



VIRTUE=STRENGTH.™



STEADFASTNESS

The strength of being dutifully
firm and unwavering.



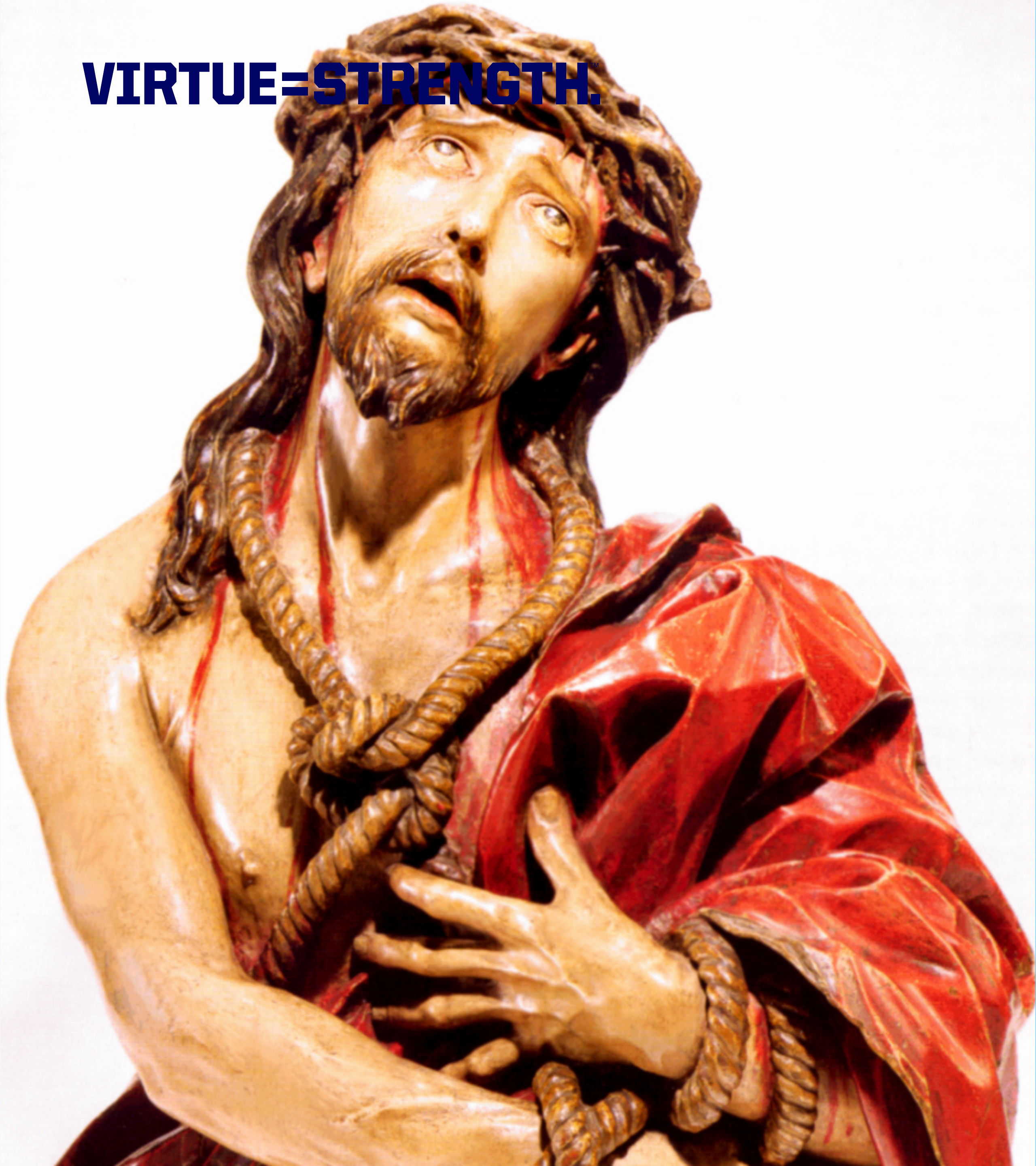
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STEADFASTNESS

“NOT SWITCHING AROUND.”

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STEADFASTNESS

OPENING PRAYER

O Almighty and everlasting God, who hast enabled Thy servants, in confessing the true Faith, to acknowledge the glory of the eternal Trinity, and in the power of Majesty to adore its Unity: we beseech Thee, that by **STEADFASTNESS** in the same Faith, we may ever be defended against all adversity.

Through our Lord Jesus Christ, Thy Son Who lives and reigns with Thee in the unity of the Holy Spirit, God forever and ever. Amen.

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STEADFASTNESS

INTRODUCTION

This week our strength building on the virtue of Hope is **STEADFASTNESS**.

The strength of being dutifully firm and unwavering.

“Hope is the sure and **STEADFAST** anchor of the soul.”

Catechism of the Catholic Church #
1820



STEADFASTNESS

THE SWISS GUARDS

Established in 1506 by Pope Julius II, the Swiss Guards have served as the personal bodyguards to the Pope for over 500 years. They were chosen for their reputed bravery and loyalty.

The Swiss Guards are responsible for the safety of the Pope, the protection of the Vatican City, and the security of the College of Cardinals during papal conclaves.

Their steadfastness was especially evident during the Sack of Rome in 1527, where 147 guards sacrificed their lives to protect Pope Clement VII.

The guards are not only protectors but also devout Catholics, reflecting their faith in their service. Upon enlistment, each guard takes an oath of loyalty to the Pope and dedication to their duties, reinforcing their spiritual and professional commitment.

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KEY LESSONS STEADFASTNESS

1. Commitment to Duty:

The Swiss Guards exemplify unwavering commitment to their duties, reminding us of the importance of dedication in any role we undertake.

2. Courage in the Face of Adversity:

Their bravery in protecting the Pope and the Vatican, even in dangerous situations, teaches the value of courage and sacrifice.

3. Discipline and Training:

The rigorous training and disciplined lifestyle of the Swiss Guards highlight the necessity of preparation and discipline in achieving excellence.

4. Loyalty and Faithfulness:

Their long-standing loyalty to the Pope serves as a powerful example of faithfulness and the strength of committed service.

5. Integration of Faith and Duty:

The spiritual dimension of their service underscores the importance of integrating faith and moral values into one's professional and personal life.

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VICE

VICE



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INCONSTANCY

The weakness to not stand firm and easily change your convictions.



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INCONSTANCY

“ALWAYS CHANGING.”

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INCONSTANCY

VICE

The weakness to not stand firm and easily change your convictions.

Inconstancy means not being reliable or changing one's mind often. It involves not sticking to promises or decisions and not being steady in actions and behavior.

Examples of Inconstancy:

Not Following Through:

Telling a friend you will talk with them at lunch but then choosing to go with someone else instead.

Changing Decisions Frequently:

Promising to help with a group project but then deciding not to do your part because you found something else more fun to do.

Not Keeping Promises:

Saying you will clean your room but then not doing it because you wanted to watch TV instead.



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CHALLENGE

Let's put our **VIRTUE** into action!



EXAMPLES STEADFASTNESS

Goal Setting and Achievement:

Maria wants to improve her grades in science, so she dedicates extra time to study, asks for help from her teacher, and doesn't give up even when the material is difficult.

Faith and Spiritual Life:

Tyler attends Sunday Mass with his family every week and prays every night before bed, even when he's busy or tired.

Perseverance in Challenges:

Lily struggles with learning a new piece of music for her violin lessons. She practices daily and doesn't give up, eventually mastering the piece.

Standing Up for Others:

Kevin speaks up when he sees a classmate being bullied, showing his steadfast commitment to kindness and justice.

Encouragement for Students:

- **Bible Quote:** *"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."* (Galatians 6:9)
- **Saint Quote:** *"Pray, hope, and don't worry. Worry is useless. God is merciful and will hear your prayer."* - St. Padre Pio

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RESOLUTION

WAY TO LIVE THE VIRTUE THIS WEEK

When you give your word to do something, stick to it.

Don't give up when it gets difficult or boring.

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STEADFASTNESS



WHAT DOES STEADFASTNESS LOOK LIKE?

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STEADFASTNESS

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WHAT DOES STEADFASTNESS SOUND LIKE?

