

# Humility



**Humility:** is the virtue that enables us to restrain the inordinate desire for our own excellence, giving us a true evaluation of our smallness before God. True humility enables us to see ourselves as we are in the eyes of God, not exaggerating our good qualities and not denying the gifts we have received from God.

**Prayer:** O Jesus, You who were so humiliated for us, teach me how to practice true humility.

**When pride raises up a man, it at the same time abases him, for by his sin it makes him an enemy of God.**

-Saint Jerome

**Your Patron Saint is Doctor of the Church  
Saint Jerome - Feast Day September 30th**

# Zeal for Souls



**Zeal for Souls:** according to the measure in which the love of God takes possession of our heart, it creates and nourishes in us an ever increasing love for our neighbor; this love, being supernatural, seeks only the supernatural good of our fellow men and thus becomes zeal for the salvation of souls.

**Prayer:** O Jesus, you gave Yourself without reserve for the salvation of the world, enkindle in my heart an ardent zeal for the salvation of souls.

**I Love Jesus Christ and that is why I am on fire with the desire to give Him souls, first of all my own, and then an incalculable number of others.**

-Saint Alphonsus Liguori

**Your Patron Saint is Doctor of the Church  
Saint Alphonsus Liguori - Feast Day August 1st**

# Meekness



**Meekness:** makes man master of himself by controlling impulses of anger. The great value of this virtue lies in the fact that it assures the soul of that inner peace which is so necessary in order to fulfill serenely all its duties toward God and toward neighbor. Meekness has a very special importance in the development of a life of prayer and union with God.

**Prayer:** Jesus, meek and humble of heart, make my heart like unto Thine

**The highest degree of meekness consists in seeing, serving, honoring, and treating amiably, on occasion, those who are not to our taste, and who show themselves unfriendly, ungrateful, and troublesome to us.**

-Saint Francis de Sales

**Your Patron Saint is Doctor of the Church  
Saint Francis de Sales - Feast Day January 24th**

# Hope in God



**Hope in God:** the virtue of hope gives us this certitude by presenting God to us as our infinite good and our eternal reward. Hope adds that God, who is so great, and so good, belongs to us.

**Prayer:** O Lord, make me understand well that my hope must be founded on You, on Your infinite merciful love.

**The all Holy Son of the Father came in our realms to renew man who had been made in His likeness.**

-Saint Athanasius

**Your Patron Saint is Doctor of the Church  
Saint Athanasius - Feast Day May 2nd**

# Love of God

**Love of God:** Charity seizes our entire being, and by means of love, casts it into God. Charity makes man tend to God by uniting his affection to God in such a way that man no longer lives for himself, but for God.

**Prayer:** O Lord, grant that I may live my life in Your divine friendship.

**To love God is something greater than to know Him.**

-Saint Thomas Aquinas

Your Patron Saint is Doctor of the Church  
Saint Thomas Aquinas- Feast Day January 28th

# Prudence

**Prudence:** is a special virtue infused by God into the practical intellect for the right government of one's actions in view of the supernatural end. It enables us to judge accurately what is the morally good thing to do under particular circumstances.

**Prayer:** Show me, O Lord, the way of true prudence.

**In all your acts, in all your works, in all your behavior, imitate the good; be a competitor of the saints, keep your eye on the heroism of the martyrs, follow the example of the just.**

-Saint Isidore of Seville

Your Patron Saint is Doctor of the Church  
Saint Isidore of Seville - Feast Day April 4th

# Pure Intention

**Pure Intention:** is the virtue that enables our intentions to be directed solely toward God and souls. Enemies of pure intention are self love and egotism motivated by one seeking praise and glory or by concerning personal interests of keeping a position, obtaining a promotion etc.

**Prayer:** O God, remove from my heart all secondary intentions and all motivations of self-love, so that I may seek only Your glory.

**Lord, shed upon our darkened souls the brilliant light of your wisdom so that we may be enlightened and serve you with renewed purity.**

-Saint Ephrem of Syria

Your Patron Saint is Doctor of the Church  
Saint Ephrem of Syria - Feast Day June 9th

# Detachment

**Detachment:** is to rid the heart of inordinate attachments to self, creatures, or things, in order to be free to enter into divine union with God.

