

“Virtues to Live by”

“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)

Spring Term:

SELF CONTROL

Blessing

May God the Father bless us,
May Christ take care of us
And the Holy Spirit enlighten us
All the days of our life.
Amen.

OPENING PRAYER:

God our Father, you are always with us to help and to guide us.
We are sorry for the times we have let our emotions and desires take control which has resulted in causing pain to others or ourselves. Please forgive us. We ask for the grace to increase in the virtue of self-control in all areas of our lives.

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. **Amen**

READING:

You, however, must teach what is appropriate to sound doctrine. Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can urge the younger women to love their husbands and children, to be self-controlled and pure.

Similarly, encourage the young men to be self-controlled. In everything set them an example by doing what is good. In your teaching show integrity, seriousness and soundness of speech.

For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Saviour, Jesus Christ.

Titus 2: 1-7,11-13

REFLECTION

We spend a lot of time in school teaching children how to control their emotions and desires as they grow.

We show them how to express their emotions in a safe but sensitive way – learning to control their anger or fears of new things.

We show them how to control their desires by learning to share resources, talking and listening time in class, etc.

As their role models, we too have to keep increasing in this virtue.

When we are tired or feeling frustrated after explaining something several times, we have to control our emotions and ensure we stay calm and speak words that encourage.

In our work and private lives, we constantly have to work of developing our self- control.

Do I talk too much or give my opinion too freely, not always using kind words about others or their views?

Do I allow myself to get easily distracted from my work so that the job doesn't get done well?

Do I eat or drink more than I need or should?

Let us take a moment to ask God to reveal to us in our hearts one specific way we can improve and grow in the virtue of self-control.

LIVING OUR VIRTUE

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

- Speak and act calmly even when they are hurt or angry
- Think before they act
- Choose their words and actions carefully
- Keep their Lenten promises

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

CONCLUDING PRAYER

Come Lord Jesus and fill our hearts with your Spirit, that we may have self-control when temptation comes our way today.

May your Holy Spirit strengthen and enlighten us when we need to say no to something that isn't good for us or others. Help us to control our words and actions especially in difficult situations.

May we turn to you in our moments of weakness and know you are always with us wanting to help us grow more holy every day. **Amen.**

VIRTUE TO LIVE BY

I have self-control

I speak and act calmly