SAINT STORY

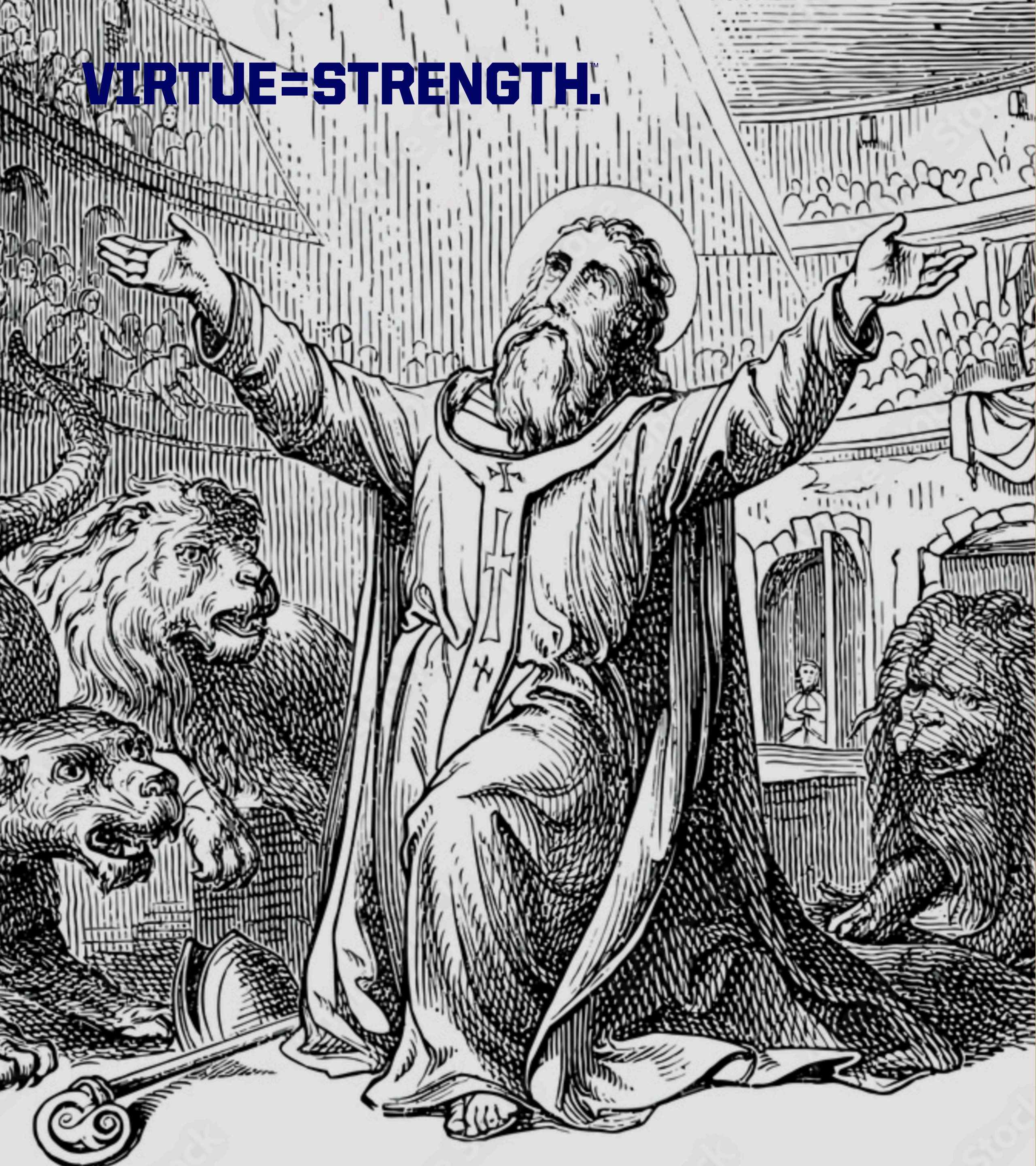
ST. IGNATIUS OF ANTIOCH

October 17

35-107

In 107, during the reign of the brutal Emperor Trajan, this holy Bishop was wrongfully sentenced to death because he refused to renounce the Christian faith. He was taken under guard to Rome where he was to be brutally devoured by wild beasts in a public spectacle. During his journey, his travels took him through Asia Minor and Greece. He made good use of the time by writing seven letters of encouragement, instruction and inspiration to the Christians in those communities. We still have these letters as a great treasure of the Church today.

Bishop Ignatius was not afraid of death. He knew that it had been defeated by the Master. He followed the Lord Jesus into his Passion, knowing that he would rise with Him in his Resurrection. He wrote to the disciples in Rome: "Permit me to imitate my suffering God ... I am God's wheat and I shall be ground by the teeth of beasts, that I may become the pure bread of Christ." The beauty of this Eucharistic symbolism in these words reflects the deep theology of a mystic.



SMALL GROUP DIFFICULT SITUATION DISCUSSION

You have always made the effort to attend your younger siblings sporting events.

He has a game this Friday but you were invited to go out with friends.

You really want to go with your friends but you know your brother will be very disappointed.

What should you do?

How should you handle?



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MATTHEW 10: 28-33

And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna.

Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father's knowledge.

Even all the hairs of your head are counted.

So do not be afraid; you are worth more than many sparrows.

Everyone who acknowledges me before others I will acknowledge before my heavenly Father.

But whoever denies me before others, I will deny before my heavenly Father.



