

Cardinal Virtue

Fortitude



Descriptor

Practicing the good and just in challenging situations, patience with obstacles.

The language of our story speaks about **fortitude**. The cardinal virtue of *Fortitude* (courage) involves practicing what is good and just when it is difficult or even dangerous. A person of fortitude practices patience when meeting obstacles while working to do what is right, even when others criticize them or remain silent. Fortitude is visible in our Catholic schools whenever we see persons defending truth and kindness in challenging situations.

Scripture Quotes

David Speaks to Solomon

David said further to his son Solomon, 'Be strong and of good courage, and act. Do not be afraid or dismayed; for the LORD God, my God, is with you. He will not fail you or forsake you, until all the work for the service of the house of the LORD is finished.

1 Chronicles 28:20

Courage

Be strong, and let your heart take courage, all you who wait for the **LORD**.

Psalms 31:24

Not Peace, but a Sword

Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

For I have come to set a man against his father,

and a daughter against her mother,

and a daughter-in-law against her mother-in-law;

and one's foes will be members of one's own household.

Whoever loves father or mother more than me is not worthy of me; and whoever loves

son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.

Matthew 10:34-39

Jesus Walks on the Water

Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.'

Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

Matthew 14:22-33

Persecutions Foretold

'Then they will hand you over to be tortured and will put you to death, and you will be hated by all nations because of my name. Then many will fall away, and they will betray one another and hate one another. And many false prophets will arise and lead many astray. And because of the increase of lawlessness, the love of many will grow cold. But anyone who endures to the end will be saved. And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations; and then the end will come.

Matthew 24:9-14

Fortitude in Tribulation

In the world you have tribulation; but be of good cheer, I have overcome the world.

Jn 16:33.

The Storm at Sea

Since they had been without food for a long time, Paul then stood up among them and said, 'Men, you should have listened to me and not have set sail from Crete and thereby avoided this damage and loss. I urge you now to keep up your courage, for there will be no loss of life among you, but only of the ship. For last night there stood by me an angel of the God to whom I belong and whom I worship, and he said, "Do not be afraid, Paul; you must stand before the emperor; and indeed, God has granted safety to all those who are sailing with you." So keep up your courage, men, for I have faith in God that it will be exactly as I have been told. But we will have to run aground on some island.'

Acts 27:21-26

Paul's Ministry to Thessalonica

You yourselves know, brothers and sisters, that our coming to you was not in vain, but though we had already suffered and been shamefully maltreated at Philippi, as you know, we had courage in our God to declare to you the gospel of God in spite of great opposition. For our appeal does not spring from deceit or impure motives or trickery, but just as we have been approved by God to be entrusted with the message of the gospel, even so we speak, not to please mortals, but to please God who tests our hearts. As you know and as God is our witness, we never came with words of flattery or with a pretext for greed; nor did we seek praise from mortals, whether from you or from others, though we might have made demands as apostles of Christ. But we were gentle among you, like a nurse tenderly caring for her own children. So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us.

1 Thessalonians 2:1-8

Paul's Desire to Visit the Thessalonians Again

As for us, brothers and sisters, when, for a short time, we were made orphans by being separated from you—in person, not in heart—we longed with great eagerness to see you face to face. For we wanted to come to you—certainly I, Paul, wanted to again and again—but Satan blocked our way. For what is our hope or joy or crown of boasting before our Lord Jesus at his coming? Is it not you? Yes, you are our glory and joy!

Therefore when we could bear it no longer, we decided to be left alone in Athens; and we sent Timothy, our brother and co-worker for God in proclaiming the gospel of Christ, to strengthen and encourage you for the sake of your faith, so that no one would be shaken by these persecutions. Indeed, you yourselves know that this is what we are destined for. In fact, when we were with you, we told you beforehand that we were to suffer persecution; so it turned out, as you know. For this reason, when I could bear it no longer, I sent to find out about your faith; I was afraid that somehow the tempter had tempted you and that our labour had been in vain.

