

"Virtues to Live by"

SHARED REFLECTION FOR STAFF

"Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals."
(Pope Francis 2013)

PERSEVERANCE AND RESILIENCE

Perseverance: to persevere is to do good when it becomes hard to do or obstacles are put in the way. A person with perseverance can be relied upon because they are committed to seeing things through to the end.

Resilience: to accept that there will be difficulties in life. To see these as a challenge and not to be discouraged. To search for your inner strengths and faith to get you through personal challenges.

BLESSING

The Creator God has graced each one of us with inner strengths and gifts to use and share;

Blessed be God forever.

Jesus is with us and calls us to the new life of resurrection and transformation;

Blessed be God forever.

Even in the challenges of life, new gifts will be given, touched and transformed by the Spirit of God;

Blessed be God forever.

OPENING PRAYER

God our Father, grant me the serenity to accept the things I cannot change the courage to change the things I can and the wisdom to know the difference. Through our Lord, Jesus Christ Your son, who lives and reigns with You in the unity of the Holy Spirit, one God for ever and ever.

Through Christ our Lord. Amen

READING

My brothers, you will always have your trials but, when they come, try to treat them as a happy privilege; you understand that your faith is only put to the test to make you patient, but patience too is to have its practical results so that you will become full-developed, complete, with nothing missing.

(James 1: 2-4)

REFLECTION

A moment of personal reflection on the trials you have overcome, and the challenges you face today.

Let us ask God to find the perseverance and resilience within to keep going.

LIVING OUR VIRTUE

Inspire each one of us that we may help our children to:

- Recognise everyone has the capacity to find their inner strength
- Recognise everyone has the ability to persevere and be resilient
- Believe that over time, with encouragement, they will discern the situations that call for perseverance and resilience
- Recognise that, through prayer, God will give us the grace and strength to face their challenges
- Accept that there will be difficulties in life
- Recognise and know that they are never alone in their difficulties
- Learn to be patient during times of trial

May we support our children in recognising opportunities for growth so that they can make the most of their abilities.

May we support each other as adults, whatever our roles and experiences, and may we always remain positive, enthusiastic and realistic in our work.

CONCLUDING PRAYER

God our Father, open our hearts that we may be transformed by Your gracious love. May Your spirit teach us to discern the inner virtues of perseverance and resilience when facing our challenges.

We ask this through Christ our Lord,

Amen

AFFIRMATION

I have perseverance and resilience.

I will not give up.

I will have hope and faith even when things are difficult.