



## Renfrew County Catholic District School Board Virtues Resource Package

### Cardinal Virtue of *Fortitude*

- Descriptor
  - Prayer
- LOOK-FORs
- Morning Announcement-Prayers
  - Colouring Page

## **Cardinal Virtue of *Fortitude* Descriptor**

Fortitude is about:

***doing what is right with courage and patience in  
difficult times***

A person of fortitude practices:

- ***Not giving up***
- ***Staying strong***
- ***Saying and doing what is right in difficult times***

***Fortitude is courage and patience in action.***

***Jesus is our strength.***

***Stay strong in Him.***

## **Prayer for the Virtue of Fortitude**

**Make me a person of fortitude, my God:**

**To do the right thing always**

**With courage and patience,**

**Especially in difficult times.**

**I make this prayer in Jesus' name.**

**Amen.**

## Fortitude LOOK-FORs

- Doing our best each day
- Doing what is right when others will not
  - Standing up to a bully
- Standing up for truth when others are against you
- Using reasonable words instead of fighting
  - Making time to pray each day
  - Helping out at home each day
  - Getting up each day to go to school
- Being respectful when we don't agree
  - Being patient with others
  - Finishing schoolwork
  - Finishing a race when we are tired
- Choosing not to use hands-on behaviour
  - Being faithful to family and friends
    - Defending our faith
    - Walking away from gossip
    - Setting a good example
  - Using appropriate language
  - Walking away from a fight
- Walking away from inappropriate videos, movies
  - Finishing a project

# **Cardinal Virtue of Fortitude**

## **Morning Announcement-Prayers**

### **Fortitude Week 1**

**Day 1: Fortitude and Trying to do our Best Each Day**

**Day 2: Fortitude and Doing What is Right**

**Day 3: Fortitude and Saying “No” to Bullying**

**Day 4: Fortitude and Standing up for Truth**

**Day 5: Fortitude and Being Reasonable**

### **Fortitude Week 2**

**Day 1: Fortitude and Making Time to Pray**

**Day 2: Fortitude and Helping out at Home**

**Day 3: Fortitude and Getting up for School**

**Day 4: Fortitude and Being Respectful When we Don’t Agree**

**Day 5: Fortitude and Being Patient**

### **Fortitude Week 3**

**Day 1: Fortitude and Fortitude and Finishing Schoolwork**

**Day 2: Fortitude and Finishing a Race When we are Tired**

**Day 3: Fortitude and Choosing not to use Hands-on Behaviour**

**Day 4: Fortitude and Being Faithful to Family and Friends**

**Day 5: Fortitude and Defending our Faith**

### **Fortitude Week 4**

**Day 1: Fortitude and Walking Away from Gossip**

**Day 2: Fortitude and Choosing Appropriate Language**

**Day 3: Fortitude and Walking Away from Fights**

**Day 4: Fortitude and Walking Away from Inappropriate Videos and Movies**

**Day 5: Fortitude and Finishing a Project**

## **Fortitude Week 1**

### **Day 1: Fortitude and Trying our Best Each Day**

This month, we will be reflecting on the virtue of Fortitude. Our theme today is, Fortitude and Trying our Best Each Day. A person who practices fortitude tries to do their best on each day, even when it is not easy. Some days, we can have lots of excuses for *not* trying to do our best. But the person of fortitude keeps trying, and doesn't give up. Let us walk today with fortitude by trying to do our best in all things, easy and difficult.

Lord Jesus, help me to practice fortitude today. Guide me the strength of Your Holy Spirit to keep trying to do my best, to be all that You call me to be as Your disciple. I make this prayer in Your most holy Name. Amen.

### **Day 2: Fortitude and Doing What is Right**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Doing What is Right. A person who practices fortitude does what is right with courage. They know that doing what is right is more important than going along with what everyone else does. Let us make this world a better place by walking in fortitude and doing what is right each day, no matter what others do or say.

Lord Jesus, help me to practice fortitude today. Give me the courage to walk as Your disciple by doing what is right, even when others won't. I make this prayer in Your most holy Name. Amen.

### **Day 3: Fortitude and Saying "No" to Bullying**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Saying "No" to Bullying. Fortitude is about courage in action. Courage in action can keep bullying out of our schools. Let us practice fortitude by standing up for one another and telling bullies it is not okay to bully other people. If we all practice fortitude together, everyone in our schools will feel safer and happier.

Lord Jesus, help me to practice fortitude today. Give me Your strength to stand up when others are being bullied, and to tell bullies that their behaviour is not okay. I make this prayer in Your most holy Name. Amen.

#### **Day 4: Fortitude and Standing up for Truth**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Standing up for Truth. Fortitude is about courage and staying strong. The great heroes of history practiced fortitude. They had to stand up for truth when many people were against them. Many Christians chose to die for the truth about Jesus, rather than turning their backs on Him. We look to these people proudly as saints and martyrs. Let us imitate their example of fortitude in simple ways today, standing up for the truth, even when others won't.

