

# FORTITUDE

<p>1 <b>Fortitude</b> is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause. "The Lord is my strength and my song." (Ps 118:14) "In the world you have tribulation; but be of good cheer, I have overcome the world." (Jn 16:33) CCC 1835</p>	<p>2 It is most important —all-important, indeed—that they should begin well by making an earnest and most determined resolve not to rest until they reach their goal, whatever may come, whatever may happen to them, however hard they may have to labor, whoever may complain of them, whether they reach their goal or die on the road or have no heart to confront the trials that they meet, whether the very road dissolves before them. St. Teresa of Avila</p>	<p>3 <b>What toil we must endure, what fatigue, while we are attempting to climb hills and the summits of mountains! What, that we may ascend to heaven! If you consider the promised reward, what you endure is less. Immortality is given to the one who perseveres: everlasting life is offered; the Lord promises His kingdom.</b> St. Cyprian of Carthage</p>	<p>4 <b>It is necessary to have the virtue of fortitude, which is one of the four cardinal virtues on which the whole structure of the moral life rests. It is the virtue by which one does not compromise in fulfilling one's duty... Timidity and aggressiveness are two forms of lack of fortitude which are often found in human behavior; they result repeatedly in the distressing sight of one who is weak and cowardly towards the powerful, or of one who is arrogant and overbearing towards the defenseless.</b> Pope John Paul II</p>	<p>5 Trees that grow in shady and sheltered places, while externally they develop with a healthy appearance, become soft and yielding, and they are easily damaged by anything at all; whereas trees that grow on the tops of very high mountains, buffeted by strong winds and constantly exposed to all types of weather, agitated by storms and frequently covered by snow, become stronger than iron. St. John Chrysostom</p>	<p>6 We must convince ourselves that the worst enemy of a rock is not the pickaxe or any other such implement, no matter how sharp it is. No, its worst enemy is the constant flow of water which drop by drop enters the crevices until it ruins the rock's structure. The greatest danger for a Christian is to underestimate the importance of fighting skirmishes. The refusal to fight the little battles can, little by little, leave him soft, weak, and indifferent, insensitive to the accents of God's voice. St. Josemaria Escriva</p>	<p>7 <b>This gift of fortitude prevents man's heart from fainting through fear of lacking necessities, and makes him trust without wavering that God will provide him with whatever he needs. For this reason the Holy Spirit, the giver of fortitude, teaches us to pray to God to give us this day our daily bread.</b> St. Thomas Aquinas</p>	<p>8 <b>Will power. A very important quality. Don't disregard the little things, which are really never futile or trivial. For by the constant practice of repeated self-denial in little things, by God's grace you will increase in strength and manliness of character. In that way, you'll first become a master of yourself, and then a guide and a leader...</b> St. Josemaria Escriva</p>
<p>9 <b>The principal act of courage is to endure and withstand dangers doggedly rather than to attack them.</b> St. Thomas Aquinas</p>	<p>10 <b>HOLD OUT, BE STEADFAST, ENDURE, BEAR THE DELAY, AND YOU HAVE CARRIED THE CROSS.</b> St. Augustine</p>	<p>11 <b>YOU MUST ACCEPT YOUR CROSS; IF YOU CARRY IT COURAGEOUSLY, IT WILL CARRY YOU TO HEAVEN.</b> St. John Vianney</p>	<p>12 Grant to me, O Lord my God, that I may not falter in times of prosperity or adversity, so that I may not be exalted in the former, nor dejected in the latter. St. Thomas Aquinas</p>	<p>13 <b>COURAGE IS ALMOST A CONTRADICTION IN TERMS IT MEANS A STRONG DESIRE TO LIVE TAKING THE FORM OF A READINESS TO DIE.</b> G. K. Chesterton</p>	<p>14 <b>I AM NOT MADE OR UNMADE BY THE THINGS WHICH HAPPEN TO ME BUT BY MY REACTION TO THEM.</b> St. John of the Cross</p>	<p>15 If you say "enough" you are lost. Go further, keep going. Don't stay in the same place, don't go back, don't go off the road. St. Augustine</p>	<p>16 Our foe is shut up within ourselves; an internal warfare is daily waged by us. And if we are victorious, all external things will be made weak, and everything will be made peaceful and subdued for the soldier of Christ. St. John Cassian</p>

<p>17</p> <p><b>There are many among the martyrs of my age or younger, and as weak or weaker than I; but the Divine Grace that did not fail them will not fail me.</b></p> <p><i>St. Robert Southwell</i></p>	<p>18</p> <p><i>Though the path is plain and smooth for men of good will, he who walks it will not travel far, and will do so only with difficulty, if he does not have good feet: that is, courage and a persevering spirit.</i></p> <p><i>St. John of the Cross</i></p>	<p>19</p> <p><b>When I suffer much, when painful, disagreeable things happen to me, instead of looking sad, I try to smile . . . It has now become a habit.</b></p> <p><i>St. Therese of Lisieux</i></p>	<p>20</p> <p><i>He who does not speak the truth freely also betrays it, for it must be freely spoken; also, he who does not defend it boldly, betrays it, for it must be boldly defended.</i></p> <p><i>St. Thomas Aquinas</i></p>	<p>21</p> <p><i>Do not be surprised that you fall every day; do not give up, but stand your ground courageously . And surely the angel who guards you will honor your patience.</i></p> <p><i>St. John of the Ladder</i></p>	<p>22</p> <p><b>Ah, fear, abortive imp of drooping mind; self-overthrow, false friend, root of remorse, ague of value, . . . love's frost, the mint of lies.</b></p> <p><i>Blessed Robert Southwell</i></p>	<p>23</p> <p><i>Teach us, good Lord, to serve thee as thou deservest; To give and not to count the cost; To fight and not to heed the wounds; To toil and not to seek for rest; To labor and not to ask for any reward; Save that of knowing that we do Thy will.</i></p> <p><i>St. Ignatius Loyola</i></p>	<p>24</p> <p><b>What great grace is ours when, in the morning, we seem to be filled with lassitude and to lack both courage and strength to practice virtue! Then is the ideal moment to put the axe to the root of the tree.</b></p> <p><i>St. Therese of Lisieux</i></p>
<p>25</p> <p>God does not require of us martyrdom of the body; he requires only the martyrdom of the heart and the will.</p> <p><i>St. John Vianney</i></p>	<p>26</p> <p><i>Jesus prepares for us a chalice having the degree of bitterness which our feeble nature is able to bear. He never asks of us a sacrifice that is beyond our strength.</i></p> <p><i>St. Therese of Lisieux</i></p>	<p>27</p> <p><i>How many people are hidden martyrs for Christ each day, confessing the Lord Jesus with their deeds!</i></p> <p><i>St. Ambrose</i></p>	<p>28</p> <p><b>LET ME GET THROUGH TODAY, LORD, AND I SHALL NOT FEAR TOMORROW. MY JESUS IF YOU UPHOLD ME, I SHALL NOT FALL.</b></p> <p><i>St. Philip Neri</i></p>	<p>29</p> <p>Fill young people with your Spirit of fortitude and prudence, so that they may be able to discover the full truth about themselves and their own vocation.</p> <p><i>Pope John Paul II</i></p>	<p>30</p> <p><b><i>Never be discouraged.</i></b></p> <p><i>St. Therese of Lisieux</i></p>	<p>31</p> <p><b>I can do all things in him who strengthens me.</b></p> <p><i>Phil. 4:13</i></p>	<p><b>Holy Mary, Queen of Martyrs, Pray For Us</b></p>