



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.

It is with the smallest brushes that the artist paints the most exquisitely beautiful pictures.

St. Andre Bessette

Your Patron Saint is Saint Andre Bessette
Feast Day January 7



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 will most gladly spend and be spent for your souls.

-Saint Paul

Your Patron Saint is Saint Paul
Feast Day June 29th



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.

Whoever would become a saint, must, during this life, resemble the lily among thorns, which, however much it may be pricked by them, never ceases to be a lily; that is, it is always equally sweet and serene.

-Saint Bernard of Clairvaux

Your Patron Saint is Saint Bernard of Clairvaux
Feast Day August 20th



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.

If we had no hope in the Lord, what would we do in this world?

-Saint Josephine Bakhita

Your Patron Saint is Saint Josephine Bakhita
Feast Day February 8th



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.

Let us love and praise God in all.

-Saint Mary MacKillop

Your Patron Saint is Saint Mary MacKillop

- Feast Day August 8th



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.

Let your intentions in the fulfillment of your duties be so pure that you reject from your actions every other object but the glory of God and the salvation of souls.

-Saint Angela Merici

Your Patron Saint is Saint Angela Merici

Feast Day January 27th



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.

There are two sorts of prudence, the one human, the other Christian.

Human, carnal, or worldly prudence is that which has only worldly prosperity in view, and is indifferent about the means, provided it attains its object. Christian prudence takes Eternal Incarnate Wisdom for its guide in every thought, word, and work.

- Saint Vincent de Paul

Your Patron Saint is Saint Vincent de Paul

- Feast Day September 27th



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.

Give me ten truly detached men and I will convert the world with them.

-Saint Philip Neri

Your Patron Saint is Saint Philip Neri

- Feast Day May 26th



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.

Learn to self-conquest, persevere thus for a time, and you will perceive very clearly the advantage which you gain from it.

-Saint Teresa of Ávila

Your Patron Saint is Saint Teresa of Ávila
- Feast Day October 15th



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: What is your will that I do? I am completely open to your plan for me. I desire to live only in you and to be guided by you forever. Grant that your holy will may be carried out perfectly.

Submission to God's will frees us from all other yokes.

-Saint Claude de la Colombière

Your Patron Saint is Saint Claude de la Colombière
- Feast Day February 15th



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.

Apart from the cross, there is no other ladder by which we may get to heaven.

-Saint Rose of Lima

Your Patron Saint is Saint Rose of Lima
- Feast Day August 23rd



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.

Temperance is simply a disposition of the mind which binds the passions.

-Saint Thomas Aquinas

Your Patron Saint Thomas Aquinas
- Feast Day January 28th



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.

Perseverance is a great grace. To go on gaining and advancing every day, we must be resolute, and bear and suffer as our blessed forerunners did. Which of them gained heaven without a struggle?

-Saint Elizabeth Ann Seton

**Your Patron Saint is Saint Elizabeth Ann Seton
- Feast Day January 4th**



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.

**All men commend patience
although few are willing to practice it.**

-Saint Thomas à Kempis

**Your Patron Saint is Saint Thomas à Kempis
- Feast Day July 24th**



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.

And of what should we be afraid? Our captain on this battlefield is Christ Jesus. Christ has bound our enemies for us and weakened them that they cannot overcome us unless we so choose to let them. So we must fight courageously.

-Saint Catherine of Sienna

**Your Patron Saint is Saint Catherine of Sienna
- Feast Day April 29th**



Faith in God

Faith in God: Faith unites the soul with God, even though it experiences no spiritual consolation; on the contrary, God often deprives the soul of all spiritual consolation that it may exercise itself more in faith and grow in it.

Prayer: O my God, teach me how to seek You in the light of faith. Amen.

God is here. This truth should fill our lives, and every Christmas should be for us a new and special meeting with God, when we allow his light and grace to enter deep into our soul.

-St. Josemaría Escrivá

**Your Patron Saint is Saint Josemaría Escrivá
- Feast Day June 26th**



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.

Be sufficiently grateful for God's kindness.

-Saint Eugene de Mazenod

Your Patron Saint is Saint Eugene de Mazenod

- Feast Day May 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.

The stillness of prayer is the most essential condition for fruitful action. Before all else, the disciple kneels down.

-Saint Gianna Molla

Your Patron Saint is Saint Gianna Molla

- Feast Day April 28th



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.

Justice itself, and justice even more than any other divine perfection, seems to me to be clothed in love.

-Saint Thérèse of Lisieux

Your Patron Saint is Saint Thérèse of Lisieux

- Feast Day October 1st



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.

No one heals himself by wounding another.

-Saint Ambrose of Milan

Your Patron Saint is Saint Ambrose of Milan

- Feast Day December 7th



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.

In heaven my mission will be to draw souls by helping them go out of themselves to cling to God by a wholly simple and loving movement, and to keep them in this great silence within that will allow God to communicate himself to them and transform them into himself.

-Blessed Elizabeth of the Trinity

Your Patron Saint is Blessed Elizabeth of the Trinity
- Feast Day November 8th



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.

If we wish to serve God and love our neighbor well, we must manifest our joy in the service we render to Him and them. Let us open wide our hearts. It is joy which invites us. Press forward and fear nothing.