**Prayer:** O Help me, O Lord, to understand the meaning of that total detachment which is the indispensable condition for perfect union with you.

**In all simplicity and confidence abandon yourself without reserve to God's unfailing providence.**

-Saint Albert the Great

Your Patron Saint is Doctor of the Church  
Saint Albert the Great - Feast Day November 15th



# Self Mastery



**Self Mastery:** is the conscious control of one's behavior; rather than being tossed around by your feelings like a leaf in the wind.

**Prayer:** O Living Lord, give me the grace to rise above my feelings. Help me to complete self mastery. Amen.

**Conquer yourself and the world lies at your feet.**

-Saint Augustine

Your Patron Saint is Doctor of the Church  
Saint Augustine - Feast Day August 28th

# Union of the Will



**Union of the Will:** Captivated by love for God, the soul in all its deliberate actions is no longer guided by its personal will, so frail and inconsistent; but is directed by the will of God.

**Prayer:** O Lord, take my entire will and transform it into your own.

**When once the will is touched by God Himself, it cannot be satisfied except by God.**

-Saint John of the Cross

Your Patron Saint is Doctor of the Church  
Saint John of the Cross - Feast Day December 14th

# Accepting the Kiss of Christ



**Accepting the Kiss of Christ:** The Cross is suffering viewed in the supernatural light of faith as an instrument of salvation and sanctification, and therefore a sign of love- it is a sign that you have come so close to Jesus on the cross that he can kiss you.

**Prayer:** O Jesus Crucified, help me, by the merits of Your Cross, to carry my cross daily.

**Love is the Cross, and the Cross is Love.**

Saint Therese of The Child Jesus

Your Patron Saint is Doctor of the Church  
Saint Therese of The Child Jesus - Feast Day October 1st

# Temperance



**Temperance:** is the virtue which moderates in us the inordinate desire for sensible pleasure, keeping it within the limits assigned by reason and faith.

**Prayer:** Teach me, O Lord, to mortify my flesh, in order that I may live fully the life of the spirit.

**See how many masters have those who do not want to have only the Lord.**

Saint Ambrose

Your Patron Saint is Doctor of the Church  
Saint Ambrose - Feast Day December 7th

# Perseverance



**Perseverance** : The virtue of perseverance inclines one to persist in the practice of the good in spite of the difficulties involved.

**Prayer:** Grant, O Lord, that by Your grace I may persevere unto the end.

**Do not be depressed. Do not let your weakness make you impatient. Instead, let the serenity of your spirit shine through your face. Let the joy of your mind burst forth.**

-Saint Peter Damien

**Your Patron Saint is Doctor of the Church  
Saint Peter Damien - Feast Day February 21st**

# Patience



**Patience:** this virtue enables one to bear physical and moral suffering without sadness of spirit or dejection of heart. It is one of the most necessary virtues in the Christian life because the trials and sufferings we must inevitably suffer in this life require the assistance of some virtue to keep us strong and firm lest we yield to discouragement and sorrow.

**Prayer:** O Lord, give me greater patience that I may be able to endure more for Your love.

**Nothing serves so well to maintain peace and union as the charity by which we put up with another's defects.**

-Saint Robert Bellarmine

**Your Patron Saint is Doctor of the Church  
Saint Robert Bellarmine - Feast Day September 17th**

# Courage



**Courage:** Courage is a pivotal virtue that is cultivated by confronting what you fear. It is not the absence of fear. It is living in alignment with your purpose, with God. C. S. Lewis once said that the virtue of courage is a prerequisite for the practice of all other virtues, because otherwise one is virtuous only when virtue has no cost.

**Prayer:** Teach me, O Lord, to act courageously, trusting in You.

**Grant that we may express what we believe.**

-Saint Hilary of Poitiers

**Your Patron Saint is Doctor of the Church  
Saint Hilary of Poitiers - Feast Day January 13th**

# Sagacity



**Sagacity:** is the virtue of foresight, and discernment. This virtue enables one to have a keen perception, thereby having the ability to make good judgments.

