



## **Morning Announcements for Monthly Virtues: Cardinal Virtue of *Temperance***

### **Temperance Week 1**

- Day 1: Temperance and Balance**
- Day 2: Temperance and Honesty about Ourselves**
- Day 3: Temperance and Doing What We Need to Do**
- Day 4: Temperance and Saying “No” to Gossip**
- Day 5: Temperance and Care for our Bodies**

### **Temperance Week 2**

- Day 1: Temperance and Technology**
- Day 2: Temperance and Choosing our Words**
- Day 3: Temperance and Truth**
- Day 4: Temperance and Rest**
- Day 5: Temperance and Exercise**

### **Temperance Week 3**

- Day 1: Temperance and Feelings**
- Day 2: Temperance and Emotions**
- Day 3: Temperance and Care for the Soul**
- Day 4: Temperance and Sharing**
- Day 5: Temperance and Peace**

### **Temperance Week 4**

- Day 1: Temperance and Choosing What We See**
- Day 2: Temperance and Choosing What We Listen To**
- Day 3: Temperance and Turning off the Noise**
- Day 4: Temperance and Saving**
- Day 5: Temperance and Perseverance**



## **Temperance Week 1**

### **Day 1: Temperance and Balance**

This month, we will be reflecting on the virtue of Temperance. Our theme today is, Temperance and Balance. A person who practices temperance tries to find balance in the way they behave. They have their ups and downs, but they don't let their emotions go to big extremes. They can enjoy things in life, but they know when to stop. Let us walk as God's children today in temperance. Let us be strive to live with balance.

Lord Jesus, help me to practice temperance today. Guide me by the power of Your Holy Spirit to live with balance – in my emotions and in everything I do. I make this prayer in Your most holy Name. Amen.

### **Day 2: Temperance and Honesty About Ourselves**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Honesty About Ourselves. A person who practices temperance is honest about who they are. They don't worry about trying to impress other people by looking or acting like someone else. They speak from the heart and are not afraid to be themselves.

Lord Jesus, help me to practice temperance today. Help me to walk as your son or daughter, and be the person You created me to be. I make this prayer in Your most holy Name. Amen.

### **Day 3: Temperance and Doing What We Need to Do**

Today, we continue to reflect on the virtue of Temperance. The theme for today is Temperance and Doing What We Need to Do. Temperance is about balance and self-control. Many times, this means doing the things that we need to do, and not just what we feel like doing. What do I need to do today? To come into school on time? To pay attention in class? To listen? To cooperate with others?



Lord Jesus, help me to practice temperance today. Give me Your strength to do the things I need to do, and not just have my own way. I make this prayer in Your most holy Name. Amen.

**Day 4 Temperance and Saying “No” to Gossip**

Today, we continue to reflect on the virtue of Temperance. The theme for today is Temperance and Saying “No” to Gossip. Temperance is all about balance and self-control. This includes controlling what we say about others. We can practice temperance by speaking with people face to face, not behind their backs – this is gossip.

Lord Jesus, help me to practice temperance in the way I speak. Keep me from hurting others by saying unkind things about them behind their back. I make this prayer in Your most holy Name. Amen.

**Day 5: Temperance and Care for our Bodies**

Today, we continue to reflect on the virtue of Temperance. The theme for today is Temperance and Care for Our Bodies. A person who practices temperance tries to live with balance and self control in the way they treat the gift of their body. They won’t stay up all night playing video games and not get enough sleep. They try to eat good food and exercise each day.

Lord Jesus, help me to look after the gift of my body with balance and self-control. Help me to get enough sleep, to eat well and exercise – so that I can serve You and my neighbour as You have called me. I make this prayer in Your most holy Name. Amen.



## **Temperance Week 2**

### **Day 1: Temperance and Technology**

Today, we continue to reflect on the virtue of Temperance. The theme for today is Temperance and Technology. A person who practices temperance strives to live with balance. This is important for us with the way we use technology. When we overuse technology, we lose sleep; our eyes, neck, back and wrists can get sore; we stop exercising and paying attention to real people. Technology is a helpful tool, but we need to use it wisely, to keep balance in our lives. Temperance is about keeping this balance.