-Saint Katharine Drexel

Your Patron Saint is Saint Katharine Drexel
- Feast Day March 3rd



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.

For there are three ways of performing an act of mercy: the merciful word, by forgiving and by comforting; secondly, if you can offer no word, then pray - that too is mercy; and thirdly, deeds of mercy.

- Saint Faustina Kowalska

Your Patron Saint is Saint Faustina Kowalska
- Feast Day October 5th



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.

Anxiety is the greatest evil that can befall a soul, except sin. God commands you to pray, but He forbids you to worry.

-Saint Francis de Sales

Your Patron Saint is Saint Francis de Sales
- Feast Day January 24th



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.

**If you are honest and sincere, people may deceive you.
Be honest and sincere anyway.**

-Blessed Teresa of Calcutta

**Your Patron Saint is Blessed Teresa of Calcutta
- Feast Day September 5th**



Devotion to Mary our Mother

Mary our Mother: In bringing Christ forth, in nourishing him, in presenting him to the Father, in suffering with her son as he died on the cross, she cooperated in the work of the Savior by obedience, faith, hope and burning love to restore supernatural life to souls. As result, she is our Mother in the order of grace.

Prayer: O Mary, Mother of God and my Mother, With loving fervor in my heart I salute and honor you as Queen of Heaven and Earth.

Love Mary! She is loveable, faithful, constant. If you are in danger, she will hasten to free you. If you are troubled, she will console you. If you are in need, she will help you. She does not look to see the kind of person you have been.

-Saint Gabriel of Our Lady of Sorrows

**Your Patron Saint is Saint Gabriel of Our Lady of Sorrows
- Feast Day February 27th**



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.

A Christian is not his own master, since all his time belongs to God.

-Saint Ignatius of Antioch

**Your Patron Saint is Saint Ignatius of Antioch
- Feast Day October 17th**



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

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.

Let me recognize you as your disciples did at the breaking of the bread, so that the Eucharistic communion be the Light which disperses the darkness, the force which sustains me, the unique joy of my heart.

-Saint Pio of Pietrelcina

**Your Patron Saint is Saint Pio of Pietrelcina
- Feast Day September 23rd**



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.

I would rather die than to do something which I know to be a sin, or to be against God's will.

-Saint Joan of Arc

Your Patron Saint is St. Joan of Arc
Feast Day May 30th



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.

With the Holy Spirit we see everything in its true proportions; we see the greatness of the least actions done for God and the greatness of the least faults.

-Saint John Vianney

Your Patron Saint is Saint John Vianney
- Feast Day August 4th



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.

It is a duty today for the Church to deepen the awareness that she must have of herself, of the treasure of truth of which she is heir and custodian, and of her mission in the world.

-Blessed Pope Paul VI

Your Patron Saint is Blessed Pope Paul VI
- Feast Day September 26



True Simplicity

True Simplicity: is the virtue which excludes every form of duplicity and complication stemming from self-love, egotism or attachment to self and creatures; hence it impels the soul in one direction only: to God, to live for Him, to please Him and give glory to Him.

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

Let us abandon all vanities and foolishness of life and let us look to Jesus alone.

-Saint Anna Schäffer

Your Patron Saint is Saint Anna Schäffer
- Feast Day October 5th



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.

**If you want God to hear your prayers, hear the voice of the poor.
If you wish God to anticipate your wants, provide for the needy without waiting for them to ask you.**

-Saint Marguerite d'Youville

Your Patron Saint is Saint Marguerite d'Youville
- Feast Day October 16th



Study of Scripture

Study of Scripture: The discipline of scripture study is central to the whole process of renewing the mind in such a way that we can respond in appropriate ways to the truths of God's Word. Study of Scripture involves not only reading, but active involvement in observation, and application of its contents.

Prayer: Lord, inspire me to read your scriptures and to meditate upon them day and night. I beg you to give me real understanding of what I need, that I, in turn, may put its precepts into practice.

Knowledge of the scriptures allows us to bear difficulties.

-Saint John Chrysostom

Your Patron Saint is Saint John Chrysostom
- Feast Day September 13th



Authenticity

Authenticity: is the virtue that refers to a facet of moral character and denotes positive, virtuous attributes such as integrity, truthfulness, and straightforwardness. Authenticity yields harmony and loyalty and enriches all human relationships.

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

They are perfect who at the same time have the Spirit of God always with them and keep themselves without reproach with regard to their soul and with regard to their bodies; that is to say, who keep faith with God and practice justice toward their neighbor.

-Saint John Paul II

Your Patron Saint is Saint John Paul II
- Feast Day October 22



Positive Attitude

Positive Attitude: All of us need reminding that our attitude is something we choose. The greater part of our happiness or misery depends on our dispositions, not on our circumstances. The character strengths of hope, enthusiasm, joy, flexibility, confidence, and a sense of humor are all part of a positive attitude. Positivity elevates the spirit and is a quality of the Holy Spirit.

Prayer: O my Lord, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, may I dwell on these things. *Phil 4:8*

While you are proclaiming peace with your lips, remember to have it more firmly in your heart.

-Saint Francis of Assisi

Your Patron Saint is Saint Francis of Assisi
- Feast Day October 4