

## Virtue of the Month ~ March Home Project

### **Virtue: Fortitude ~ being brave and strong in face of trials**

Please complete one of the following activities with your family to practice the virtue of FORTITUDE this month. ***Due on March 30 to your teacher.***

#### Options (Circle your choice)

1. Together, read Matthew 14: 24-33. Discuss how these verses relate to the virtue of fortitude. When have you experienced trials that required you to be brave? What are some ways to practice fortitude so that you will be able to use this virtue when you need it?
2. This month, practice the virtue of fortitude by remaining firm in your knowledge of right and wrong, and not letting others steer you away from doing what is right. Discuss the results. What was your experience? How did it make you feel?
3. Find evidence in the Bible of Jesus displaying the virtue of fortitude. Record the book, chapter and verse below. Discuss the trial that Jesus faced and what steps he took to overcome it. How do Jesus's actions guide you to grow in this virtue?
4. When we suffer, we are called as Catholics to "offer it up", meaning to offer our troubles to God. When we do this, we are joining our suffering with Christ's suffering on the Cross. By doing so, we give our suffering a purpose. God can take our troubles and use them to make amends for our sins or those of others. This month, recite the prayer on the back of this page when you are troubled. Discuss the results.

**Below, share about what you did and how this project helped you to grow in this virtue.**

Parent Comments:

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Student Comments:

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Parent Signature \_\_\_\_\_

Student Signature \_\_\_\_\_

*Dear Lord, during this trial,  
I offer up to you my confusion; give me clarity.  
I offer up to you my despair; give me hope.  
I offer up to you my weakness; give me strength.  
I offer up to you my pettiness; give me generosity of spirit.  
I offer up to you all my negative thoughts from Satan  
so that when he asks, "Where is Your God now?",  
I may respond, "right here with me, giving me His grace  
as a Heavenly beam of light penetrating your darkness!"*