

THEOLOGICAL VIRTUES

FIRST SUNDAY OF LENT

Communion in Christ:
"Live on in My Love"

Jn. 15:9

FAITH

Act of Faith

"O my God, I firmly believe that Thou art one God in three Divine Person, Father, Son, and Holy Spirit; I believe that Thy Divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, who canst neither deceive nor be deceived. Amen."



HOPE

Act of Hope

"O my God, relying on Thy almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen."

Reflection

"In our journey of faith, in our journey of hope and charity, those three virtues that we have been given when we were baptized, we come to realize the nature of virtue" - Bishop Corrada

CHARITY

Act of Charity

"O my God, I love Thee above all things, with my whole heart and soul, because Thou art all good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen."

Catholic Teaching

(CCC1813) "The theological virtues... are infused by God into the souls of the faithful to make them capable of acting as His children and of meriting eternal life."

Come Holy Spirit

Come Holy Spirit, enlighten my mind that I may clearly know my sins, touch my heart that I may be sorry for them, and better my life. Amen.

Lenten Observance

Make up your mind to visit the Sacrament of Reconciliation during this Season of Lent. (Reminder: the second precept of the Church is "You shall confess your sins at least once a year"). Thereafter, commit to frequent confession of your sins and proclaim your love of Jesus again and again in hope of eternal life (at least monthly is a good habit).

THE CARDINAL VIRTUES

SECOND SUNDAY
OF LENT

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Prayer for Daily Virtuous Living

Mother Mary,
first teacher of our Lord,
Help me to learn and
live these virtues. May
faith, hope, and love,
prudence, justice,
fortitude, and temperance,
be living realities in my life.

Grant that I will find,
in the Grace of your Son,
abundant strength
for daily virtuous living.
Amen.

Catholic Teaching

(CCC1839) Moral -
Cardinal - virtues grow
through education,
deliberate acts, and
perseverance in struggle.
Divine grace purifies and
elevates them.

Prudence
Justice
Fortitude
Temperance

Reflection

“The greatest adventure is for the human person to become strengthened in herself or himself with the cardinal virtues. The human person is called to be prudent, to be just, to be temperate and have fortitude in life.” - Bishop Corrada

Lenten Observance

Admit your total reliance on the grace of God. Ask Him to strengthen you in the virtues of prudence, justice, temperance and fortitude. At the same time, recognize and acknowledge your personal obligation to God, to the Church and others, and to yourself. Accept responsibility for cultivating a virtuous life in communion with Christ. Make a commitment to continue your education concerning virtue, be deliberate in your action, and always persevere.

Prayer for Virtue

Give us, O Lord, a steadfast heart,
which no unworthy affection
may drag downwards;
give us an unconquered heart,
which no tribulation can wear out;
give us an upright heart,
which no unworthy purpose
may tempt aside.

Bestow upon us also,
O Lord our God,
understanding to know you,
diligence to seek you,
wisdom to find you,
and a faithfulness
that may finally embrace you;
through Jesus Christ our Lord.

Amen

- St. Thomas Aquinas -

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THIRD SUNDAY OF LENT



SEVEN DEADLY SINS

pride, greed,
envy, anger,
lust, gluttony,
sloth

Guardian Angel Prayer

Angel of God, my guardian dear,
to whom God's love commits me here.
Ever this day be at my side,
to light and guard,
to rule and guide.

AMEN.

Reflection

“Lent is a time for us to see in our hearts how the tendencies to sin remain with us all through our lives.” - Bishop Corrada

Catholic Teaching

(CCC1866) The seven deadly sins “... are called “capital” because they engender other sins, other vices. They are **pride, avarice, envy, wrath, lust, gluttony, and sloth** or acedia.

Lenten Observance

Seek to be humble. “Rejoice in your brother’s progress.” Increase self-discipline and self-control. Be generous. Purify the heart: begin the daily practice of penance, prayer, fasting, and almsgiving.

Act of Contrition

O MY GOD, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

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Gifts Of the Holy Spirit

wisdom, understanding,
counsel, fortitude, knowledge,
piety, and fear of the Lord



FOURTH SUNDAY OF LENT

Reflection

“We encounter Jesus Christ like the blind man did. We don’t know who He is, although people tell us who He might be. Some people will oppose Him bitterly, openly, others in devious ways. In the moral life, the encounter with Christ is key to establishing a dialogue of morality in my life.” - Bishop Corrada

Catholic Teaching

(CCC2031) The moral life is spiritual worship. We “present [our] bodies as a living sacrifice, holy and acceptable to God,” within the Body of Christ that we form and in communion with the offering of his Eucharist.