Lord Jesus, help me walk as Your disciple with fortitude, by standing up for truth – especially the truth that You are my Saviour – no matter what other people think or say. I make this prayer in Your most holy Name. Amen.

#### **Day 5: Fortitude and Being Reasonable**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Being Reasonable. Fortitude is about doing what is right in difficult times. There are times when people become unreasonable to get what they want. They will try arguing, bullying or fighting to have their way. A person of fortitude will say “no” to these kinds of behaviours, and strive to be reasonable and work things out with others.

Lord Jesus, help me to walk today in fortitude. Help me to work things out reasonably with others, when I am tempted to be unreasonable to get what I want. Take my hand, Lord Jesus, and lead me to work things out with others the way You would have me do as Your disciple. I make this prayer in Your most holy Name. Amen.

## **Fortitude Week 2**

### **Day 1: Fortitude and Making Time to Pray**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Making Time to Pray. A person who practices fortitude knows that their strength and courage come from God. They make time to talk to God in prayer each day. This is not always easy. Sometimes making this time means being strong and saying “no” to other things. Let us walk with fortitude by making time for talking to God, today and every day.

Lord Jesus, help me to be a person of fortitude by making time for talking to You each day in my life. For You alone, with the Father and the Holy Spirit give me the courage and strength I need to live as Your disciple. I make this prayer in Your most holy Name. Amen.

### **Day 2: Fortitude and Helping out at Home**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Helping out at Home. Fortitude is about courage and doing what is right in difficult times. Fortitude begins at home. A person of fortitude is ready to help their family. We can find lots of excuses for not helping out, OR we can practice fortitude by helping clean up or put things away each day. Let us walk as persons of fortitude who have the courage to help at home, even when we may not feel like it.

Lord Jesus, I thank You for the gift of a family. Help me to walk as Your disciple with fortitude by being strong and reaching out to help others at home each day. I make this prayer in Your most holy Name. Amen.

### **Day 3: Fortitude and Getting up for School**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Getting up for School. Fortitude is about courage and staying strong. We need to practice fortitude in the difficult things God calls us to do. For students, sometimes this means getting up for school when we're tired. This often means shutting off the cell phone, computer or TV and going to bed at a decent time the night

before. Practicing fortitude keeps us strong for the important things in life, to be the persons that God calls us to be. Let us strive to rise each day with fortitude, to step into the plan God has for our lives.

Lord Jesus, help me to remember each day that You have a plan for my life. Help me to practice fortitude by turning off the computer, phone or TV, to get proper sleep and rise on time each day for school. I make this prayer in Your most holy Name. Amen.

#### **Day 4: Fortitude and Being Respectful When we Don't Agree**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Being Respectful When we Don't Agree. Fortitude is about staying strong and doing what's right in difficult times. It is important for us to practice fortitude when we don't agree with someone else. We must always be respectful when we have differences with someone. A person of fortitude will not use insults, inappropriate language or gossip when they don't agree with someone else. Sometimes we have to accept that we disagree; sometimes we have to keep reasoning things out; sometimes we have to listen more. Let us strive to practice fortitude by being respectful with one another in our differences.

Lord Jesus, help me to practice fortitude by being reasonable with others when I don't agree with them. Give me the strength to treat others as You would have me treat them when I am tempted to be unkind because we don't agree. I make this prayer in Your most holy Name. Amen.

#### **Day 5: Fortitude and Being Patient**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Patience. Fortitude is also about being patient when things aren't going the way we want them to. There are many times when we can't control the way things happen. We can either get angry and frustrated, or we can be patient and wait, or keep trying. God doesn't want our hearts to be troubled when things don't seem to go our way. Practicing fortitude by being patient helps keep Christ's peace in our hearts.

Lord Jesus, help me to keep Your peace in my heart by being patient when things don't go my way. I make this prayer in Your most holy Name. Amen.

## **Fortitude Week 3**

### **Day 1: Fortitude and Finishing Schoolwork**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Finishing Schoolwork. Fortitude is about not giving up, and staying strong. This is important for us as we go through school. We can always find excuses to not do our schoolwork. Fortitude is about saying “no” to these excuses, and doing the work we need to get done. Let us walk with fortitude, and do our best to finish the simple things we need to get done in our school day.

Lord Jesus, help me to practice fortitude by doing my best to get through my schoolwork each day. I make this prayer in Your most holy Name. Amen.

### **Day 2: Fortitude and Finishing a Race When we are Tired**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Finishing a Race When we are Tired. Fortitude is about not giving up and staying strong. Think about the times when you have been in a race. Chances are, you finished the race, even though you were tired, and maybe out of breath. This too is part of fortitude. What can fortitude in a race teach us about staying strong in the rest of life?

Lord Jesus, help me to practice the virtue of fortitude by staying strong in the race of life each day. I make this prayer in Your most holy Name. Amen.

### **Day 3: Fortitude and Choosing not to use Hands-on Behaviour**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Choosing not to use Hands-on Behaviour. Fortitude is about saying and doing what is right in difficult times. Sometimes, we get frustrated and angry – this is natural. It is always better for us to stay strong and use appropriate words to express these feelings, and to make the good choice to not to hit another person.

