes" to You today so that I can be a great saint! Amen.



FORESIGHT

MONDAY

This week we will be focusing on the virtue of foresight. Foresight means consideration of the consequences of one's actions. It means thinking ahead about what might happen. We are just coming back from a weekend. Foresight looks like taking the time to think about what you need to bring to school and getting it ready the day before. Do I pack my things the night before, or do I rush around in the morning and end up being late? Do I forget things because I wait until the last minute to pack?

Dear Jesus, there have been times when I am so rushed in the morning that I forget my lunch or my homework. I am not ready for the school day and I end up feeling stressed. Help me to practice the virtue of foresight, so that I can come to school relaxed and prepared, ready to start a new day. Amen.

TUESDAY

Today we will continue to practice the virtue of foresight. Foresight sounds like asking yourself, "If I do this, what will happen?" Do I act right away out of my emotions, or do I take time to think before I make a decision? Do I think about all of the consequences of my actions before I act?

Dear Jesus, when I don't think before I act, bad things usually happen. I want to make good decisions, but I forget to think ahead. Help me today to pause before acting and think about what might happen as a result of my decision. I want to make good decisions that give You glory. Amen.

WEDNESDAY

As we continue to think about the virtue of foresight, let's think about how it can help us in difficult situations. Foresight looks like deciding how you will react in a situation before it happens. How would you respond if someone asked you to do something you know is wrong? What would you say if someone asked you for help with something? Foresight helps us to prepare a virtuous response, so that we are more likely to say or do the right thing.

Dear Jesus, sometimes events in my life catch me unprepared and I end up making a poor decision. Help me to think about what might happen ahead of time, so that when it happens

I have the strength to give a virtuous response. Help me to practice foresight, so that I can confidently follow You in all the circumstances of my life. Amen.

THURSDAY

We need foresight in little decisions and in big decisions in our lives. Foresight looks like taking time to pray about a big decision. Have I asked God what He wants me to do with my life? Do I pray about where I should go after I graduate?

Dear Jesus, whenever I am faced with a big decision, help me to practice the virtue of foresight and turn to You for guidance. I know You will help me see how my decisions will affect myself and others. Grant me the grace to follow Your will as soon as I know what it is. Amen.

FRIDAY

As we continue to work on the virtue of foresight, let's think about what foresight sounds like. Often, foresight sounds like silence. Do I take time to silently think before acting? Or do I speak and act without thinking ahead to what might happen?

Dear Jesus, You know that my life can be so busy and crazy. Please help me to practice foresight and take some time for silence to think about my actions and words ahead of time. When I don't take time to calm my mind and heart, I often make bad decisions, moved simply by my anger or desires. Help me today, Lord, to quiet my soul a bit and focus my attention on virtuous decisions. Amen.

JUSTICE



LOVING
WITH JUSTICE

MONDAY

This week we will be practicing the virtue of justice. Justice enables us to give to each person, beginning with God, what is due to him. We are given so much in our lives. Do we ever take the time to think about what we owe to other people? Justice looks like studying for a test, because we owe our best work to our teachers who have worked to help us learn, and to our parents, who have paid for our education and supported us.

Dear Jesus, I often feel like schoolwork is something that I am simply supposed to do. I forget that I actually owe it to my teachers and parents to learn as well as I can. Help me to think less today about what others owe me, and more about what I owe to them. Amen.

TUESDAY

As we continue to work on the virtue of justice, let's think about where it comes from. When we are just, we recognize someone else's worth and dignity, and we remember that this dignity brings with it certain rights. Do I practice justice by recognizing the dignity of my classmates? Do I unjustly speak about them when they aren't there? Am I unkind or disrespectful to them? Justice sounds like, "We probably shouldn't be talking about him like this," or "I don't think it's fair to tell that story when she's not even here to tell her side."

Dear Jesus, I often think about what people should give me. It's easy to forget about the things that I owe other people. Help me to be just today, and to keep my eyes open to see the dignity of others and what I owe them because of that dignity. May I defend the rights and dignity of others, and practice justice even when it's difficult. Amen.

WEDNESDAY

The virtue of the week this week is justice. Practicing the virtue of justice includes practicing many other virtues as well. Justice looks like giving God what is due to Him. We owe God our whole lives, our very selves. He has given us life, and He has even enriched us with His grace through the Sacraments. Do I try to give my heart to God in Mass? Do I see myself as belonging to God, or do I still try to do things my own way? Do I listen to His voice to try to follow His will for me?

Dear Jesus, thank you for the thousands of gifts You are always pouring out on me. Help me to realize that I owe You everything that I am. Help me to really worship at the next Mass I go to, and to offer You, maybe for the first time, my whole heart. Jesus, make me love you more each day! Amen.

THURSDAY

This week we are working on the virtue of justice. Another virtue that is closely related to justice is gratitude. We have all heard the phrase "a debt of gratitude." This means that we can literally "owe" someone our thanks. Have I thanked the teachers who have had an impact on my life this year? Have I thanked the administration and other staff who do so much to take care of me? Do I realize what I've been given over the course of my years of school, or do I focus on ways in which I think I should have been given more?

Dear Jesus, I know that justice means looking at what I owe others and not thinking about what I think I should be given. Help me to practice justice and gratitude today, and to thank all of my teachers for the hard work that they do. Give me courage to look humbly at what I've been given, and to be honest about the good things I've received. Thank you, Jesus, for all of the blessings of this school year so far. Amen.

FRIDAY

This week we've been practicing the virtue of justice. When we think of justice, we can also think about what we owe our parents. Have I thought about what I owe my mom? She gave me life and has loved me and helped me even until this day. Do I ever try to express my gratitude for all she does? Have I thanked her recently for driving me around, cooking, or doing all of the other things she does? What about my dad, and all that he does to protect and provide for our family? Have I thanked him for loving me and caring for me?

Dear Jesus, thank you for my mom and dad! I know they love me imperfectly at times, but I also know that in their heart they just want what is best for me. Help me to practice justice today and thank them for all that they do. Help me to think of a way show them how grateful I am for them. Amen.

AFFABILITY



LOVING
WITH JUSTICE

MONDAY

This week we will be working on the virtue of affability. Affability is being easy to approach, and helping those around you feel comfortable. It is a virtue that helps us reflect Christ to others. Many people in the Sacred Scriptures, such as Zacchaeus the tax collector, were converted simply by the way Jesus looked at them. Do I look at people with love and respect? Do I acknowledge their presence? How do I feel when someone else smiles at me, or says “Good morning”? Affability is a way to practice allowing Jesus to shine through my actions and words.

Dear Jesus, You always looked at other people with love. People knew that You cared about them and wanted the best for them. Help me to care for others and show them with a kind smile and greeting that they are loved by You. Help me even to be affable to those I don't get along with, because You love them, too. Jesus, make my heart like Yours! Amen.

TUESDAY

Our virtue this week is affability. Affability doesn't mean we need to be laughing and joking all the time. Affability can be as simple as a welcoming smile. A joyful face can lead others to Christ. How have I helped my classmates see Christ in me so far today? How could I reflect Christ later today at recess?

Dear Jesus, practicing affability is really difficult when I don't feel well, or when I'm sad. Help me to remember to ask You for the strength to smile even when I don't want to. May I reflect Your love to all those I meet today. Amen.

WEDNESDAY

Today we continue working on the virtue of affability. One way to cultivate affability is to acknowledge the presence of those around us. How often do I greet those I see? Did I say good morning to my teacher today? When I acknowledge others, I affirm their dignity as a person.

Dear Jesus, help me to see those around me today. May I realize that they are my brothers and sisters in Christ, and that You love them very much. Help me to be a model of affability to those around me. May I make our school a joyful place to learn. Amen.

THURSDAY

We are continuing to work on affability today. When we think of affability, we often imagine someone exuberant and extremely friendly. But another meaning of affability means being open to the other person and easy to talk to. Sometimes this means being a good listener when another person is having a hard day. Do I take time to listen to others, or do I rush on and talk only about myself? Am I sensitive to what other people are feeling?

Dear Jesus, help me to practice affability today by listening well to the people I encounter. Help me to cheer them up if they are sad, or rejoice with them if they are rejoicing. In all my conversations today, may I be truly present to the people I am talking to. Thank you for my friends and teachers! Amen.

FRIDAY

This week we are practicing the virtue of affability. Sometimes it's easy to be affable to our friends and classmates because we don't see them all the time. It can be difficult to practice affability in our families, but it is very important. Do I remember to smile at my parents or siblings? Do I listen to those who are closest to me, or instead run off to play with my friends? Mother Teresa often said, “Love begins at home.” The same is true for affability. We have to practice it in our own homes to really grow in this virtue.

Dear Jesus, it is easy to smile at my friends and to greet them in the morning. It is much more difficult to be affable to my parents when they wake me up, or when they ask me to do chores. Sometimes I take out my frustration on my family, instead of practicing affability. Help me today to spread Your love in my home by smiling and using cheerful words when I get home today. Amen.

COURTESY



LOVING
WITH JUSTICE

MONDAY

This week our virtue of the week is courtesy. Courtesy is treating others with respect and recognizing that we are all created in God's image and likeness. Courtesy looks like greeting your teachers and friends and asking how their weekend was. It sounds like, "It's good to see you again. I hope you had a nice weekend!"

Dear Jesus, thank you for the blessings of this past weekend, but also for the chance to come back to school and be with my teachers and friend. Help me to start this week with You in my mind and heart. Please grant me the grace to be courteous today and to behave the way You would want me to. Amen.

TUESDAY

Courtesy is the virtue by which we recognize the value others have as sons and daughters of God. When I see my teachers and classmates, do I ever think about how much God loves them? Do I realize that Jesus died for them, just as He died for me? Do I thank God for putting them in my life, or do I forget what a blessing my friends and teachers are?

Dear Jesus, help me today to see Your image in those I meet. Rekindle my sense of wonder, Lord, so that I can see how incredible Your love is, even for each individual person. Fill my heart with Your Holy Spirit so that I can see others the way You see them. Amen.

WEDNESDAY

When we practice the virtue of courtesy, we act based on our knowledge that everyone is made in God's image. Courtesy looks like letting others go first and giving them space. Do I shove my way to the front of the line, or push others so I can be the very last person? Do I let others get a drink before me? Do I wait my turn, or do I always want to be the first to get an item the teacher is passing out?

Dear Jesus, help me today to treat my classmates with the courtesy they deserve. Help me to act out of the knowledge that they are Your sons and daughters. Please grant me a deep respect for others, realizing that they were made to glorify You with their lives, just as You made me. Amen.

THURSDAY

This week we are practicing the virtue of courtesy. Courtesy is a virtue that we can also practice in our words. By using a simple "please", "thank you", or "you're welcome", we are showing the other person that they have dignity and that we respect them. Courtesy sounds like using all of the manners we have been taught over the years. Do I take others' hard work and favors for granted, or do I remember to show my appreciation with words? Do I acknowledge others when they speak to me?

Dear Jesus, I often forget to use the words that I've been taught. I know that showing manners is pleasing to You because it's a way to respect my neighbor. Help me today to be the best version of myself and to remember to show courtesy to others in my words and actions. Amen.

FRIDAY

This week, we have been working on the virtue of courtesy. Sometimes, courtesy sounds like not saying anything. When we let someone finish what they're saying without interrupting them, we are giving them the message that we think their ideas have value. Listening well is a way we show courtesy and respect to others. Do I wait until the other person is done speaking to add a thought? Do I listen attentively, or do I just start thinking of what I want to say next? Do I talk to others while my teacher is speaking?

Dear Jesus, learning to be attentive to the person who is talking is difficult. Help me to get a little better every day so that I can show others the respect they deserve as children of God. While You were on earth, You had to listen to many people every day and You always showed them courtesy and patience. Grant me the grace to imitate You! Amen.

GENEROSITY



LOVING
WITH JUSTICE

MONDAY

This week we will be working on the virtue of generosity. Generosity is giving of yourself in a willing and cheerful manner. A common way we can be generous is with our belongings and money. Do I give a little bit of my allowance to the poor or to my church? Have I given away old toys, books, or clothes to those who need them?

Dear Jesus, sometimes I don't want to give away my things or my money because I want to use them myself. Help me to think about those who don't even have enough to meet their basic needs. Grant me the grace today to be detached from my possessions and generous towards others. Amen.

TUESDAY

Today as we work on the virtue of generosity, we think about how we are called to give of ourselves. Do I only offer to help when it is convenient for me? Jesus said that the poor widow who gave two pennies gave more than the people who gave a lot of money, because she gave from what she really needed. Generosity looks like giving when you don't feel like it or when you feel like you can't.

Dear Jesus, help me today to imitate the poor widow in the Gospel and give of myself even when it's not convenient for me. May I smile when I don't feel like it. May I stop to do a kind deed when I don't have time. Help me to really give the gift of myself today. Amen.

WEDNESDAY

Today we will continue to work on the virtue of generosity. Generosity looks like sharing your balls and toys at recess. Do I take more than one item and refuse to share? Do I give people what they ask for only after a teacher makes me?

Dear Jesus, help me today to be generous at recess. I know I sometimes think of games that make me want to use a lot of the equipment. Please help me today to be generous and think of other games to play, so I can share the balls with others. Amen.

THURSDAY

As we continue to work on the virtue of generosity, we think about the things we can be generous with that we can't see. We can be generous with our thoughts. When I see someone who isn't following rules or being kind, do I judge them in my mind? Or do I try to still think the best of them? Do I allow myself to think unkind thoughts or even speak these thoughts to others?

Dear Jesus, please help me today to be generous in how I think about other people. I know everyone has bad days sometimes. Help me to think kindly of my classmates, even if I see them doing something I don't agree with. I know the generous reaction is to pray for them and still be kind. Amen.

FRIDAY

As we continue to work on the virtue of generosity, we think about what our attitude should be if we are really generous. Do I give with a smile? Or do I only give things when I've been asked many times? Do I complain about hardships and sacrifices?

Dear Jesus, I know that to have a generous heart I need to give willingly and cheerfully. It is hard to give up things I really like. Help me to hide all of my sacrifices behind a generous smile and a cheerful word, so that they can be hidden gifts for You. Amen.

GRATITUDE



LOVING
WITH JUSTICE

MONDAY

The virtue of the week this week is gratitude. Gratitude is a thankful disposition of mind and heart. Sometimes it's difficult to express our gratitude to others, but we can do it in simple ways. Do I thank my mom for making dinner or doing my laundry? Do I thank my parents for paying for my schooling? Am I mindful of all the things others have done for me so that I can be happy, healthy, and safe?

Dear Jesus, thank you for my parents. Please bless them today as they work to support my family. Thank you for my teachers, and all those who have sacrificed so that I can become the best version of myself. Let me show my gratitude today by thanking the people in my life who mean the most to me. Amen.

TUESDAY

Gratitude is a virtue that we can apply to big things and little things. Do I say thank you to the cafeteria staff when I get lunch? Do I say thank you to my teacher when I get supplies or instructions for a project? Do I thank my classmates when they hold a door for me or pick up my books?

Dear Jesus, help me to practice gratitude by thanking others for the little things they do for me during the day. Help me to recognize all the ways others help me. I want to practice gratitude today, Jesus, by simply saying thank you. Amen.

WEDNESDAY

Today we continue to work on the virtue of gratitude. There are some people who are very good at being grateful, because they have practiced this virtue a lot. Who in your life is a model of gratitude? Who in your life is always noticing their blessings and thanking God and the people around them? Do you follow their example?

Dear Jesus, thank you for all the gifts in my life. Sometimes I forget to think about how blessed I am. Help me to take time to thank You for everything in my life, and to thank other people for the blessings I receive through them. I want to develop this beautiful virtue of gratitude in my soul! Amen.

THURSDAY

Today as we work on the virtue of gratitude, we want to thank Jesus for the best gift He could give us: His own presence in the Eucharist! Today, say a prayer of thanksgiving that we live in a country where Mass is allowed, and where there are priests to celebrate it. Do I think Mass is boring or a waste of time? Or do I understand that Jesus is really with us in the Eucharist, and that this is an incredible gift?

Dear Jesus, thank you for coming into my life during the Mass! Thank you especially for letting me receive You in Holy Communion. May my heart be filled with wonder at this great gift. Mary, please pray with me today so that I can give fitting thanks to God, who has showered every blessing on me. Amen.

FRIDAY

As we practice gratitude, we remember that it means having a thankful disposition of mind and heart. Do I remember to thank Jesus for the things that don't always feel like gifts? Gratitude looks like saying: "Thank you, Jesus, for a new day to learn!"

Dear Jesus, sometimes it is hard to be grateful for another school day, especially when the weekend is so close and I am tired. There are some days when I would rather stay in bed. Help me today, Jesus, to realize what a gift it is to be alive and learning new things in a good school. May I show my gratitude by serving You and my neighbor today. Amen.

KINDNESS



LOVING
WITH JUSTICE

MONDAY

This week we will begin to work on the virtue of kindness. Kindness means expressing genuine concern about the well-being of others and anticipating their needs. Kindness sounds like asking someone, “Do you need help with that?” when we see them carrying something heavy or difficult. Do I notice when others around me need my help? Do I offer to help, or do I simply pretend I don’t notice?

Dear Jesus, help me to notice the needs of others today. I am often caught up in my own thoughts and only pay attention to what I need. Help me to be more aware of others, and grant me the desire to help them if they need me. Amen.

TUESDAY

Today we will continue to work on the virtue of kindness. Kindness isn’t just helping people with our actions. It means actually caring about the person. Sometimes kindness looks like simply acknowledging that a friend is going through a hard time, or asking them if they’re OK and listening attentively. Am I attentive to the moods and situations of my friends and family? Or do I get so distracted by my own moods that I don’t bother to pay attention to how others are feeling?

Dear Jesus, sometimes I notice that a classmate’s face is sad, or that they don’t seem very happy. Give me the courage to practice kindness today, to let that person know that I care about them. I don’t always have to do something to be kind. Sometimes all it takes is simply asking, “Are you okay?” Help me to be kind today, Lord, and to follow Your example. Amen.

WEDNESDAY

Today as we continue to work on the virtue of kindness, let’s think about ways it can apply to our actions. Kindness looks like picking something up for someone else. Do I pass by a classmate when they’ve dropped their books on the way to class, or do I stop to help? Do I pick up pencils and crayons in my classroom even if I wasn’t the one who dropped them?

Dear Jesus, there have been many times when I have felt “too busy” to stop and help someone pick up their things. Help me today to be concerned with being kind, and to remember that when I do these little things, I become more like You. Amen.

THURSDAY

Today we continue to work on the virtue of kindness. Kindness looks like sharing my things with others, or letting them borrow them. Do I refuse to share my things, or pretend I don’t notice when the person next to me needs a pencil, pen, or crayon? Or do I happily share my things with others?

Dear Jesus, it is easy for me to be selfish with my things because I am afraid they will get lost or broken if I share them. Help me to realize today that being kind to my classmates is more important. If someone asks to borrow a school supply today, such as a crayon of a certain color or a pen, grant me the grace to respond cheerfully, “You can borrow one of mine!” May I always remember that when I lend to them, I am lending to You as well. Amen.

FRIDAY

This week we have been practicing the virtue of kindness. Who in your life is a model of kindness? Who in your life is always looking out for others and serving their needs? Do you follow their example?

Dear Jesus, thank you for the gift of all the kind people in my life. Help me to recognize all the kind actions they do for me because they care about me. Teach me how to think about others’ needs before my own, just as they do. Amen.

LOYALTY



**LOVING
WITH JUSTICE**

MONDAY

Today we will begin to work on the virtue of loyalty. Loyalty means accepting the bonds implicit in relationships and defending the virtues upheld by the Church, family, and country. It looks like speaking positively about family and friends. Do I complain about my parents to my friends at school? Do I speak negatively about their rules or standards, or am I grateful for the ways my parents try to help me grow?