Lenten Observance

Identify the one fruit of the Holy Spirit you most desire to reap. Now, identify one virtue that you will need to cultivate in your life so that the Holy Spirit may bring about the fruit you most desire. Begin to develop that virtue slowly, deliberately, by taking “baby-steps” if need be, but do not give up. Everyday, little by little, with the practice of virtue, the virtue becomes a positive habit. Directed to the good, it bears fruit.

Prayer for the Gifts of the Holy Spirit

Christ Jesus, before ascending into heaven, You promised to send the Holy Spirit to Your apostles and disciples. Grant that the same Spirit may perfect in our lives the work of Your grace and love. Grant us the Spirit of Fear Of The Lord that we may be filled with a loving reverence toward You; The Spirit of Piety that we may find peace and fulfillment in the service of God while serving others; The Spirit of Fortitude that we may bear our cross with You and, with courage, overcome the obstacles that interfere with our salvation; The Spirit of Knowledge that we may know You and know ourselves and grow in holiness; The Spirit of Understanding to enlighten our minds with the light of Your truth; The Spirit of Counsel that we may choose the surest way of doing Your will, seeking first the Kingdom; Grant us the Spirit of Wisdom that we may aspire to the things that last forever; Teach us to be Your faithful disciples and animate us in every way with Your Spirit. Amen.

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Reflection

“Lent is a period of total reform, not only reform of the heart; it is also reform of our attitudes toward life.”

- Bishop Corrada

FIFTH SUNDAY OF LENT



Beatitudes

Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.

Blest too are the meek, for they shall possess the earth.

Blessed are they who mourn, for they shall be comforted.

Blessed are they who hunger and thirst for justice, for they shall have their fill.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure of heart, for they shall see God.

Blessed are the peacemakers, for they shall be called children of God.

Blessed are they who suffer persecution for justice' sake,
for theirs is the kingdom of heaven.

Blessed are you when men reproach you, and persecute you,
and speaking falsely, say all manner of evil against you, for My sake. Amen

Catholic Teaching

CCC1728 The Beatitudes confront us with decisive choices concerning earthly goods; they purify our hearts in order to teach us to love God above all things.

Lenten Observance

In the communion of saints in Christ, remember the poor mournful souls in purgatory. Pray, fast, and give alms to benefit the faithful departed, those dear to you and those whose names you do not know.

Prayer of St. Francis of Assisi

Lord, make me
an instrument
of your peace.
Where there is
hatred, let me
sow love;
where there is
injury, pardon;
where there is
doubt, faith;
where there is
despair, hope;
where there is
darkness, light;
and where
there is
sadness, joy.

O Divine
Master, grant
that I may not
so much seek
to be consoled
as to console;
to be
understood as
to understand;
to be loved as
to love.

For it is in
giving that we
receive; it is in
pardoning that
we are
pardoned;
and it is in
dying that we
are born to
eternal life.
Amen

A Prayer of Renewal

Lord Jesus,
give us the humility wherever pride reigns,
pardon wherever offense abides,
grace wherever sin abounds;
we pray to You;
Jesus Christ, risen Lord, ha
Amen

SIXTH SUNDAY OF LENT

Reflection

"The works of mercy, corporal and spiritual, give us a very definite blue print for this life."

- Bishop Corrada

Lenten Observance

In performing a work of mercy, do so intentionally as penance for sins committed - personal sin, the sin of the Church, the sin of the world - and for the poor souls in purgatory.



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CORPORAL & SPIRITUAL WORKS OF MERCY

Catholic Teaching

(CCC2447) The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities. Instructing, advising, consoling, comforting are **spiritual works of mercy**, as are forgiving and bearing wrongs patiently. The **corporal works of mercy** consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead.

Among all these, giving alms to the poor is one of the chief witnesses to fraternal charity: it is also a work of justice pleasing to God.

Payer for Mercy

(From the Divine Mercy Litany)

Eternal God,
in Whom mercy is endless
and the treasury of compassion inexhaustible,
look kindly upon us
and increase Your mercy in us,
that in difficult moments
we might not despair nor become despondent,
but with great confidence
submit ourselves to Your Holy Will,
which is Love and Mercy itself. Amen.