**Prayer:** Teach me O Lord, through your grace to make right decisions and show good judgment in thoughts, words and actions. Amen.

**The life of the body is the soul; the life of the soul is God.**

-St. Anthony of Padua

**Your Patron Saint is Doctor of the Church  
Saint Anthony of Padua - Feast Day June 13th**



# Gratitude

**Gratitude:** is the virtue that realizes we have nothing of our own (except our sin). All that we have comes from God, and in return for His infinite generosity, we can do nothing but use His gifts to express our gratitude to Him.

**Prayer:** O my God, give me a grateful heart, that I may sing your praises forever.

**But as many as received him, he gave them the power to be made the sons of God....**

-Saint John Damascene

**Your Patron Saint is Doctor of the Church  
Saint John Damascene - Feast Day December 4th**

# Justice

**Justice:** is the constant and firm will to give what is due to God and to our neighbor.

**Prayer:** Teach me, O Lord, to love justice and to hate all that is opposed to it.

**All creation must be lifted up and returned to God from whom it came.**

-Saint Lawrence of Brindisi

**Your Patron Saint is Doctor of the Church  
Saint Lawrence of Brindisi - Feast Day July 21st**

# Seeking God in Prayer

**Seeking God in Prayer:** If we wish to find God in prayer, we must begin by making this very firm decision of our will: to put aside everything – all care, all preoccupation with human things- and concentrate all the powers of our souls on God alone. Without these prayerful intervals, it is a real illusion to pretend to live a spiritual life-not only a serious one, but even the most elementary one.

**Prayer:** O my God, teach me how to seek You in prayer, to put my heart in contact with Yours, to learn how to withdraw, not only materially, but also spiritually, from all the attractions which this world offers.

**When we pray, the voice of the heart must be heard more than that proceeding from the mouth.**

-Saint Bonaventure

**Your Patron Saint is Doctor of the Church  
Saint Bonaventure - Feast Day July 15th**

# Benedicencia

**Benedicencia:** is the virtue of charity in speech.

**Prayer:** O my God, my only love, kindle in me the fire of Your charity in speech.

**Slander is a poison which extinguishes charity, both in the slanderer and in the persons who listen to it.**

-Saint Bernard of Clairvaux

**Your Patron Saint is Doctor of the Church  
Saint Bernard of Clairvaux - Feast Day August 20th**

# Seeking God in Silence



**Silence:** is the virtue that shuts the door to internal and external distractions and makes us available to hear God.

**Prayer:** O my God, teach me to be silent, so that I may know you more, and love you more. Amen.

**Silence is the beginning of purification in the soul.**

-Saint Basil the Great

Your Patron Saint is Doctor of the Church  
Saint Basil the Great - Feast Day January 2nd

# Love of Neighbor



**Love of Neighbor:** If we love the Lord God with all our heart, soul and mind, loving our neighbor is the natural result. Saint Paul tells us - Owe no one anything except to love one another, for he who loves another has fulfilled the law.

**Prayer:** Make me understand, O Lord, that the surest sign of my love for You is a sincere love of my neighbor.

**He alone loves the Creator perfectly  
who manifests a pure love for his neighbor.**

-Saint Bede the Venerable

Your Patron Saint is Doctor of the Church  
Saint Bede the Venerable - Feast Day May 25th

# Transformation into Christ's Merciful Heart



**Mercy:** The Holy Spirit wishes to chisel the features of Jesus in us, transforming us into living images of the Savior. He gently and unceasingly urges us to be merciful. Christ teaches us, those who have made us suffer, have special claim to our mercy.

**Prayer:** O Holy Spirit, make my heart merciful in imitation of the heart of Jesus.

**He who bears mercy and carries love  
does not know how to grow weary.**

-Saint Peter Chrysologus

Your Patron Saint is Doctor of the Church  
Saint Peter Chrysologus - Feast Day July 30th

# Trust in God's Infinite Goodness



**Trust:** is the virtue that embraces God's goodness. God's goodness will remain unchangeable. The shadow of evil will not mar it; instead God who is benevolent, will bend over the evil, to change it into good and draw greater good from it.