Dear Jesus, thank you for the gift of family. Please help me to be loyal, especially to my parents, and guard my speech against anything negative against them. May I love my own parents as You loved Mary and Joseph. Jesus, meek and humble of heart, make my heart like Yours. Amen.

TUESDAY

Today we will continue to work on the virtue of loyalty. Loyalty means standing up for your friends even if it is difficult or if you will suffer because of it. It means only speaking positively about them, especially when they are not there. Am I loyal to my friends, and do I defend their good name all the time? Do I speak negatively of my friends when they are not there if it makes me look good, or do I stand up for them?

Dear Jesus, You are the best friend! Help me to imitate You today in all my words and actions. I want to be a loyal friend and always stand by those You have given me as friends. May I also be loyal to those who are in my class and school. Help me to use positive speech whenever I talk about someone else, whether it's a classmate, a friend, a teacher, or a family member. Amen.

WEDNESDAY

As we continue to work on the virtue of loyalty, let's think about what loyalty looks like in our actions. Loyalty means being consistent with your words and actions. If you promise to do something, you do it. If you say something, your actions match up to that. Saint Joseph is a great model of this virtue. Saint Joseph's words and actions always matched up. He was loyal in serving Jesus and Mary, even when it was hard. He always took care of them, just as he promised he would.

Dear Jesus, sometimes I like to make promises or say I'll do something so that people admire me or think I'm talented

or virtuous, but then I don't follow through. Help me today, Jesus, to make all of my words and actions match up, so that I can practice the virtue of loyalty. Saint Joseph, pray for me! Amen.

THURSDAY

As we continue to work on the virtue of loyalty, let's think about the people and things we owe loyalty to, like our nation and all those who serve in the military. Do I stop working and put my right hand over my heart during the Pledge of Allegiance? Do I thank those in the military when I see them? Do I respect the symbols of the United States? Am I careful to remember to pray for my country and our servicemen and women?

Dear Jesus, thank you that I was born in a country where many freedoms are protected. Please keep all soldiers safe today. I pray for all those who have died during their service. They have sacrificed their life like You did, so that we can be safe and free. May I never take these gifts for granted, and may I remember that the good things I enjoy have been won for me by brave men and women. Help me to practice the virtue of loyalty, and always respect those who have sacrificed for our country. Amen.

FRIDAY

The most important way we can practice the virtue of loyalty is by being loyal to God. Jesus is the perfect example. He allowed nothing to get in the way of doing the Father's will and showing His love for us. Loyalty means making sure to fulfill your promises to God and being loyal to everything God asks of you, just like Jesus did. Do I call to mind my baptismal promises and try to live by them? Do I promise God I'll say certain prayers or give Him some of my time, but then forget to fulfill what I promised? Do I strive to do God's will by obeying His commandments and obeying the people that He put in my life, like my parents and teachers?

Dear Jesus, thank you for all of the many graces You have given me. Help me to be loyal to You, especially in the commitments I've made to You. I know I cannot do anything without Your help, but with You all things are possible. Grant me the grace to always be a loyal disciple. Amen.

OBEDIENCE



LOVING
WITH JUSTICE

MONDAY

This week we will be practicing the virtue of obedience. Obedience means assenting to rightful authority without hesitation or resistance. Obedience looks like going to Mass on Sunday, because God has asked us to. Is going to Mass a chore for me, or do I go willingly? Do I appreciate the great gift of Jesus' Body and Blood given to us in the Eucharist?

Dear Jesus, thank you for being present—Body, Blood, Soul, and Divinity—in every Catholic Church throughout the world. It is amazing to think that you are so close to us. Going to Mass is a commandment of Yours that should be a joy for me, instead of a burden. Help me to see it this way, Jesus! It is only in being obedient to Your commandments that I can be truly happy. Amen.

TUESDAY

As we continue to work on the virtue of obedience, we think about ways to practice obedience at school. Obedience sounds like saying, "I finished my homework on time."

Dear Jesus, I often wait until the last minute to do my homework. I often rush through it, not determined to do my best. I know that when my teachers assign homework, it is actually for my own good, so I can learn. Help me to be obedient in these small things, so that when You ask bigger things of me, I will be ready. Amen.

WEDNESDAY

Today we continue to work on the virtue of obedience, which means assenting to rightful authority without hesitation or resistance. Obedience looks like following the rules of our school and classroom. Do I remember to raise my hand? Do I line up quietly? Do I keep my voice low in the cafeteria? Do I tuck in my shirt?

Dear Jesus, help me to be thankful for all the rules at school. I know that school without these rules would be chaotic, and even dangerous. Help me today to obey, so that our school can be a happy and peaceful place to learn. Amen.

THURSDAY

Today as we work on the virtue of obedience, we think about God's specific commandment to "honor your father and mother". Do I say "Yes, Mom" or "Yes, Dad" without hesitation and without complaining? Do I obey what they ask of me?

Dear Jesus, help me to be obedient to those You have put in my life. When my parents ask me to do something, help me to do it right away and with a smile on my face. I know that by being obedient to them, I am drawing closer to You. May I be obedient in everything they ask, as long as it is pleasing to You. Amen.

FRIDAY

This week, we have been practicing the virtue of obedience. It is easy to think that we are obeying as long as we promptly do what is asked of us, but true obedience is also joyful! Do I obey with a smile, or do I grumble and complain as I do a task or complete an assignment?

Dear Jesus, help me to obey joyfully today, so that my obedience is pleasing to You. Help me to say "yes" cheerfully, as Mary did at the Annunciation. Blessed Mother, please help me practice perfect obedience like you did, so that I can follow God's will for my life. I know this will make me a saint, and make me happy in the end. Amen.

PATRIOTISM



**LOVING
WITH JUSTICE**

MONDAY

This week we will be working on the virtue of patriotism. Patriotism is paying due honor and respect to your country, with a willingness to serve. It looks like remembering to place your right hand over your heart during the Pledge of Allegiance and saying the words as well as you can.

Dear Jesus, thank you for all of the freedoms I have because I live in the United States. Help me to think about all that I've been given, and show the flag honor when I'm saying the Pledge. Teach me how to pray for my country in a way that is pleasing to You. Amen.

TUESDAY

As we continue to work on the virtue of patriotism, we think about what we owe our country. Do I take for granted the freedoms and opportunities I've been given? Patriotism looks like thanking God for your country and praying especially for our leaders and lawmakers. Do I pray that those in charge will make prudent and just decisions?

Dear Jesus, thank you that I live in a country where I have many liberties and opportunities. Please bless all of our elected officials, that they would always do what is pleasing to You. I know it is not easy to be a good leader. Please grant grace to those who are in charge, so that they can lead our country well. Amen.

WEDNESDAY

This week we are practicing the virtue of patriotism. Patriotism looks like honoring those who have given the ultimate sacrifice of their lives while serving our country. It also looks like praying for those who are currently serving. It sounds like, "Jesus, please bless our soldiers and keep them safe." Do I respect those in the military when I see them? Do I thank them for their service?

Dear Jesus, I know that all of the freedoms I enjoy in this country have been gained at a price. I ask that You let all those who died while serving our country into heaven quickly, so that they can receive their reward for their sacrifice. Please bless those who are still serving our country, and help me to grow in appreciation for all that they do for us. Amen.

THURSDAY

This week we are working on the virtue of patriotism. Patriotism means giving due honor and respect to our country. It looks like saying, "I am proud to be an American!" Even though our country has ways in which it needs to improve, it is our homeland and deserves our respect.

Dear Jesus, thank you for this gift of having a homeland. Help me to take pride in my country and to want the best for it. I know that, with Your help, we can be a land of true justice and peace. Amen.

FRIDAY

Patriotism is a virtue that also affects our attitudes and actions. It looks like having a willingness to serve your country and a desire to be a good citizen. Do I think about how I can make my country a better place to live? Have I considered a job that serves the common good, like being a doctor, teacher, fireman, policeman, or soldier? How does God want me to serve others and my country?

Dear Jesus, there aren't many big ways I can give back to my country right now, but I am eager to do my part as I get older. Help me to have a heart that is willing and ready to serve, to do whatever You are calling me to do. Amen.

PRAYERFULNESS



LOVING
WITH JUSTICE

MONDAY

This week we will be working on the virtue of prayerfulness. Prayerfulness means being still, listening, and being willing to talk to God as a friend. One way we can practice the virtue of prayerfulness is by listening well during morning announcements, and praying at the beginning and end of the day. Each time we pray, it is an opportunity to lift our hearts to God. Do I say morning prayer with the announcements, or do I whisper to my friends?

Dear Jesus, help me to practice prayerfulness today as I talk to You in my prayers. I am often tempted to talk to others when I should be praying. I know that You want to talk to me during this time. Open my heart to Your presence, Lord! Amen.

TUESDAY

Today we will continue to work on the virtue of prayerfulness. Prayerfulness looks like bowing your head and remaining silent during prayers that you don't know. When there are Latin or Spanish prayers that I don't know the words to, do I listen attentively, or do I talk to those around me?

Dear Jesus, help me to keep a respectful silence when others are praying. I don't want to distract anyone from You. May I remember that I am always in Your presence. Amen.

WEDNESDAY

Prayerfulness is the virtue that allows us to listen to God, and to talk to Him as a friend. Do I talk to God in Mass, or do I allow my thoughts to wander wherever they want to? Do I intentionally try to listen to God?

Dear Jesus, I often forget to pay attention in Mass. Sometimes I can't even remember what the readings were! Help me today to be recollected and prayerful, so that I can listen to You speak in my heart. My life is full of distractions, Jesus. Please help me to put them aside and really pay attention to You. Amen.

THURSDAY

Today as we continue to practice the virtue of prayerfulness, let's think about our actions during other kinds of religious activities. How do I behave during religion class? Do I try to participate in *lectio divina*, or do I let my mind think about homework or friends? Do I have a respectful attitude when my teacher leads prayer in class?

