

JANUARY- Virtue of Courage

Week 1 Morning Prayer: Virtue of the Month - Courage

In the name of the Father, and of the Son and of the Holy Spirit. Amen

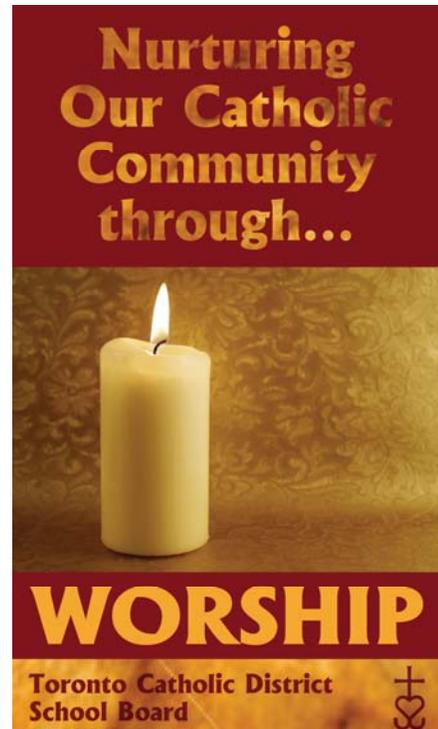
The Virtue of the Month for January is Courage. As we begin a new year together it is good to reflect on those values and attitudes that help us to face the tremendous challenges of life with trust, hope and commitment. From the Christian horizon of faith, the foundation of courage is grounded in the promise of God found in the Old Testament: “Be not afraid, I go before you always.” As we face this New Year, as we make New Year’s resolutions that fit our own circumstances and needs, we rely on God’s help and grace to make those changes that will improve our lives.

For the courage to face our fears, and not to be ruled or fuelled by fear. We pray to You, Lord. (Response: Lord, hear our prayer.)

That the example of Jesus, Mary and the saints will inspire us to act as people of courage. We pray to You, Lord. (Response...)

Let us pray an Our Father together.

In the name of the Father, and of the Son and of the Holy Spirit. Amen



Week 2 Morning Prayer: Virtue of the Month - Courage

In the name of the Father, and of the Son and of the Holy Spirit. Amen

Courage is an important habit to develop since it allows us to reach beyond our fears, and to take hold of the task of living with hope and commitment. Fear can freeze us, but courage enables us to use that fear to fuel our energies and desires. Fear can block us, but courage can free us to confront our challenges with trust and confidence. Fear can blind us, but courage can provide the inner sight to forge forward to fullness. A sense of personal dignity grounded in the grace of God and the love and solidarity of family and friends allows our courage to flourish when faced with peer pressure or inner doubt.

For freedom from cowardice and foolhardiness. We pray to You, Lord. (Response: Lord, hear our prayer.)

For the courage to face our fears, and to seek out those who can give us good advice when we are under pressure. We pray to You, Lord. (Response...)

Let us pray a Hail Mary together.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Week 3 Morning Prayer: Virtue of the Month - Courage

In the name of the Father, and of the Son and of the Holy Spirit. Amen

Throughout the history of humanity we have been blessed with many extraordinary examples of outstanding courage displayed by women and men across all countries, societies, walks of life, ages and social classes. Within our own religious tradition we think of people like St Joan of Arc, St John de Brebeuf, and St Thomas More as Christian models of integrity and courage. Unlike those three, we may not be called to pay the ultimate price in courage, but as we face our own particular challenges in life, we can be sustained in the knowledge that they found their inspiration in the same sources of wisdom, and in the same gospel values as ourselves.

For the wisdom to draw inspiration from the lives of the saints in forging our path to the future. We pray to You, Lord. (Response: Lord, hear our prayer.)

For the courage to act when the moment is right, and to refrain from action when the moment wrong. We pray to You, Lord. (Response...)

Let us pray a Glory Be together.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Week 4 Morning Prayer: Virtue of the Month - Courage

In the name of the Father, and of the Son and of the Holy Spirit. Amen

Within our culture, exams are part of our rite of passage. We gather our knowledge and skills, and we are tested and measured. For some it can be a daunting experience. Our courage is called into play as we come up against both the riches of our talents, and their limits. As teenagers, being successful in relationships is also part of our rite of passage; there are no exams as such but yet many ways we are tested and measured. Our courage is called into play to live our relationships wisely, and with hope. As human beings, facing the tragedies of life, and its pain is also an inevitable part of our rite of passage. Our courage, grounded in the example of Jesus, the grace of God, and the solidarity of the human family is called into play here also so that we live well, with resilience and trust.

For success in our exams. We pray to You, Lord. (Response: Lord, hear our prayer.)

For the courage to be honest and kind in our relationships. We pray to You, Lord.
(Response...)

For those who are coping with tragedy in life – that they may experience a lightening of their burdens through the power of prayer and the faithfulness of friends. We pray to You, Lord.

Let us pray an Our Father together.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen