

Virtue of the Week: Self-Control

Definition: Joyful mastery over one's passions and desires

Opposing Trait: Being excessive in words or actions, acting impulsively

Practice being silent when you are tempted to say something mean

Verse of the Week: Ephesians 4:29-32

“No foul language should come out of your mouths, but only such as is good for needed edification, that it may impart grace to those who hear. And do not grieve the Holy Spirit of God, with which you were sealed for the day of redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.”

Saint Quote of the Week:

“The secret of happiness is to live moment by moment and to thank God for all that He, in His goodness, sends to us day after day.” St. Gianna Molla

Catechism Teaching of the Week:

CCC 736 “By this power of the Spirit, God’s children can bear much fruit. He who has grafted us onto the true vine will make us bear “the fruit of the Spirit:... love, joy, peace patience, kindness, goodness, faithfulness, gentleness, self-control.” “We live by the Spirit; the more we renounce ourselves, the more we “walk by the Spirit”.