Dear Jesus, I know that prayerfulness is a virtue that I need to practice outside of Mass, too. There are so many opportunities to come back to You and offer You thanks during the day. Usually, I let these opportunities pass by, and I forget how much I owe You. Help me today to really pray during prayer times, and recollect myself when I'm learning about You. Amen.

FRIDAY

Today as we practice the virtue of prayerfulness, we think about how we need to practice it in our hearts as well. It is easy to think we are practicing this virtue if we are not talking or moving around, but prayerfulness has to do with our heart's attitude. Do I pretend to be praying while I'm thinking about other things? Do I simply go through the motions at Mass without thinking about my actions?

Dear Jesus, today I want my words and actions to reflect the thoughts of my heart. I want to really be praying to You when I look like I'm praying. Please grant me an increase in the virtue of prayerfulness, so that I realize how delightful it is to speak to You in the depths of my heart. Amen.

RESPECT



**LOVING
WITH JUSTICE**

MONDAY

This week we will be practicing the virtue of respect. Respect is speaking and acting according to our own and other's rights, status, and circumstances. This looks like saying only kind and true things about our siblings and classmates. Do I call my siblings names at home? Do I talk about other kids in my class in a way that is hurtful? Do I spread lies about people?

Dear Jesus, I am sorry for all the times I have hurt others by my words. You know I am weak, and that I need Your help. Help me to respect other people's right to a good reputation. Guard my heart, my ears, and my lips from gossip, Lord! Amen.

TUESDAY

Today we continue to work on the virtue of respect. Respect looks like remaining silent when another adult comes in the classroom, or when my teacher picks up the phone. Do I immediately start talking so that my teacher cannot hear the other adult, and has to remind me to work quietly? Do I keep talking even when asked to remain silent?

Dear Jesus, help me to come to a deeper awareness of the needs of those around me, especially my teachers. I want to practice respect today, especially to those You have placed in authority over me. Help me to see Your will in all the little tasks I am asked to do. Amen.

WEDNESDAY

Today we continue to work on the virtue of respect. Respect looks like having appropriate reverence in Church. This includes genuflecting towards the tabernacle and making the sign of the Cross slowly, while thinking about what we're doing. Do I genuflect sloppily and forget that I am in God's presence? Do I whisper to my friends in Mass or refuse to sing?

Dear Jesus, I know I should respect You more than anyone else. Help me today to be respectful in Church and not worry so much about what other people think. You are truly present in the Blessed Sacrament; help me to respect You in the tabernacle as I would if I were standing before You on Your throne in heaven. Amen.

THURSDAY

Today we continue to work on the virtue of respect. Respect looks like having reverence for the priesthood and praying for priests. Priests bring us the grace of God through the Sacraments. They are marked on their souls with the priestly character through their ordination. If we are respectful, we will speak well of them and always greet them when we see them at Church. St. Francis of Assisi, who was a deacon, once said: "If I saw a priest and an angel I would bend my knee: first to the priest, then to the angel."

Dear Jesus, thank you for the gift of priests. Help me to respect all those whom You have called to this sacred office. I pray that You would raise up many more holy, courageous priests to serve Your Church. Help me to open my heart to Your will for me as well, and to always think about what You want, not just what I want. Amen.

FRIDAY

This week we are working on the virtue of respect. Respect looks like having a greater awareness of the elderly in our community. These people have a lot of wisdom and experience to share with us. Do I ask my grandparents for advice when I have a problem? Do I call them on the phone or write to them if I can't visit them? Do I help them cheerfully if they are sick?

Dear Jesus, thank you for the gift of all those who are older than me, those who have memories to share with me. Help me to learn from their experiences and trust their wisdom gained over the years. May I practice respect and charity as I serve them in any way I can. Amen.

RESPONSIBILITY



LOVING
WITH JUSTICE

MONDAY

This week we will begin to work on the virtue of responsibility. Responsibility means fulfilling your obligations and accepting the consequences of your actions. Responsibility looks like taking the time to complete your homework every night. Do I leave my assignments to the last minute? Do I do avoid my work because I would rather play games or watch shows?

Dear Jesus, help me today to practice the virtue of responsibility. You know it is difficult for me to sit down and complete an assignment when I would rather be playing. Yet I know that growing in the virtue of responsibility will help me to order my life and give it more completely to You. Please grant me the grace to make responsible choices about homework tonight. Amen.

TUESDAY

Today we continue to work on the virtue of responsibility. Responsibility sounds like, "I put all my materials back where they go." "I completed all of my classwork." Do I work when my teacher asks me to? Do I give my best to complete each assignment?

Dear Jesus, please help me today to be responsible in the classroom. I know that it is my responsibility to keep our classroom neat and to complete my tasks. I often get distracted or feel rushed, so I don't do the job well. Grant me the grace to be responsible today and complete everything I need to on time. Amen.

WEDNESDAY

Today we continue to work on the virtue of responsibility. Responsibility means accepting the consequences of our actions. Do I throw a tantrum when my parents punish me for something I have done wrong? Do I complain when there is a consequence for turning in my work late, or doing poorly on a test? Do I accept my mistakes and the consequences that come from them? Do I learn from them?

Dear Jesus, sometimes I make a poor decision and have to do extra work to make up for it. I often complain when I am punished, even though I know in my heart that I deserve it. Help me today to be responsible for my actions, as a

mature student would be. It is never fun to get in trouble, but I know with Your grace I can learn from it and become a better version of myself. Amen.

THURSDAY

Today as we practice the virtue of responsibility, we think about how it applies to our own things. Responsibility looks like taking care of your own belongings, or feeding any pets you have. Do I feed with my pets and play with them every day? Do I take good care of my toys, my clothes, and my games? Am I gentle with school property, like my textbooks or my supplies?

Dear Jesus, help me to be careful today in going about my duties. I want to practice the virtue of responsibility so that every little thing I do today pleases You. When I take care of little things on earth, it teaches me how to store up treasure in heaven. Amen.

FRIDAY

Today as we work on the virtue of responsibility, let's think about our responsibilities toward our neighbors. We are all responsible to help each other grow in holiness. God made us to live in community, and we are supposed to be a good example and an encouragement to each other. Do I build up my classmates? Do I help them make the right choices? Or do I tempt them away from what we both know is right?

Dear Jesus, please help me today to be a good example to all those I come into contact with. You placed them in my life so that I can help them to become holy, and so they can help me in the same way. Help me to be responsible and encourage them towards being the best version of themselves. Amen.

SINCERITY



LOVING
WITH JUSTICE

MONDAY

Today we will begin to work on the virtue of sincerity. Sincerity means being trustful in your words and actions. This virtue looks like keeping my eyes on my own paper during a test. Do I get nervous when I don't know the answers, and look off of my friend's paper? Sincerity sounds like saying to yourself, "I will give it my best effort." It also looks like refusing to cheat if someone offers you the answers. It sounds like saying, "No thanks; I want to do my own work."

Dear Jesus, sometimes tests seem so big and hard. Help me to practice sincerity and really study, so that I'm not tempted to cheat during a test. I know that even if I don't get caught, You see all my actions. May what I do always be pleasing to You. Amen.

TUESDAY

Sincerity means acting with honesty and enthusiasm toward others. It means being truthful in what we say and do. Am I truthful even when it means complimenting someone who I don't like very much? Do I say false things about people I don't like, or am I honest enough to acknowledge their talents? Sincerity sounds like, "Actually, she is a great basketball player," or "He is a talented writer."

Dear Jesus, it's sometimes hard to admit when someone has a talent that I don't, especially if I wish I were better at doing the activity. Help me to be sincere and to recognize others' talents today, and give You thanks for them. Amen.

WEDNESDAY

This week we are working on the virtue of sincerity. Another way we can practice sincerity is by being sincere with ourselves. Sometimes we want to believe that we can do more than we are actually able to do. Sincerity looks like asking for help when we need it, and realizing when something is beyond what we are able to do. It sounds like, "Could you help me with this?"

Dear Jesus, help me to practice sincerity today and admit when I need help. Sometimes I don't like to ask questions or ask for my teacher's help, but I know that in the end it is more important that I understand what I'm trying to learn. Help me to honestly look at what I know and don't know, and to ask when I need assistance. Amen.

THURSDAY

Sincerity is a virtue that is very connected to humility. If we are sincere with God and with ourselves, we will realize that we need His help to grow in virtue. We will also recognize our gifts and give God thanks for them. Sincerity looks at the truth of things, whether it is something bad or something good. We can rejoice and give thanks to God for the good of the day and ask for Jesus' help when things are bad.

Dear Jesus, thank you for the way You made me. I know that it is part of Your perfect plan for me that I have the talents and struggles that I have. Help me to grow in the virtue of sincerity today, because without Your help I can do nothing. Amen.

FRIDAY

Today we will continue to work on the virtue of sincerity. Sincerity is a virtue that loves the truth, no matter the cost. Jesus proclaimed that He is "the Way, the Truth, and the Life," and He died for us so that we could know that truth deeply. Do I live from the truth that my one goal in life is to be with Jesus in heaven? Do I let the truth of Jesus' love for me direct all my actions?

Dear Jesus, You are the Truth who came to bring us out of darkness! Please help me today to let Your truth penetrate my life and fill me with Your life. Let me live sincerely as Your child, so that I can one day rejoice with You in heaven. Thank you for Your Cross and Resurrection, Jesus! Amen.

TRUSTWORTHINESS



LOVING
WITH JUSTICE

MONDAY

This week the virtue of the week is trustworthiness. Trustworthiness is acting in a way that inspires confidence and trust. It means being reliable and dependable. It looks like doing the right thing even when no one is watching.

Dear Jesus, there are a lot of times when I am tempted to do something I know I shouldn't do because no one is there to see me, like eating candy or cookies when my mom isn't around. Help me to practice the virtue of trustworthiness so that others know I will make the right choice even when no one is watching. Amen.

TUESDAY

As we continue to work on the virtue of trustworthiness, let's think about all the different times in a day that we use this virtue. Have I ever found money or a toy that didn't belong to me? Did I keep it, or did I turn it in? Trustworthiness sounds like, "This isn't mine. I'll give it to my teacher or turn it in at the office."