1 Thessalonians 2:17-3:5

Patience in Suffering

Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. Strengthen your hearts, for the coming of the Lord is near. Beloved, do not grumble against one another, so that you may not be judged. See, the Judge is standing at the doors! As an example of suffering and patience, beloved, take the prophets who spoke in the name of the Lord. Indeed we call blessed those who showed endurance. You have heard of the endurance of Job, and you have seen the purpose of the Lord, how the Lord is compassionate and merciful.

James 5:7-12

God's Sustenance in Trials

I was pushed hard, so that I was falling, but the LORD helped me.
The LORD is my strength and my might; he has become my salvation.

Ps 118: 13-14

Love and Fortitude

Love is patient; love is kind; ... It bears all things, believes all things, hopes all things,
EOCCC: Our Language, Our Story 1.0, 2009.

endures all things.

1 Corinthians 13: 4a, 7

David's Fortitude Before Goliath

David said to the Philistine, "You come to me with sword and spear and javelin; but I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied. This very day the LORD will deliver you into my hand,..." When the Philistine drew quickly toward the battle line to meet David, David ran quickly toward the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.

1 Sam 17: 45, 48-49

Connection to Ontario Catholic School Graduate Expectations

The Cardinal Virtue "Fortitude" relates to the following Ontario Catholic School Graduate Expectations:

1. A Discerning Believer Formed in the Catholic Faith Community who

CGE1c -actively reflects on **God's Word** as communicated through the Hebrew and Christian scriptures;

CGE1d - develops attitudes and values founded on Catholic **social teaching** and acts to promote social responsibility, human solidarity and the common good

CGE1e -speaks the **language of life**... "recognizing that life is an unearned gift and that a person entrusted with life does not own it but that one is called to protect and cherish it." (Witnesses to Faith)

CGE1g -understands that one's purpose or **call in life** comes from God and strives to discern and live out this call throughout life's journey;

CGE1h -respects the **faith traditions**, world religions and the life-journeys of **all people of good will**;

CGE1j -recognizes that "sin, human weakness, conflict and forgiveness are part of the human journey" and that the cross, the ultimate sign of forgiveness is at the heart of **redemption**. (Witnesses to Faith)

2. An Effective Communicator who

CGE2a -listens actively and critically to understand and learn in light of gospel values;

CGE2c -presents information and ideas clearly and honestly and with sensitivity to others;

3. A Reflective and Creative Thinker who

CGE3a -recognizes there is more grace in our world than sin and that hope is essential in facing all challenges;

CGE3b -creates, adapts, evaluates new ideas in light of the common good;

CGE3c -thinks reflectively and creatively to evaluate situations and solve problems;

CGE3d -makes decisions in light of gospel values with an informed moral conscience;

CGE3e -adopts a holistic approach to life by integrating learning from various subject areas and experience;

CGE3f -examines, evaluates and applies knowledge of interdependent systems (physical, political, ethical, socio-economic and ecological) for the development of a just and compassionate society.

4. A Self-Directed, Responsible, Life Long Learner who

CGE4a -demonstrates a confident and positive sense of self and respect for the dignity and welfare of others;

CGE4b -demonstrates flexibility and adaptability;

CGE4c -takes initiative and demonstrates Christian leadership;

CGE4d -responds to, manages and constructively influences change in a discerning manner;

CGE4e -sets appropriate goals and priorities in school, work and personal life;

CGE4f -applies effective communication, decision-making, problem-solving, time and resource management skills;

CGE4g -examines and reflects on one's personal values, abilities and aspirations influencing life's choices and opportunities;

5. A Collaborative Contributor who

CGE5a -works effectively as an interdependent team member;

CGE5c -develops one's God-given potential and makes a meaningful contribution to society;

CGE5d -finds meaning, dignity, fulfillment and vocation in work which contributes to the common good;

CGE5e -respects the rights, responsibilities and contributions of self and others;

CGE5f -exercises Christian leadership in the achievement of individual and group goals;

6. A Caring Family Member who

CGE6a -relates to family members in a loving, compassionate and respectful manner;

CGE6b -recognizes human intimacy and sexuality as God given gifts, to be used as the creator intended;

CGE6c -values and honours the important role of the family in society;

CGE6d -values and nurtures opportunities for family prayer;

CGE6e -ministers to the family, school, parish, and wider community through service.