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*“Can you expect to go to heaven for
nothing?”*

*Did not our Savior track the whole
way to it with His tears and blood?*

*And yet you stop at every little
pain.”*

- St. Elizabeth Ann Seton

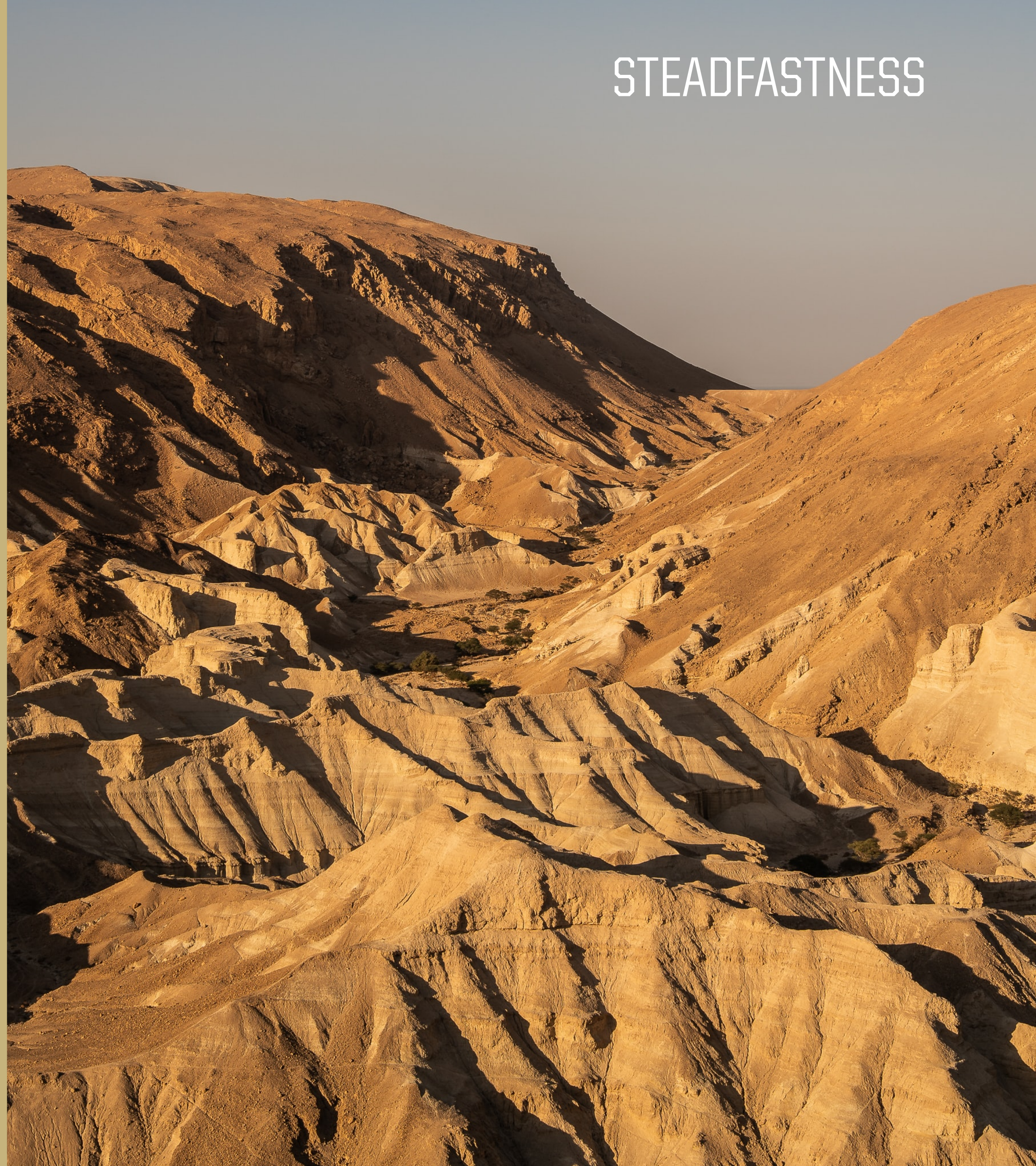


***“Whatever happens, abide
steadfast in a determination
to cling simply to God.”***

- St. Francis de Sales

*“Suffering borne in the will
quietly and patiently is a
continual, very powerful prayer
before God.”*

- St. Jane Frances de Chantal



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“If there be a true way that leads to the Everlasting Kingdom, it is most certainly that of suffering, patiently endured.”