Dear Jesus, it is so tempting to keep a few dollars I find on the sidewalk. Help me to think about the person who lost it, and to put myself in their position. May I practice the virtue of trustworthiness today, and admit when something doesn't actually belong to me. Amen.

WEDNESDAY

This week we are focusing on the virtue of trustworthiness. Another way we can practice trustworthiness is by making sure we are being 100% honest in everything we say and do. Have I ever asked to use the restroom just to get out of class? Have I ever lied about why I didn't complete an assignment? Trustworthiness looks like being faithful in small matters, so that people know they can trust us.

Dear Jesus, it's hard to understand how little things like homework or getting out of class for a few minutes are so important. Yet all these little decisions build my character and determine the kind of person I am. Grant me the grace today to make decisions that lead me closer to You. Amen.

THURSDAY

Trustworthiness is a virtue that affects how we interact with other people. When we avoid lying or being untruthful, people know they can trust us. It looks like not sharing important news about a friend until they tell you that you can. It sounds like "I know that she's moving, but I won't tell anyone until she wants me to."

Dear Jesus, sometimes I learn information about someone that not everyone else knows. It's hard to keep it in and not tell everybody else about it. Help me today to practice the virtue of trustworthiness, so that I only share those things that are mine to share. Amen.

FRIDAY

This week we have been practicing trustworthiness. When we are trustworthy, people know that they can rely on us, and that if we say we will do something, we will really do it. If I tell my friend that I will do them a favor or that I will meet them at a certain time, do I follow through on my commitment? Do I practice being reliable in obligations like schoolwork?

Dear Jesus, trustworthiness is such a beautiful virtue, because when someone is trustworthy I am at peace knowing that I can count on them. Help me to develop this virtue. You always keep Your promises to me! Help me to keep my promises to others. Amen.

FORTITUDE



CONTENDING WITH FORTITUDE

MONDAY

This week our virtue of the week is fortitude. Fortitude enables us to endure difficulties and pain for the sake of what is good. Sometimes doing the right thing is hard. For example, you might know that you need to spend time on your homework, but give in to doing something else like playing video games because it is too hard to make the effort. Fortitude helps us do what we know we should do.

Dear Jesus, I know that You made me to be a virtuous person who joyfully does the right thing. But sometimes I give in even when I know what I should do. Help me to practice fortitude and to stick to my good resolutions. Amen.

TUESDAY

This week we are practicing the virtue of fortitude. Fortitude is one of the four cardinal virtues. The cardinal virtues are “hinges” – all the other virtues turn on these four. Fortitude is so important because it gives us the courage we need to act virtuously in every instance.

Dear Jesus, sometimes I know the virtuous thing to do, but I am afraid to do it, because I am embarrassed of how I might look to other people. Please help me to grow in fortitude, so that I can always do the right thing no matter what the cost. I want to do this because I know it pleases You, Jesus! Amen.

WEDNESDAY

Today we continue to work on fortitude. Another word for fortitude is “courage.” Fortitude is the bravery to keep doing the right thing, even if we encounter resistance. Fortitude can look like sticking up for a classmate, even if we are intimidated or nervous.

Dear Jesus, sometimes I know that I ought to say something, but I am too afraid. Help me practice the virtue of fortitude, so that I will have the courage to say what I should say. I know that when I do, You will be standing with me and supporting me. Amen.

THURSDAY

This week we are working on the cardinal virtue of fortitude. The symbol of fortitude is a shield, because fortitude is the virtue of strength. With this kind of strength, we can keep doing the right thing, even if we don't see the results right away. Fortitude looks like practicing a sport or an instrument every day, even if it doesn't seem like you are getting better at it. It sounds like, “I'm going to keep doing this even though it is hard!”

Dear Jesus, in the Gospel You told a parable about how one person plants seed and another person harvests. Sometimes when I am “planting seed,” I feel like my hard work is never going to pay off! Help me to practice fortitude so that I can keep doing the right thing day after day, even when it is hard or boring. I know that eventually, it will all be worth it. Amen.

FRIDAY

We have been working this week on the virtue of fortitude. Fortitude is courage, but it has to be governed by reason. Being brave is not the same as being fearless or reckless. Do I break the rules or do dangerous things just to see if I can or to try to get away with it? Fortitude is the courage to do the RIGHT thing.

Dear Jesus, help me not to confuse fortitude with recklessness. I know that I shouldn't endanger myself or anyone else, except when it is truly necessary. Help me to have the courage to do the right thing at all times, even if sometimes the right thing seems less exciting. I want to become the saint You made me to be, Jesus! Amen.

INDUSTRIOUSNESS



CONTENDING WITH FORTITUDE

MONDAY

This week we will be practicing the virtue of industriousness. Industriousness means being diligent in our work, especially in work that leads to our maturity. Do I begin projects and then lose interest and stop doing them, or do I work until they are complete?

Dear Jesus, sometimes I lose interest in a project or task and I don't complete it as I should. Help me today to practice industriousness so that I can grow in responsibility and maturity. Amen.

TUESDAY

Industriousness is a virtue that helps us keep up a task even when it starts to get boring or difficult. It is closely related to perseverance. Industriousness looks like trying your best to listen and pay attention to your teacher during class. It looks like working on other assignments or homework if you finish a test early.

Dear Jesus, sometimes school seems like a lot of work, and it's hard for me to see how some things are useful. Please help me to practice industriousness today and keep giving my best effort, even if I get tired. Amen.

WEDNESDAY

This week we are practicing the virtue of industriousness. Another way we can think about industriousness is as doing work that will lead us to supernatural maturity. The best work of God that we can participate in is worship at Mass. Industriousness looks like trying your best to participate well. Do I care about giving my best to God at Mass? Do I work well to give Him glory through my responses and singing?

Dear Jesus, I know that You are pleased when we worship You as You have asked. But sometimes I don't want to sing, or Mass feels long and I forget to pay attention. Help me to practice industriousness and perform this great work of worship with all my heart. Jesus, open my eyes to see the wonder that every Mass contains, and open my heart to desire to give You my very self. Amen.

THURSDAY

Industriousness is the virtue that helps us keep working on things that are really important, things that will lead to us becoming who God created us to be. Sometimes we forget that this includes our chores and schoolwork. All these little things help form us into responsible and intelligent people. Industriousness looks like splitting up a task into little goals so you can eventually complete the entire project. It sounds like, "Let me finish this next step first, and then I will go play."

Dear Jesus, sometimes I feel less motivated to do a good job in my work. Help me to practice industriousness and keep working diligently until all of my tasks are complete. I feel much more satisfied when I know I have pushed through to the end. Let me give You glory today by completing all of my little tasks well. Amen.

FRIDAY

This week we have been working on the virtue of industriousness. Industriousness includes things that lead us to natural and supernatural maturity. Do I do things each day that will help me become a mature Christian, a saint? Do I work to have a good relationship with God, through prayer and going to Mass, or do I lose interest and let my emotions and passions lead me away from God? Becoming a saint is hard work, a work that we are all given by God to do at our Baptism. Do I take this job seriously?

Dear Jesus, sometimes I forget what a gift it is that You have called me to holiness, and I just think about how hard it all seems. Help me today to set little goals for myself, like praying for five minutes every day, and to practice industriousness in my quest for holiness. Amen.

MAGNANIMITY



CONTENDING WITH FORTITUDE

MONDAY

This week we will begin to work on the virtue of magnanimity. Magnanimity means seeking with confidence to do great things in God. It literally means having a “large soul”. Magnanimity looks like wanting to become a saint and asking Jesus to help you. Do I really believe that God can make me into a great saint?

Dear Jesus, whenever I hear about the lives of the saints, I tend to think that I could never be like them. I forget that we are all called to be saints. Help me to desire to do great things for You. You are calling us all to do great things and the most important thing we are called to do is love! Give me the grace to love You and others more today. In this way, I am becoming the saint You want me to be. Amen.

TUESDAY

As we continue to work on the virtue of magnanimity, we think of ways to help enlarge the love in our hearts. Magnanimity looks like getting to know everyone in your class. Do I talk to the same people every day, or do I try to make new friends as well? Do I avoid speaking to classmates who don't like the same things I like?

Dear Jesus, help me today to have a large soul that goes out to everyone. I know Your love is large enough to cover all humanity; help my love to be that broad as well. Grant me the grace to go out of myself and talk to someone I don't usually talk to today, so that my heart can become like Yours. Amen.

WEDNESDAY

Magnanimity is the virtue which helps us seek to do great things in God. It sounds like, “I want to give my whole life to God!” Do I think more about what I want to do with my life, or what God wants me to do? Do I reject God's plan for me because I want to do something else?

Dear Jesus, You have called us all to become saints. Every vocation is holy. Help me today, Jesus, to spend some quiet time in prayer asking You how I can give my life to You. Am I called to be married? Am I called to be a sister or a nun? Am I called to be a priest? Help me to open my heart to

what You want, and pray the same words that Mother Mary prayed: “Behold, I am the handmaid of the Lord. May it be done unto me according to Your word.” Amen.

THURSDAY

Today we will continue to work on the virtue of magnanimity. Magnanimity looks like congratulating another team when they win. When I play sports or games at recess, do I have a bad attitude when I lose, or do I tell the other team that they did a good job?

Dear Jesus, often when I am playing a sport, and the other team wins, I tend to get jealous and even angry. The last thing I feel like doing is telling them, “Congratulations!” Help me today, Jesus, to look beyond my own emotions, and rejoice in another person's accomplishment by telling them, “Great job!” Amen.

FRIDAY

This week we have been practicing the virtue of magnanimity. This virtue helps us make sacrifices for God. A sacrifice is a gift that we can offer God. In the Old Testament, people would offer their best animal or their best fruit. Jesus offered His whole life as a gift and a sacrifice for us. Magnanimity sounds like, “I will make that sacrifice” even if it sounds hard!

Dear Jesus, help me today to offer You a sacrifice. Perhaps I can smile when I don't feel like smiling, eat something I don't really like, or just try harder to pay attention in class. If done with love, all these little sacrifices become big in Your eyes. May I please You and become a person with a “large soul”. Amen.