7. A Responsible Citizen who

CGE7a -acts morally and legally as a person formed in Catholic traditions;

CGE7b -accepts accountability for one's own actions;

CGE7c -seeks and grants forgiveness;

CGE7d -promotes the sacredness of life;

CGE7e -witnesses Catholic social teaching by promoting equality, democracy, and solidarity for a just, peaceful and compassionate society;

CGE7f -respects and affirms the diversity and interdependence of the world's peoples and cultures;

CGE7g -respects and understands the history, cultural heritage and pluralism of

today's contemporary society;

- CGE7h** -exercises the rights and responsibilities of Canadian citizenship;
CGE7i -respects the environment and uses resources wisely;
CGE7j -contributes to the common good

Related Concepts

COMMITMENT	HUMAN RIGHTS	PREFERENTIAL OPTION
CONSTANCY	LEADERSHIP	FOR THE POOR
COURAGE	LONGSUFFERING	RELATIONSHIP
COVENANT	LOVE	RIGHTEOUSNESS
DEDICATION	LOVE OF NEIGHBOUR	SERVICE
DIGNITY OF THE	MAGNANIMITY	SHARING/SOCIAL
HUMAN PERSON	MARTYRDOM	CHARITY
DIGNITY OF WORK AND	NON-VIOLENCE	SOCIAL JUSTICE
SERVICE	OPPRESSION	SOLIDARITY
EMPOWERMENT	PATIENCE	STEADFASTNESS
ENDURANCE	PEACE	STRENGTH
HONOUR		SUBSIDIARITY
HOPE		TRUSTWORTHINESS
HUMAN DIGNITY		

Links to Online Resources

The Vatican

<http://www.vatican.va/>

The official web site of the Vatican contains an impressive collection of materials with a useful internal search engine.

See "The Human Virtues," with a brief treatment of the 4 cardinal virtues at:

http://www.vatican.va/archive/ENG0015/_P65.HTM

The Canadian Conference of Catholic Bishops

<http://www.cccb.ca/Home.htm?NL=1>

The official web site of the CCCB contains extensive documentation, including recent media releases and publications, with a wide variety of useful links to other Church and Catholic organizations' web sites.

Ontario Conference of Catholic Bishops

<http://www.occb.on.ca/>

The official web site of the OCCB contains extensive resources from the Catholic Bishops of Ontario as well as useful links to other Church and Catholic organizations' web sites. The Conference's jurisdiction over Ontario Catholic schools makes this site particularly relevant.

Be Not Afraid! The Virtue of Courage by Archbishop Jose Gomez

http://www.satodayscatholic.com/Gomez_031309.aspx

Reflections on the meaning of the virtue of courage/fortitude for followers of Jesus today.

Fortitude (Catholic News Agency)

<http://www.catholicnewsagency.com/resource.php?n=558>

A helpful introduction to the virtue of fortitude: what it is and what it is not.

Fortitude by Mark Lowery

<http://www.catholic.com/thisrock/2005/0511fea5.asp>

A reflection for adults on the meaning of fortitude in our lives.

Fortitude by Fr. Pius Sammut, OCD

<http://www.fatherpius.littleway.ca/pond72.html>

A helpful reflection on the nature of fortitude and how it is lived out in our lives.

Fortitude, the Art of Courageous Continuing by Paula Huston

<http://catholicexchange.com/2007/05/23/83533/>

Personal reflections on fortitude in light of our Catholic faith heritage by a Catholic writer.

Some Real-Life Examples of Fortitude by Rev. Ron Rolheiser, OMI

<http://www.wcr.ab.ca/columns/rolheiser/1998/rolheiser040698.shtml>

Discusses different Catholic heroes such as Sr. Helen Prejean, Mother Teresa, Archbishop Oscar Romero as real-life examples of fortitude.

The Virtue of Fortitude, by Doug McManaman

<http://catholiceducation.org/articles/education/ed0283.html>

Presents an in-depth look at this virtue and its meaning for living a committed Christian life.

Treatise on Fortitude and Temperance, St. Thomas Aquinas, Summa Theologica

<http://www.catholicprimer.org/summa/SS.html#TOC12>

Provides electronic access to the Angelic Doctor's writing on Fortitude and Temperance in the Summa.