



VIRTUE=STRENGTH.™



TEMPERANCE

“SELF-CONTROL.”

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TEMPERANCE

OPENING PRAYER

PRAYER FOR TEMPERANCE

Lord Jesus, when You were tempted in the desert by the devil You gave us a great example of TEMPERANCE.

You had the strength to control the desire for pleasure. We need Your help to do the same.

Grant us the desire to embrace the virtue of TEMPERANCE and when we experience temptation or weakness may we always reach out to You for help.

Does anyone have any prayer intentions?
Who wants to lead us in a prayer?

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TEMPERANCE

DEFINITION

The virtue of Temperance, or Moderation, is the strength that moderates the attraction of pleasures and provides balance in the use of created goods.

From The Catechism
of the Catholic Church #1809

Temperance ... ensures the will's mastery over instincts and keeps desires within the limits of what is honorable.

“To live well is nothing other than to love God with all one's heart, with all one's soul and with all one's efforts; from this it comes about that love is kept whole and uncorrupted (through temperance).”

-St. Augustine
Bishop, Father and Doctor of the Church



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TEMPERANCE

HOW TO STRENGTHEN

**How do we grow this virtue of
TEMPERANCE?**

**From The Catechism
of the Catholic Church #1811**

It is not easy for man, wounded by sin, to maintain moral balance.

Christ's gift of salvation offers us the grace necessary to persevere in the pursuit of the virtues.

Everyone should always ask for this grace of light and strength, frequent the sacraments, cooperate with the Holy Spirit, and follow his calls to love what is good and shun evil.

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TEMPERANCE

WE ARE CREATED FOR MORE

We are created for more than pleasure.

We are created to give the best of ourselves in all of our relationships.

A lack of temperance prevents us from loving God, our family, our friends, classmates, teammates as well as we could.

When we lack self-control, we become slaves to our desires for pleasure, always selfishly focusing on pleasing ourselves.

Soon we will have difficulty sacrificing for others.

We will often put our own desires and preferences before others.

We will be selfish and so focused on getting what we want that we do not even notice the needs of others around us.

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TEMPERANCE

CHALLENGE

Don't allow yourself into situations where you know you will be tempted.

For example:

What you are watching or looking at on a device.

Where you are going with your friends.

What you are talking about in person or online.

When you are eating ... stop at seconds ...

RESOLUTION

Carry a rosary in your pocket or purse and ask Mary for help when you feel tempted.

FAMILY RESOLUTION

Put flowers in front of an image of the Blessed Mother in your home or statue in front of home to honor her in a special way this month of May.



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TEMPERANCE

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VIDEOS IN GOOGLE SLIDES](#)

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TEACHER & STUDENT VIDEO
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SAINTS VIDEOS
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SAINTS ALIVE PODCAST

ST. PHILIP NERI

[CLICK HERE TO LISTEN](#)

A radio theater podcast that tells the stories of the saints.

"First, let a little love find entrance into their hearts, and the rest will follow."

-Saint Philip Neri

Brad is ten years old, the class clown and a faithful Catholic...but just can't relate to the saints. That is until his Dad tells him the story of Saint Philip Neri.

What he discovers is a man filled with joy, humor and trust in God's will for his life.

Come listen with Brad as he learns about the patron saint of joy and laughter and comes to know the saint who's heart expanded with love of God: Saint Philip Neri!

TEMPERANCE



MATTHEW 4: 1-11

THEN Jesus was led by the spirit into the desert, to be tempted by the devil. And when He had fasted forty days and forty nights, afterwards He was hungry. And the tempter coming said to Him: If thou be the Son of God, command that these stones be made bread. Who answered and said: It is written, Not in bread alone doth man live, but in every word that proceedeth from the mouth of God.

Then the devil took Him up into the holy city, and set Him upon the pinnacle of the temple, and said to Him: If thou be the Son of God, cast thyself down, for it is written: That he hath given his angels charge over thee, and in their hands shall they bear thee up, lest perhaps thou dash thy foot against a stone. Jesus said to him: It is written again: Thou shalt not tempt the Lord thy God.

Again the devil took Him up into a very high mountain, and showed Him all the kingdoms of the world, and the glory of them, And said to Him: All these will I give thee, if falling down thou wilt adore me. Then Jesus saith to him: Begone, satan: for it is written, The Lord thy God shalt thou adore, and Him only shalt thou serve.

Then the devil left Him; and behold angels came and ministered to Him.

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TEMPERANCE

“Virtues are formed by prayer.

Prayer preserves temperance.

Prayer suppresses anger.

*Prayer prevents emotions of pride and
envy. Prayer draws into the soul the
Holy Spirit, and raises man to Heaven.”*

- St. Ephram of Syria

Deacon and Doctor of the Church

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TEMPERANCE

“Temperance is simply a disposition of the mind which binds the passions.”

***- St. Thomas Aquinas
Doctor of the Church***



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INTEMPERANCE

The weakness to not moderate nor restrain the attraction of pleasures and is not balanced in the use of created goods.

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VICE

WHAT'S SO BAD ABOUT INTEMPERANCE?

When someone isn't able to temper or moderate their actions, **they are at risk of intemperance.**

When you feel angry - you yell at everyone.

When you feel like shopping - you spend way too much money on stuff you don't need.

When you feel like eating - you eat too much.

When you are tempted - you give in and indulge.



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