MAGNIFICENCE



CONTENDING WITH FORTITUDE

MONDAY

This week we will be practicing the virtue of magnificence. This is the virtue that helps us to do great things for God. Magnificence sounds like saying, “I will use my talents to help other people!”

Dear Jesus, there are many times where I have felt jealous of someone who can do something better than me. Help me today, Jesus, to rejoice in the gifts and talents that you have given to others, and instead of being jealous, to tell them, “God has really blessed you. You are really good at that.” May my heart grow large to praise You wherever I can! Amen.

TUESDAY

This week we are working on the virtue of magnificence, which is doing great things for God. Magnificence looks like offering to help someone if they are struggling. It sounds like, “May I help you carry that?”, or “Could I show you an easier way to do this math problem?”

Dear Jesus, I know that You have given me my gifts and talents, not just for me, but so that I can share them with others. I don't want to be obnoxious, but sometimes it's good to offer to help! Give me the courage to practice magnificence and to share my strengths with others. Amen.

WEDNESDAY

Today we will continue to work on the virtue of magnificence. Magnificence looks like doing your very best work, even if it doesn't seem important. Do I cut corners on things if I know they're not for a grade? Or do I give my best effort anyway?

Dear Jesus, sometimes it's tempting to only put effort into the things that are going to make me look good. But I know that doing my best in all things pleases You and will help me grow into the person You want me to be. Help me to practice the virtue of magnificence and do great things for love of You! Amen.

THURSDAY

This week we are practicing magnificence. One of the most valuable things we can share is our time. Magnificence looks like spending our time well, on great things, like good friendships, supporting other people, or learning. Do I waste time on unimportant things, or do I use my time to accomplish what really matters?

Dear Jesus, the time I have on earth is Your gift to me. Sometimes I lose focus and waste my time on things that are selfish or that don't really matter. Help me to use my time for the important things in life, so that I can build up other people and become a saint. Amen.

FRIDAY

Today we are continuing to work on magnificence. This virtue isn't just about doing great things, but about doing them for God. When we practice magnificence, we want everything we do to be for God's glory, not our own. Do I only do my best so that others will see me and praise me? Or do I give God the praise for the gifts He has given me?

Dear Jesus, help me to glorify You in all that I do today. You have given me so many good things. Help me to give them all back to You by the way that I use them. I want to praise You with my whole life! Amen.

PATIENCE



**CONTENDING
WITH FORTITUDE**

MONDAY

This week the virtue of the week is patience. Patience means bearing present difficulties calmly. We often think of being patient as simply waiting, but patience has more to do with the disposition of our heart when waiting is inconvenient or uncomfortable. When I am thirsty, do I cut others in line for the drinking fountain, or tell them to hurry up because I want a drink?

Dear Jesus, when I am hungry or thirsty, I tend to lose my patience. I sometimes push others so that I can get my own needs taken care of right away. Help me to realize that my turn will come. I want to practice patience today, since waiting calmly and offering up my thirst or hunger is pleasing to You. Amen.

TUESDAY

Patience is a virtue that affects our thoughts and our actions. When I am at a time-consuming event or when a class feels extra-long, do I groan or show signs that I am uncomfortable? Do I lay my head down on the table? Patience looks like trying my best to keep my body and mind attentive when something feels long or boring.

Dear Jesus, sometimes it feels like school is extra-long. My body and mind feel tired, and I don't want to pay attention to class. Help me to practice patience and bear these difficulties calmly and cheerfully, so that I can give my very best during every day of school. Amen.

WEDNESDAY

This week we are working on the virtue of patience. Another way that we can practice patience is by waiting without complaining. Patience also looks like raising my hand calmly when I am waiting to be called on. Do I complain when I have to wait for someone or something? Do I wave my arm around and make noises when I want to be called on?

Dear Jesus, patience is hard to practice when I have to wait for something I want, or when I really know that I have the answer. Help me to practice patience today and keep my tongue quiet, so that I don't complain or call out answers before I'm called on. I know that all these little ways of denying myself are very pleasing to You. Amen.

THURSDAY

This week we are working on patience. Another way we can practice the virtue of patience is by having patience with ourselves. It's easy to want to do everything right the first time or to want to be able to practice a certain virtue right away. Patience looks like staying calm when you make a mistake, or when you don't get a perfect score on a test. It sounds like saying, "That's okay, I will get better at this as I learn more."

Dear Jesus, sometimes I just want to be perfect, and when I see my faults I get frustrated, angry, or discouraged. Help me to practice patience with myself today, and to realize that growth in virtue is a process. I know that You love me even though I am not perfect. Grant me the grace to stay calm as I work a little harder every day to grow in virtue. Amen.

FRIDAY

As we near the end of the week, it is easy to begin thinking about the fun we will have over the weekend, and to begin to complain about schoolwork. Patience looks like giving your best in the daily difficulties of school up until the very end of the week. It sounds like trying to be quiet and listening to your teacher all the way until the end of the day.

Dear Jesus, I am very excited about a break from school! Help me to stay focused on school for just a few more hours, and to practice patience as I finish all of my work. Help me to keep my lips from complaining, and to give respect to my teacher. Help me to stay quiet when I am supposed to, and to practice the virtue of patience as I look forward to the weekend. Amen.

PERSEVERANCE



CONTENDING WITH FORTITUDE

MONDAY

This week we will be working on the virtue of perseverance. Perseverance means taking the steps necessary to achieve goals, in spite of difficulties. We often think of perseverance as a virtue that heroes need. For instance, emergency responders practice the virtue of perseverance by working hard to help others, even when it is difficult. However, we can practice perseverance in our own school, too. Completing writing assignments, math homework, and assigned reading can seem difficult, but perseverance helps us overcome all difficulties and complete these tasks.

Dear Jesus, I want to practice perseverance in the really difficult circumstances of my life, but I forget to practice it in the little things. Help me today to persevere in my little chores, like cleaning up after myself at lunch, so that when You ask something of me that is more difficult, I can complete it. Jesus, I trust in You. Amen.

TUESDAY

As we continue to work on the virtue of perseverance, we can think of all the ways we are tempted to give up or not give our best in a day. Do I stop running during P.E. because I'm too tired? Do I skip words in sentences because writing is difficult? Perseverance is the virtue that allows us to complete difficult tasks well.

Dear Jesus, I finish most of my tasks, but sometimes I do a sloppy job. I know that You want me to persevere and do my best the whole time, not just when I'm excited or energetic. Help me to give my very best today, in all the tasks I face at school and at home. Amen.

WEDNESDAY

We are continuing to practice the virtue of perseverance today. One way we can practice perseverance is by practicing our extra activities regularly. To acquire skills at a sport, playing an instrument, or some other hobby, we need to practice, even when it's difficult. Perseverance helps us to strengthen our will and face our difficulties in life.

Dear Jesus, it is hard for me to make myself continue practicing when I am bored or tired. Sometimes I get discouraged because I try the same thing many times and

still can't get it right. Help me to practice the virtue of perseverance today, so that I can strengthen my will and complete all the tasks I undertake. Amen.

THURSDAY

As we practice the virtue of perseverance, we can see how it helps us mature. We feel more satisfied when we have completed a task from start to finish. Jesus is pleased with our efforts when we work to complete jobs and assignments for Him. We can practice perseverance when we complete all of our homework even when we don't feel like it.

Dear Jesus, help me to practice perseverance today as I work on my school assignments. Some of the work is difficult, and I would rather play or watch TV. But I want to practice perseverance and complete my homework first, to please You. Help me with Your grace! Amen.

FRIDAY

Today as we continue to work on perseverance, let's think about how Jesus practiced this virtue. He carried His Cross all the way to Calvary. He was tired and hurt, but He thought of us and kept going. Do I carry my crosses, the hard things that happen to me during my day, as Jesus carried His Cross? Or do I complain when things don't go my way?

Dear Jesus, help me to practice the virtue of perseverance when I face difficulties today. I know that You allow trials in my life to help me grow in trust, love, and perseverance. May I carry my cross as You did, so I can rejoice with You in heaven one day. Amen.

TEMPERANCE



MASTERING WITH TEMPERANCE

MONDAY

This week our virtue of the week is temperance. Temperance enables one to be moderate in the pleasure and use of created goods. Temperance is one of the four cardinal virtues. It is a virtue of balance and brings order into our lives.

Dear Jesus, I know that You call me to a life of virtue because it's what will make me happy. Help me to grow in the virtue of temperance. Bring order into my life so that I can enjoy all the good things You have given me, each in their proper place. Amen.

TUESDAY

Today we are continuing to work on temperance. Temperance moderates our desires and pleasures in accord with what is reasonable. Temperance looks like stopping after eating one dessert. It sounds like, "No thank you, I've had enough!"

Dear Jesus, You have given me so many good things – big things like my family and friends, and little things like the kinds of food I enjoy. Sometimes I am tempted to have more of something than I should have. Help me to enjoy what You've given me, but to stop when I've had enough. Help me to truly be temperate. Amen.

WEDNESDAY

This week we are practicing the virtue of temperance. Temperance is about moderating our enjoyment of pleasures such as eating. Have you ever eaten so much that you felt sick, or couldn't think straight? Intemperance, or having more of something than is reasonable, can dull our senses. Temperance keeps things balanced so that no one thing takes over our lives.

Dear Jesus, sometimes there is "too much of a good thing." I want to be able to be at my best, to think clearly and love You at all times. Help me to practice temperance and to have the right amount of every good thing. Please help me today to say "no" when I know I have had enough, even if I want more. Amen.

THURSDAY

Today we continue to work on temperance. The virtue of temperance isn't only about food. We can also be temperate in our use of time. There are many good things to spend our time on – hanging out with friends, playing games, studying, spending time with our family, watching TV, sleeping, and praying. There is a time and a place for each of these. If we spend an inordinate amount of time on the less important things, like playing games or watching TV, our life gets out of balance and we don't have time for the essential things, like praying or being with our family.