Lord Jesus, You know my heart. You know how easy it is for me sometimes to get angry. Give me Your strength to practice fortitude when I am frustrated or angry with another person. Help me to express my feelings with appropriate words, and

to never use hands-on behaviour. I make this prayer in Your most holy Name. Amen.

#### **Day 4: Fortitude and Being Faithful to Family and Friends**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Being Faithful to Family and Friends. Fortitude is about doing what is right with courage and patience. This means being faithful to our family and friends who need our support, especially when we don't feel like it. We can practice fortitude by helping our parents and grandparents when we're tired, by being patient as we look after our brothers and sisters, and by standing up for family members or friends who might be bullied or treated unjustly – even if it means we might be teased. Let us choose today to walk in fortitude by being faithful to our family and friends.

Lord Jesus, I thank You for my family and friends. Help me to be faithful to them when they need my help, especially when I don't feel like it, or when other people might make fun of me. You were faithful to me, all the way to the cross; help me to be faithful to them. I make this prayer in Your most holy Name. Amen.

#### **Day 5: Fortitude and Defending our Faith**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Defending our Faith. Fortitude is about courage to say and do what is right in difficult times. There are times when we must practice fortitude with our faith. People will make fun of God or say untrue things about Jesus or about our Christian faith. We can practice fortitude by speaking up and telling them that we don't agree, that what they are saying is not true or not right. When we honour God with our fortitude, God honours us.

Lord Jesus, You gave Your life to defend me from evil. Help me to stand up with fortitude and defend my faith in You. Let me never be afraid to admit that I am Your follower. For You alone give me everlasting life. I make this prayer in Your most holy Name. Amen.

## **Fortitude Week 4**

### **Day 1: Fortitude and Walking Away from Gossip**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Walking Away from Gossip. Fortitude is about saying and doing what's right in difficult times. Gossip happens often, but it is never right. Who can trust a person who gossips? No one. We can practice fortitude by saying, "It's not right to talk about this person behind their back" and walking away, if we have to. This is not always a popular thing to say or do, but practicing fortitude means we do it anyway, because it's the right way to behave.

Lord Jesus, I trust You. I know you will always love me. Help me to practice fortitude by being a person others can trust because I am strong enough to walk away from gossip. I make this prayer in Your most holy Name. Amen.

### **Day 2: Fortitude and Choosing Appropriate Language**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Choosing Appropriate Language. Fortitude is about saying and doing what is right in difficult times. It takes fortitude to say and do what is right when everyone else is using inappropriate language, name-calling or insulting others. A person who practices fortitude will choose words that are appropriate for a child of God.

Lord Jesus, keep me far from language that does not honour You. Help me to practice fortitude by saying what is right or staying silent when I am tempted to use inappropriate language. I make this prayer in Your most holy Name. Amen.

### **Day 3: Fortitude and Walking Away from Fights**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Walking Away from Fights. Fortitude is about saying and doing what is right in difficult times. A person who practices fortitude will show their strength by walking away from a fight. This is not easy, especially when everyone wants you to fight. But it is the right thing to do.

Lord Jesus, help me to practice fortitude by staying strong and walking away from fighting. I know that Your way is the way of love. Help me to follow Your way always. I make this prayer in Your most holy Name. Amen.

#### **Day 4: Fortitude and Walking Away from Inappropriate Videos & Movies**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Walking Away from Inappropriate Videos & Movies. Fortitude is about staying strong and doing what is right. We need to practice fortitude with the things we allow ourselves to watch online, to live as children of God. A person of fortitude knows that their mind and heart are not a garbage can – our mind and heart are meant for *good* things. A person of fortitude walks away from inappropriate videos and movies, because they pollute the mind and heart.

Lord Jesus, help me to walk with fortitude and walk away from videos and movies that are violent or inappropriate, so that there is always room for Your peace and joy in my heart. I make this prayer in Your most holy Name. Amen.

#### **Day 5: Fortitude and Finishing a Project**

Today, we continue to reflect on the virtue of Fortitude. The theme for today is, Fortitude and Finishing a Project. Fortitude is about doing what is right with courage and patience. We need fortitude to finish a project. There are many things that distract us from finishing the things we need to do. A person who practices fortitude will say “no” to these things, and patiently work each day to finish a project, even when they could be doing things that seem more fun. Let us walk in fortitude and patiently finish the things we have to do each day.

Lord Jesus. Take my life, and help me to walk with You each day with fortitude. Help me to finish the things I need to do, with patience and perseverance. Stay by my side, Lord Jesus, for I know that with You, I can finish the things you call me to do. I make this prayer in Your most holy Name. Amen.

Cardinal Virtue

# Fortitude

Doing what is right with courage and patience in difficult times.

*Make me a person of Fortitude, My God.  
To do the right thing always,  
Especially in difficult times.  
I make this prayer in Jesus' name.  
Amen*

**I do the right thing with patience, even when it is not easy.**

**Name:** \_\_\_\_\_