- St. Colette



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***“We cannot get to Heaven on
a featherbed.”***

- St. Thomas More



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CLOSING PRAYER

Grant me, O Lord my God,

a mind to know You,

a heart to seek You,

wisdom to find You,

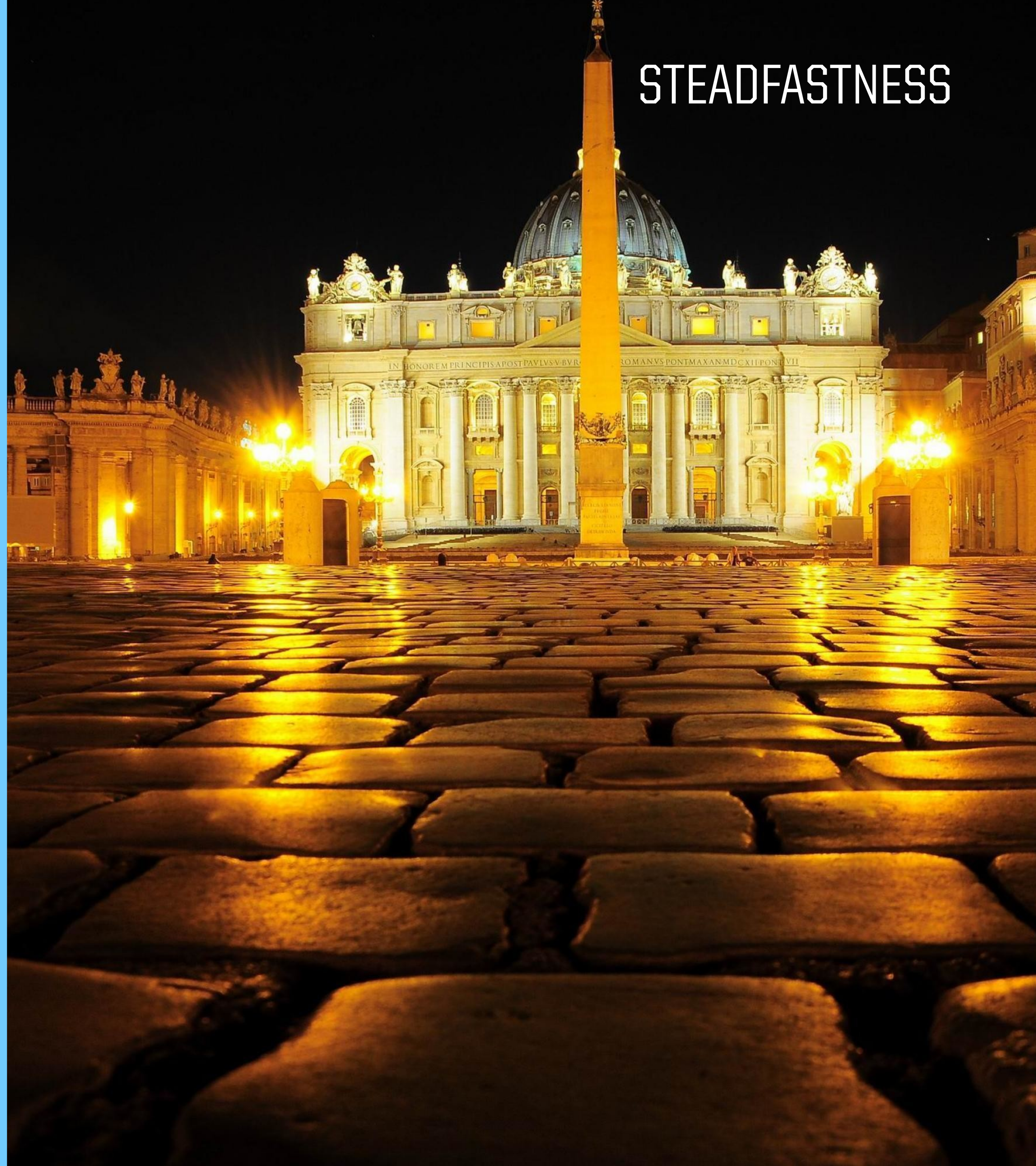
conduct pleasing to You,

faithful perseverance in waiting for You,

and a hope of finally embracing You.

- Saint Thomas Aquinas

STEADFASTNESS



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Farmers are wonderful examples of steadfastness.

They prepare, till, plant, water in the hope that their crops will grow and flourish.

Many difficulties always come up like rain, wind, heat, bugs, etc.

Yet they continue to hope and work hard.



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STUDENT LEADER VIRTUE AWARD

STEADFASTNESS

This certifies that

Helped lead our school with their virtuous example.

The strength of being dutifully
firm and unwavering.