Lord Jesus, You give us tools of technology to help us learn and grow as Your disciples. Help me to practice temperance with the computer, iPad or cell phone – by turning them off at the right time to take proper care of my body’s needs, of my friendships and family responsibilities. I make this prayer in Your most holy Name. Amen.

### **Day 2: Temperance and Choosing our Words**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Choosing our Words. Temperance is about balance and self-control. We need to practice temperance with our words. Words have the power to help and heal, but they also have the power to tear down and hurt others. Practicing temperance means choosing words that help the people around us. Let us practice temperance today with words that build friendship and trust.

Lord Jesus, I thank You for the gift of language – for words that help me to share my thoughts and feelings with others. Make me a person of temperance, to choose my words wisely – to build friendship and trust with the people around me. I make this prayer in Your most holy Name. Amen.



### **Day 3: Temperance and Truth**

Today, we continue to reflect on the virtue of Temperance. The theme for today is Temperance and Truth. Temperance is about balance and self-control. When we speak truthfully with love, we have nothing to worry about. But people who tell lies need more lies to cover them up; they have to spend more energy to convince people their lies are true when they're not. Lies can grow and grow out of control. Let us speak truthfully – this is part of temperance.

Lord Jesus, You told us that the truth would set us free. Help me to live in Your freedom by practicing temperance with truthful words today and always. I make this prayer in Your most holy Name. Amen.

### **Day 4: Temperance and Rest**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Rest. Temperance is about balance and self-control. And rest is an important part of practicing temperance. We can practice temperance by turning off the television, the computer or music when it is time to head to bed. Let us strive to live with temperance by getting the rest we need, when we need it.

Lord Jesus, I trust that You have a plan for my life. Help me to practice temperance by going to bed on time to getting the rest I need to live Your plan for me each day. I make this prayer in Your most holy Name. Amen.

### **Day 5: Temperance and Exercise**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Exercise. Practicing temperance is about balance and self-control. Exercise is an important part of practicing temperance. If we sit most of the day at school, we need to balance that with exercise: with games, riding our bikes, walking or playing sports. This kind of balance will keep us healthier and happier.

Lord Jesus, I thank you for the gift of my body. Help me to practice temperance by balancing my time at school sitting down with the the exercise I need each day. I make this prayer in Your most holy Name. Amen.



### **Temperance Week 3**

#### **Day 1: Temperance and Feelings**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Feelings. Temperance teaches us to give our feelings their proper place, without exaggerating them. Feelings come and go all day. Most of the time, we feel them and let them go. Sometimes, they are deeper and bigger and stay with us longer. And sometimes we need to just say, “stop!” A person who practices temperance gives their feelings their appropriate space, and no more.

Lord Jesus, sometimes I feel joyful, sometimes I feel sad; sometimes I feel content, and other times I feel frustrated. Help me to practice temperance by walking with You through my feelings and letting go of them when it’s time. I make this prayer in Your most holy Name. Amen.

#### **Day 2: Temperance and Emotions**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Emotions. Emotions are ways we show our feelings. Temperance teaches us to express our emotions in appropriate ways. We laugh, we cry, we cheer, we raise our voice, we get very quiet – all of these have their appropriate time. We practice temperance by making good choices in how we express our emotions: choosing appropriate language and actions; by choosing to talk to an adult rather than trying to get back at someone with hands-on behaviour. In this way, temperance trains us to live and work and play with one another as a community.

Lord Jesus, sometimes I have so many emotions that want to come out. Help me to practice temperance by choosing to express them in appropriate ways as Your disciple. I make this prayer in Your most holy Name. Amen.

#### **Day 3: Temperance and Care for the Soul**

Today, we continue to reflect on the virtue of Temperance. The theme for today is Temperance and Care for the Soul. Temperance is about balance and self-control. Part of this balance is making sure that our soul gets fed, just as our body needs to be fed. A temperate person takes time to feed the soul by talking to God each day, by worshipping God with others each week,



and by staying away from things that poison the soul, like inappropriate language, music, television shows and movies.

Lord Jesus, You gave me a soul that lives forever. Help me to practice temperance by my daily prayer and weekly worship. Help me to feed my soul by choosing friends, language, music, television and movies that will help me to grow as Your disciple. I make this prayer in Your most holy Name. Amen.