Dear Jesus, I know that the things You have given me are good. Help me to keep everything in right order, to set aside time for fun but also to prioritize the most important things. By practicing the virtue of temperance, I can grow into a virtuous, well-balanced person. Please give me the grace to practice this virtue today. Amen.

FRIDAY

This week we have been cultivating the virtue of temperance. Temperance is not oppressive or limiting; rather, it is freeing. If we are temperate, then we are not attached to or enslaved by the things of this world. Instead, we can be attached to the one thing necessary: Jesus Christ.

Dear Jesus, there are so many good things in my life. But when I get things out of order, I become trapped instead of being free to enjoy things rightly. Help me to be free to recognize that You are the highest good in my life, and help me to pursue You with my whole heart. I love You, Jesus!

HONESTY



MASTERING WITH TEMPERANCE

MONDAY

This week we will be practicing the virtue of honesty. Honesty means sincerity, openness, and truthfulness in one's words and actions. Do I speak the truth? Or do I intentionally lead others to believe something else, even if I don't tell an obvious lie?

Dear Jesus, help me today to practice the virtue of honesty, so that I can lead an upright life. I know that happiness or success gained from lying or cheating is not going to last, and in the end it will make me feel worse. Sometimes it seems so much easier to lie to get what I want. Help me to see how much dishonesty displeases You, and how much it hurts my own soul. Amen.

TUESDAY

This week we are working on honesty. Honesty can be one of the most difficult virtues we ever have to practice. Honesty can look like telling the truth even when you will get in trouble. It sounds like saying, "Yes, I did do that. I'm sorry." Do I try to cover up my bad decisions and mistakes with lies? Or do I tell the truth even when it's difficult?

Dear Jesus, sometimes I'm afraid of the consequences of my bad decisions, so I try to lie to get out of it. Help me to see that this usually ends up worse than if I just told the truth in the first place. Open my eyes to see the damage dishonesty does to my soul and to my relationship with You. May I be honest today, Jesus, even when it's hard. Amen.

WEDNESDAY

Today we will continue to work on the virtue of honesty. Honesty looks like keeping my eyes on my own paper during a test. It sounds like saying to yourself, "I will do my own work." It also looks like refusing to cheat if someone offers you the answers. It sounds like saying, "No thanks; I want to do my own work."

Dear Jesus, sometimes my tests seem so big and hard. Help me to practice honesty and really study, so that I'm not tempted to cheat during a test. I know that even if I don't get caught, You see all my actions. Let my actions always be pleasing to You. Amen.

THURSDAY

When we think of honesty, we usually think about things we are not supposed to do, like lie or cheat. However, practicing honesty also includes telling the truth in other situations. Honesty looks like saying you're sorry when you hurt someone. It looks like being honest with yourself when you're struggling with something, and asking for help.

Dear Jesus, honesty takes a lot of courage to practice! It is so much easier to go through life and not face the truth. I don't want to admit when I've hurt someone. I don't want to admit when I'm too helpless to overcome an obstacle. Grant me the grace to be honest today, and to enjoy the freedom that comes from knowing and admitting the truth! Amen.

FRIDAY

Honesty is a virtue we can practice with each other, but it is also one that we can practice with God. Honesty looks like making a good confession. Do I really tell the priest everything that is on my heart, or do I try to cover over or skip things that are embarrassing or painful? Do I go to confession regularly, or do everything I can to get out of it?

Dear Jesus, I know that telling the truth is really what will heal my heart from the sins I've committed. You already know everything, Lord, but it is hard for me to say what I've done out loud. Grant me the courage to be honest in my next confession, so that I may really feel Your mercy take away all that weighs down my heart. You are so good and loving, Jesus; please remove all my fear and help me to live in the freedom of truth. Amen.



MASTERING WITH TEMPERANCE

HUMILITY

MONDAY

This week we will be practicing the virtue of humility. Humility is sometimes called the “queen of virtues,” because you need humility in order to cultivate other virtues. Humility is an awareness that all one’s gifts come from God. Humble people also appreciate the gifts of others. St. Catherine of Siena once received a revelation that helped her grow in humility. God told her: “I am He Who is, you are she who is not.”

Dear Jesus, every good thing I have in this life, even my very life, comes from You. Help me to remember that I rely on You for everything. May I remember that I am Your beloved child, and that You will give me everything I need. Thank you for all of the graces You have poured out on me. Amen.

TUESDAY

When we practice humility in our actions, we try to keep from drawing attention to ourselves. Do I always want to be the center of attention? Do I try to get compliments from others on purpose? Do I interrupt when other people are speaking because I want to be heard instead?

Dear Jesus, help me to practice humility today and to let others share their ideas and gifts. I want to share mine, too, if they are needed, but I often put myself forward just so people will give me praise and attention. Grant me the grace to know when my gifts are needed, and when I need to remain silent and allow others a chance to share their gifts. Amen.

WEDNESDAY

Practicing humility is often difficult for us. Pride was the first sin of Adam and Eve and is in everyone’s heart. Humility looks like being happy for others, especially when they got something you wanted or did better than you on a competition or test. Humility sounds like, “You did an amazing job!” or “Congratulations on making the team.”

Dear Jesus, help me today to notice others’ gifts, especially in the areas that I want to be the best in. May I realize that their gifts glorify You, too. Help me to rejoice in their success, even when I didn’t do as well as I would have liked. Amen.

THURSDAY

Today, let’s consider how the virtue of humility shows up in the Scriptures. Jesus Himself said, “Learn from me, for I am meek and humble of heart.” This virtue is so precious to Jesus, yet so scorned by our society today. Do I try to practice humility in my heart and thank God for my talents? Do I even thank Him for the talents of others, or do I try to think of other peoples’ faults so that I seem better?

Dear Jesus, help me today so that all the thoughts of my heart are in line with Your perfect humility. Teach me, Jesus, to be humble and to see myself and others as You see us. I know You love me and that You love everyone in my class, too. Help us all to remember that Your love is what gives us our real worth, not how good we are at sports, how popular we are, or how we look. Jesus, meek and humble of heart, make my heart like unto Thine! Amen.

FRIDAY

When we practice humility, we don’t seek the praise of others. Today, let’s think about our Blessed Mother. When she visited her cousin Elizabeth, Elizabeth praised Mary for her Child. Mary, who was perfectly humble, directed all the praise to God and said, “My soul proclaims the greatness of the Lord”. Do I make sure others see and compliment me on my talents or achievements, or do I remind myself that it is God who gave me these gifts?

Dear Jesus, I am so weak that I often rely on the praise of others to feel good about myself. Help me to know that who I really am before You is what counts. When people praise my accomplishments, let me, like Mary, direct all the praise back to You, at least in my heart. Amen.

MEEKNESS



MASTERING WITH TEMPERANCE

MONDAY

The virtue of the week this week is meekness. Meekness is serenity of spirit while focusing on the needs of others. We usually think of meekness as a weak virtue, but we actually have to be very strong to control our passions when we are angry or impatient. Do I get upset when I have to wait to be called on? Do I have trouble waiting my turn in a game?

Dear Jesus, I am often thinking of my own needs, and I grow impatient when I don't get what I need or want right away. Help me to practice meekness and keep calm when I have to wait. I want to pay more attention to the needs of others than to my own needs. Amen.

TUESDAY

Today we are continuing to work on the virtue of meekness. Meekness looks like staying calm when someone says something mean to you. Do I say mean things back when I am angry? Do I want to hurt the people who have hurt me?

Dear Jesus, help me today to be meek and keep my peace when someone does not treat me well. When I'm angry I want to say mean things to those who hurt me, but I know this is not what You want. Grant me the grace to be meek and forgiving today. Amen.

WEDNESDAY

This week we are practicing the virtue of meekness. When my teacher or mom or dad corrects me about something, do I say something rude back? Do I really listen to what they say, or do I get mad and defensive?

Dear Jesus, I know that to practice meekness means remaining calm and listening when I am corrected. But this is uncomfortable, and sometimes I feel that it is unfair. Help me today to stay quiet and peaceful as I listen to the adults in my life who are helping me to become the best version of myself. Amen.

THURSDAY

As we continue to work on the virtue of meekness, let's think about specific ways we can practice it. Meekness looks like counting to ten before you speak when you're angry. Do I say the first thing that comes to my mind when I'm upset? Or do I take a deep breath to calm my anger?

Dear Jesus, I know that when I act out of anger, it often makes the situation worse. Help me to raise my mind and heart to You, and to stay calm when something happens that makes me mad. Let me be meek like You. Amen.

FRIDAY

When we practice meekness, we think of the ultimate example: Jesus during His suffering and death. Jesus was falsely accused, beaten, and made to carry a heavy Cross up Mount Calvary. Then He was nailed to the Cross and put to death. Yet in all of this, Jesus was gentle and forgiving. He called out from the Cross: "Father, forgive them, for they know not what they do." He even stopped to comfort the women of Jerusalem while He was carrying His Cross. Do I only think about myself when I'm suffering? Or do I try to forgive those who have hurt me, as Jesus did?

Dear Jesus, it takes great strength to keep control of my anger when I am accused or hurt. Help me to practice meekness as You did, and to forgive. I know that revenge will make my heart turn away from You. Grant me the grace to practice the virtue of meekness instead. Amen.

MODERATION



MASTERING WITH TEMPERANCE

MONDAY

This week we will be working on the virtue of moderation. Moderation means giving attention to balance in one's life. It means giving yourself time to pray, work, study, and play each day. Do I spend so much time on my games that I don't have time to do my homework well or spend time with my family?

Dear Jesus, often I want to spend more time than I should on games and activities. Help me to balance my time today so that I have enough time to spend with my family. I know that practicing moderation can help me become a great saint. Amen.

TUESDAY

As we continue to work on the virtue of moderation, let's think about what it sounds like. Moderation sounds like, "I did not spend too much time on the computer or watching TV." Do I plan the amount of time I spend on screen time? Do I give myself a limit?

Dear Jesus, it can be so easy to spend too much time on TV or video games. These things are fun, but I often waste my time and do not have time for the more important things in my life. Please help me to practice the virtue of moderation today to keep my life balanced, so that I can give greater glory to You. Amen.