**Prayer:** O Lord, I want to trust always in Your goodness which is greater than all the evil we can do.

**Let the truth of God sink into  
your soul to be its foundation stone.**

-Saint Cyril of Jerusalem

Your Patron Saint is Doctor of the Church  
Saint Cyril of Jerusalem - Feast Day March 18th



# Sincerity



**Sincerity:** is the virtue that demands everything we do, in word, or action, or even by our silence, corresponds to the eternal Truth.

**Prayer:** Give me, O Lord, an open, sincere heart, loving the truth, seeking and desiring it at any cost.

**The Lord does not care so much for the importance of our works as for the love which they are done.**

-Saint Teresa of Avila

Your Patron Saint is Doctor of the Church  
Saint Teresa of Avila - Feast Day October 15th

# Good Use of Time



**Good use of Time:** God has assigned to each of us a definite time in which to fulfill His divine plan for our soul; we have only this time and no more. Time ill spent is lost forever.

**Prayer:** Help me, O Lord, to give every moment it's full amount of love. This is the best way to use the time given to me. Amen.

**If you have too much to do,  
with God's help, you will find time to do it**

-Saint Peter Canisius

Your Patron Saint is Doctor of the Church  
Saint Peter Canisius - Feast Day December 21st

# Devotion to Mary our Mother



**Mary our Mother:** Mary our Mother comes to meet us, to take us by the hand, to initiate us into the secret of her interior life, which must become the model and norm of our own. If, in imitation of our Mother, our heart is firmly anchored in God, nothing can distract us from our interior occupation: to seek and love the Lord and live in intimacy with Him.

**Prayer:** O Mary, Mother of God and my Mother, teach me how to consecrate all my strength, and life to His love.

**The Mother of God is our Mother. May the good Mother ask and beg for us, may she request and obtain what is good for us.**

-Saint Anselm

Your Patron Saint is Doctor of the Church  
Saint Anselm - Feast Day April 21st

# Devotion to the Eucharistic Jesus



**Eucharistic Love:** The Eucharistic Jesus is here with us as a brother, as a friend, as spouse of our souls. He wishes to enter within us, to be our food for eternal life, our love, our support. He wants to make us part of His mystical Body in which He would redeem us and save us, and then take us into the kingdom of Heaven to settle us in an everlasting bliss of love.

**Prayer:** O my Lord, enlighten my eyes, by faith, to see the beauty you have concealed and hidden from me. Allow my soul the grace to recognize it's Creator in the most Holy Eucharist, drawing me closer to your love.

**Father, I am hungry; for the love of God give this soul her food, her Lord in the Eucharist.**

-Saint Catherine of Siena

Your Patron Saint is Doctor of the Church  
Saint Catherine of Siena - Feast Day April 29th

# Holy Audacity



**Holy Audacity:** is the virtue of Christian boldness; going against all odds. They see their opportunity to confess and proclaim their faith in Jesus Christ. Their passionate hearts are solely and entirely directed to the imitation of Christ and are indifferent to every other concern, putting His love as their first priority.

**Prayer:** O my God, allow me to think, hope and dream with a new boldness, about all I can do for You when I am aided by your grace.

**He wants you to become a living force for all mankind, lights shining in the world. You are to be radiant lights as you stand beside Christ, the great light, bathed in the glory of Him who is the light of heaven.**

-Saint Gregory of Nazianzen

**Your Patron Saint is Doctor of the Church  
Saint Gregory of Nazianzen - Feast Day January 2nd**

# Fidelity to the Inspirations of the Holy Spirit



**Fidelity to the Holy Spirit:** Although He is eager to enter our souls and possess it, He takes only what we give Him, but does not give Himself wholly to us, until we give ourselves wholly to Him, respecting our liberty as free beings.

**Prayer:** O Holy Spirit. Soul of my soul, I adore You. Enlighten me, guide me, fortify me, console me. Tell me what I should do, give me Your orders. I promise to be submissive to all You ask of me and accept everything that You permit to happen to me. Amen.