#### **Day 4: Temperance and Sharing**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Sharing. Temperance is about balance. Sometimes this means giving up things we have or *want*, and sharing with others so that they can have the things they *need*. This is called a *fair balance*. We help a new classmate find a fair balance by introducing them to our friends and including them in our games. When the food bank or the missions need our help, we share our food to help hungry people; we share our money to help the poor in far away places – in both cases, we are practicing temperance by seeking a *fair balance* between what we have and what others need.

Lord Jesus, You shared Your life on the cross so that I could have eternal life with You. Help me to practice temperance by sharing with others and working for a fair balance between what we have and what others need. I make this prayer in Your most holy Name. Amen.

#### **Day 5: Temperance and Peace**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Peace. Temperance is about balance and self-control. These are important parts of living with others in peace. A person of temperance does not try to have their own way all the time. They find balance between their way and what others need. Practicing temperance gives a good example and shows others how to get along in peace.

Lord Jesus, You are the Prince of Peace. You came to do not Your own will, but the Father's will – that all would be one in Your love. Help me to practice temperance by seeking not just what I want, but what You want for all of us. Help us to live with temperance in Your peace. I make this prayer in Your most holy Name. Amen.



## **Temperance Week 4**

### **Day 1: Temperance and Choosing What We See**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Choosing What We See. Temperance is about practicing self-control. A person who practices temperance will make good choices about what they see. What we see with our eyes goes into our mind and heart. Many things we see can help us become more thankful to God; they can help us grow in knowledge; they can help us appreciate one another. Some things – like violence in movies, TV and video games, – these go into our hearts and take away its peace. Let us choose what we see with temperance, so our hearts can remain in Christ’s peace.

Lord Jesus, You created my heart for Your peace. Help me to practice temperance with the things I choose to see, see to keep Your peace there always. I make this prayer in Your most holy Name. Amen.

### **Day 2: Temperance and Choosing What We Listen To**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Choosing What We Listen To. Our ears, like our eyes, are doorways to the heart. What we choose to listen to can help keep Christ’s peace in our heart; or it can bring us worries and confusion that God doesn’t want us to have. St. Paul once said, “Whatever is true, honourable, just, pure, pleasing ...think about these things.” (Phil 4,8) Let us also choose to listen to these kinds of things.

Lord Jesus, help me to make good choices in my listening habits. Keep me far from gossip, insults and bad language. Help me follow my heart’s deepest desire for words that will keep me walking in Your truth and peace. I make this prayer in Your most holy Name. Amen.

### **Day 3: Temperance and Turning off the Noise**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Turning off the Noise. Temperance is about balance. It teaches us to balance the calm inside us by turning off the noise outside us. It is good to have quiet time each day – a time to turn off the TV, video games, the internet and cell phones. Our hearts were made for calmness. We can choose to keep them that way by turning off the noise.





Lord Jesus, help me to make time each day to turn off the noise around me so that I walk with Your peace and calm in my heart. I make this prayer in Your most holy Name. Amen.

#### **Day 4: Temperance and Saving**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Saving. Temperance is about balance and self-control. Our society does not always help us practice temperance. Not many people talk about saving our money for important things. Many tell us we will be happy if we spend our money on buying everything we want. But temperance with money means saying “no” to some things. In this way, temperance helps us get ready for the responsibilities of life by using our money wisely for the things we need, and not all the things we want.

Lord Jesus, my true happiness comes from following You in all things. Help help me to use my money with temperance by saving for important things as You prepare me for more and more responsibilities in the world. I make this prayer in Your most holy Name. Amen.

#### **Day 5: Temperance and Perseverance**

Today, we continue to reflect on the virtue of Temperance. The theme for today is, Temperance and Perseverance. Temperance is about balance and self-control. Perseverance is about not giving up when we have something important to do. Our society tells us that we should have the results we want right away, when we want it. But this is not temperance. Temperance tells us that we need to keep working at things before they happen. Think about how important it is to practice to have a winning team; we need many weeks of rehearsals for a school play or concert; we need many hours of research and work for a project. Temperance reminds us that we can’t do it all at once. We must persevere to make things happen, with a little bit of practice and preparation each day.

Lord Jesus. Take my life, and help me to walk with You each day with temperance, persevering in my struggles with calmness, knowing that You are by my side. I believe You will help me to grow as Your disciple, and to follow You with my whole heart. I make this prayer in Your most holy Name. Amen.