WEDNESDAY

Moderation means giving attention to balance in one's life. Today we can think about how we can practice this virtue by giving our bodies and minds the rest we need. Do I go to bed when I am supposed to? Or do I try to find excuses for staying up late when I know I need my rest? Do I spend Sunday as a day of rest?

Dear Jesus, You know that my life can be so busy and crazy. Please help me to practice moderation and take time for rest. Resting helps me to slow down and remember that You are in charge. Jesus, help me to let my heart rest in You. Amen.

THURSDAY

Today, as we continue working on moderation, we can think about the ways that Our Lady practiced this virtue. When Jesus was a child, she spent her days caring for Him and Saint Joseph. She had to balance her household tasks, like cleaning and baking, with spending time teaching or playing with her Son.

Dear Jesus, Your mother Mary is the most perfect example of virtue. Help me to practice the virtue of moderation today and so give great glory to You. Mary, help me to balance my time today so that I can learn how to give my time to Jesus just like you did. Amen.

FRIDAY

As we continue to work on the virtue of moderation, let's think about how it applies to our spiritual life. Do I take time to pray each day? Do I set aside enough time to talk with Jesus or read Scripture each day, or do I wait until the end of the day when I am so tired that I can't give Him my full attention?

Dear Jesus, my relationship with You is the most important thing in my life. Help me to practice the virtue of moderation today so that I have enough time to spend with You in prayer. Give me a generous heart that wants to spend time with You. I love You, Jesus! Amen.

MODESTY



MASTERING WITH TEMPERANCE

MONDAY

This week we will practice the virtue of modesty. Modesty is our purity of heart in action, especially in reference to how we dress and how we talk. Do I say things that respect my own dignity and that of others? Do I dress in a way that gives God glory at all times? Do I do things because I want to glorify God, or do I do things so others will see me and praise me? Do I attract attention to myself instead of giving the glory to God?

Dear Jesus, help me to have a heart that belongs entirely to You. May I always act and speak as if You were standing right next to me. I want to always live in Your presence, so that one day I can rejoice with You in heaven. Amen.

TUESDAY

Our virtue this week is modesty. When we think about modesty, we often think of guarding our speech and dressing in a way that honors God. Modesty also means not attracting attention to ourselves in other ways. When I get a good grade, do I make sure everyone sees it? Do I brag when I win a game or complete a difficult task? Modesty helps us give all the glory to God.

Dear Jesus, when I do something well, I often want other people to know about it and praise me. Help me to remember that when the crowds wanted to make You king, You went away to pray by Yourself. I want to live my life seeking Your love, not the praise of others. Amen.

WEDNESDAY

Today we continue to work on the virtue of modesty. Modesty is our purity of heart in action. Modesty sounds like saying, "I don't want to watch that show" or "I won't listen to this song, because it doesn't lead me to Christ." Do I let myself see and hear things that lead me away from the love of God? Do I think these things won't really affect me?

Dear Jesus, sometimes I want to watch shows and listen to songs that are popular, even though I know they hurt my relationship with You. Help me to guard the gift of grace You placed in my heart at Baptism, and to turn away from everything that is sinful. Amen.

THURSDAY

We can practice the virtue of modesty in many ways. One way we can practice it is by dressing reverently when we go to Mass on Sunday. Do I want to look my best for Jesus? Do I dress in a way that draws other people's attention towards me and away from God? Modesty sounds like, "Jesus, let other people only see You in me."

Dear Jesus, I want to lead others to You so that many people can enjoy You in heaven. May all of my words and actions make people think of You, or at least not lead them away from You. Grant me the grace to be concerned about how You think of me, not how my friends think of me. Amen.

FRIDAY

Today we continue to work on the virtue of modesty. Modesty looks like not showing off when we do something well. It can be tempting to draw attention to ourselves when we have a gift or talent, like being very good at a certain sport. Do I talk a lot about how good I am at certain things, or do I remember that it was God who gave me that ability? Do I thank God for my gifts and talents?

Dear Jesus, thank you for all of the blessings in my life, especially the specific gifts you have given me. I know that without Your help, I would not be able to do anything. Help me to use these gifts for Your glory instead of using them to attract attention to myself. Amen.

ORDERLINESS



MASTERING WITH TEMPERANCE

MONDAY

Today we begin to work on the virtue of orderliness. Orderliness means keeping oneself clean and neat, and one's belongings in good order. Orderliness looks like having neat and tidy work spaces. How does my desk or locker look? Do I throw in papers and pencils without thinking, or do I use the folders and binders I have to keep everything organized? Keeping our things in order models how we are called to be stewards of creation and help bring order to the earth. Even though it seems like a small thing to keep our desk neat, this little thing gives glory to God.

Dear Jesus, help me today to give glory to you by keeping my things neat. I'm often rushed when I put things away and I don't put them away properly. Help me to order my life so I don't lose papers and assignments. When I organize my belongings, I know I open my heart to your peace. May I glorify you today! Amen.

TUESDAY

As we work on the virtue of orderliness today, we can think of a Saint who practiced it. One such saint is St. Martin de Porres, a Dominican lay brother. He practiced orderliness by doing little chores all over his monastery to keep it clean and organized. We can practice orderliness in our school by picking up trash when we see it, and keeping our classroom floors neat and tidy. We want our campus to be a beautiful place to learn.

Dear Jesus, help me to practice the virtue of orderliness today as I keep my classroom neat. When the room is tidy and everything is put away, I feel peaceful inside. Please help me to care about how my school and classroom look, and not mess it up by throwing my trash on the ground or leaving my items around. Amen.

WEDNESDAY

The virtue of the week is orderliness. One way we can practice orderliness is coming to school with a neat appearance. Are my shoes tied and my shirt tucked in? Do I take care of my needs before I leave the house, or do I have a messy appearance? When we take time to keep our appearance neat, we are showing respect for our own bodies, made in the image and likeness of God.

Dear Jesus, remembering to tuck in my shirt and tie my shoes are some things I want to work on. I know you have created me to be a temple of Your Holy Spirit; please help me to keep this temple looking orderly and radiant with Your joy. Amen.

THURSDAY

We continue to work on the virtue of orderliness today, and we think about how we can practice this virtue at home. Orderliness looks like making my bed, or setting the table. It also looks like taking care of my own needs, like brushing my teeth and combing my hair. When I take care of my needs I give glory to God by caring for His Temple.

Dear Jesus, help me to practice the virtue of orderliness whether I am at school or at home. Sometimes I don't like cleaning my room or making my bed, but I know that practicing orderliness is what You ask of me. I want to be a saint and to please You! Amen.

FRIDAY

When we think about the virtue of orderliness, we often just think of exterior things like our appearance or our belongings. Orderliness also refers to ordering our hearts toward God. Do I order my time and my affections the way God would want, or would I be embarrassed if I remembered that He sees everything in my heart? Just like cleaning our rooms, we need to clean and order our hearts for God's presence.

Dear Jesus, help me to put You first today, so that my love is rightly ordered. I love and seek many things that aren't You, but I know these things will not make me happy in the long run. Jesus, I am so weak, and You are strong. Give me the grace today to begin to order my heart as You would want it ordered. Amen.

SELF-CONTROL



MASTERING WITH TEMPERANCE

MONDAY

This week we will be working on the virtue of self-control. Self-control means the joyful mastery over one's passions and desires. It is easy to react right away or say things without thinking. Self-control allows me to pause and let my reason guide my actions, instead of letting my feelings be in charge. One way I can practice self-control is by raising my hand before speaking in class.

Dear Jesus, help me to grow in the virtue of self-control today. Help me remember to raise my hand before calling answers out, so that my classmates can learn better and my teacher can teach without interruptions. It is difficult to hold my tongue when I know the answer, but I know that my self-control is pleasing to You, and I know that You will help me. Amen.

TUESDAY

Today we continue to work on the virtue of self-control. Practicing self-control also means having control over our bodies. It is sometimes hard to sit for long periods of time in class, but we can use self-control to remain seated and focused on the teacher. Staying seated when we are supposed to and asking to leave our seat when we need something is a way to practice self-control.

Dear Jesus, I sometimes struggle to stay in my seat, and when I want to leave it, I forget to ask. Help me to practice self-control over my own body today, so that my classroom isn't distracting to other students. Grant me mastery over the desire to move around and get out of my seat when I shouldn't, so that I can please You by the virtue of self-control. Amen.

WEDNESDAY

Today we continue to work on the virtue of self-control. Sometimes self-control means not speaking at all. When we have unkind thoughts or are frustrated, we often say something quickly without thinking, and later regret it. Self-control helps us to not speak when we have nothing charitable to say.

Dear Jesus, sometimes I am tempted to say mean things about my teachers or classmates. I know this makes You sorrowful. Please help me today to say only uplifting things that glorify You, or to not speak at all. Amen.

THURSDAY

Self-control means a joyful mastery over one's passions and desires. Practicing self-control can look like denying ourselves things that we really want, either as a sacrifice, or because they are not good for us. For example, sometimes I want more than one or two cookies, and I know if I act on this, it can make me sick.

Dear Jesus, there are so many things I want that I don't really need. May I practice the virtue of self-control over these desires and offer them up as a sacrifice to you. Grant me the grace to practice self-control, especially when the things I desire aren't good for me, like eating too much junk food, or spending all of my free time on the computer, phone, or video games. May my actions and desires be pleasing to You, Jesus! Amen.

FRIDAY

One way to practice the virtue of self-control is to fast from something we like. Throughout the year, but especially during Lent, the Church asks us to fast from meat on Fridays. Friday is a good day to fast because it is the day we remember Jesus' Passion and death on the Cross. What could you fast from today as a small sign of your love for Jesus, and to help you practice the virtue of self-control?

Dear Jesus, there are so many things I am attached to: my toys, my games, my electronic devices, my dessert. Help me to deny myself these things sometimes, to help create a space for You in my heart. It is only by lessening the desire for other things that I can really learn to desire You more. Jesus, thank you for dying for me. Amen.