**The Spirit changes those in whom He comes to dwell and alters the whole pattern of their lives.**

-Saint Cyril of Alexandria

**Your Patron Saint is Doctor of the Church  
Saint Cyril of Alexandria - Feast Day June 27th**

# Love for the Church



**Love for the Church:** Jesus loves us so much that He chose to remain with us in the Sacrament of the Eucharist, and through the Church as our Guide, our Shepherd, and our Teacher. The Church lives by Christ alone; she is holy with His holiness, she is the Mother of souls through her union with Him.

**Prayer:** O Jesus, you have given me the Church as my Mother; grant that I may love her with true filial love.

**A true worshipper is one whose mind has not been defiled with any false belief.**

-Pope Saint Leo the Great

**Your Patron Saint is Doctor of the Church  
Pope Saint Leo the Great- Feast Day November 10th**

# Honesty



**Honesty:** is the virtue that refers to a facet of moral character and denotes positive, virtuous attributes such as integrity, truthfulness, and straightforwardness along with the absence of lying, cheating, or theft. Honesty yields harmony and loyalty and enriches all human relationships.

**Prayer:** O my God, I pray for your Spirit of honesty, to guide my thoughts, words and actions, and to live by the Spirit of truth. Amen.

**The universe is not rich enough to buy the vote of an honest man.**

-Saint Gregory the Great

**Your Patron Saint is Doctor of the Church  
Saint Gregory the Great - Feast Day September 3rd**



# Generosity



**Generosity:** is the virtue which teaches us to spend ourselves, without counting the cost, without ever saying, "It is enough"; it teaches us to give ourselves completely, and to work with the maximum of love, not only in great things but also in little ones, even the least.

**Prayer:** Fill my heart with Your spirit of generosity, O Lord, so that I may know how to give myself wholly to Your service.

**The bee is more honored than other animals, not because she labors, but because she labors for others.**

-Saint John Chrysostom

Your Patron Saint is Doctor of the Church  
Saint John Chrysostom - Feast Day September 13th

# Trust in God's Infinite Goodness



**Trust:** is the virtue that embraces God's goodness. God's goodness will remain unchangeable. The shadow of evil will not mar it; instead God who is benevolent, will bend over the evil, to change it into good and draw greater good from it.

**Prayer:** O Lord, I want to trust always in Your goodness which is greater than all the evil we can do.

**Let the truth of God sink into your soul to be its foundation stone.**

-Saint Cyril of Jerusalem

Your Patron Saint is Doctor of the Church  
Saint Cyril of Jerusalem - Feast Day March 18th

# Fidelity to the Inspirations of the Holy Spirit



**Fidelity to the Holy Spirit:** Although He is eager to enter our souls and possess it, He takes only what we give Him, but does not give Himself wholly to us, until we give ourselves wholly to Him, respecting our liberty as free beings.

**Prayer:** O Holy Spirit. Soul of my soul, I adore You. Enlighten me, guide me, fortify me, console me. Tell me what I should do, give me Your orders. I promise to be submissive to all You ask of me and accept everything that You permit to happen to me. Amen.

**The Spirit changes those in whom He comes to dwell and alters the whole pattern of their lives.**

-Saint Cyril of Alexandria

Your Patron Saint is Doctor of the Church  
Saint Cyril of Alexandria - Feast Day June 27th

# Devotion to the Eucharistic Jesus



**Eucharistic Love:** The Eucharistic Jesus is here with us as a brother, as a friend, as spouse of our souls. He wishes to enter within us, to be our food for eternal life, our love, our support. He wants to make us part of His mystical Body in which He would redeem us and save us, and then take us into the kingdom of Heaven to settle us in an everlasting bliss of love.

**Prayer:** O my Lord, enlighten my eyes, by faith, to see the beauty you have concealed and hidden from me. Allow my soul the grace to recognize it's Creator in the most Holy Eucharist, drawing me closer to your love.

**Father, I am hungry; for the love of God give this soul her food, her Lord in the Eucharist.**

-Saint Catherine of Siena

Your Patron Saint is Doctor of the Church  
Saint Catherine of Siena - Feast Day April 29th