



**VIRTUE=STRENGTH.™**



# SACRIFICE

The strength to forgo one's own benefit  
for the good of others.



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# SACRIFICE

“DON'T PUT YOURSELF FIRST.”

**OPENING PRAYER**

Lord, You SACRIFICED everything dying for us on the Cross.

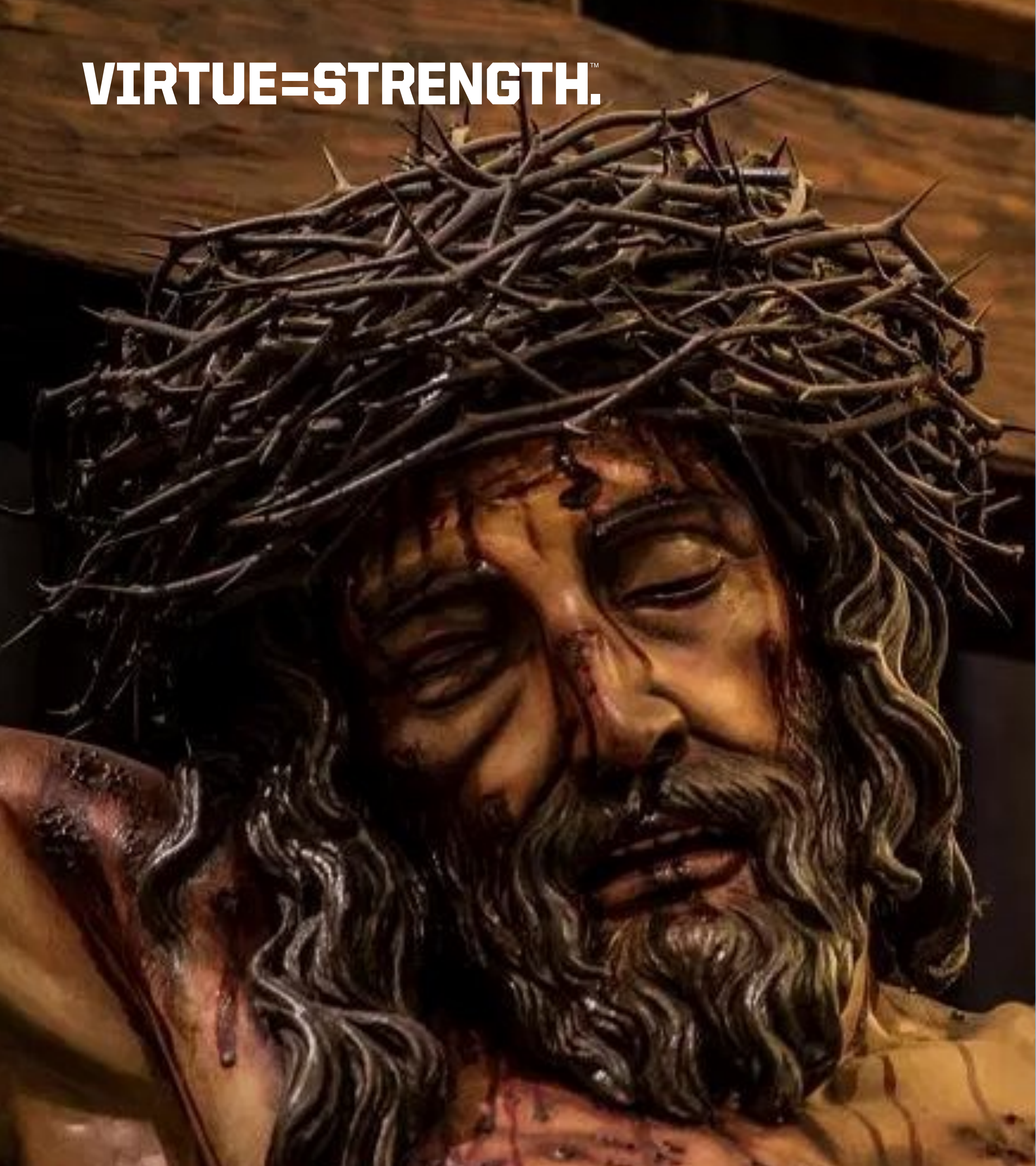
You suffered all of that for our good, because You love us.

May we learn how to SACRIFICE for those around us especially our family members, classmates and teammates.

Help us to develop the habit of looking for ways to do good for others.

Does anyone have any prayer intentions?

Who wants to lead us in an Our Father?



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## DEFINITION

This week our strength building on the virtue of Love for God is **SACRIFICE.**

**The strength to forgo one's own benefit for the good of others.**

What are some ways we can make **SACRIFICES?**

SACRIFICE



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**SACRIFICE**

## WHAT IS SACRIFICE?

It is giving up something valuable for the sake of others or for a higher purpose. In a Catholic context, it often means giving up personal desires to follow God's will.

It brings us closer to God and helps us to live out our faith in a meaningful way.

### **Bible Quotes**

**John 15:13:** “Greater love has no one than this: to lay down one's life for one's friends.”

**Matthew 16:24:** “Then Jesus told his disciples, ‘If anyone would come after me, let him deny himself and take up his cross and follow me.’”

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## POSITIVE EFFECTS OF SACRIFICE

- Leads to a sense of fulfillment, stronger relationships, and spiritual growth.
- It helps us to become more like Jesus, who made the ultimate sacrifice for us.
- Brings joy and satisfaction because we are helping others and following God's will.
- Strengthens our character and helps us grow in virtue.
- Offering up immediate gratification helps us to grow in self-discipline.



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VICE

VICE



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# SELF-INDULGENCE

The weakness of seeking one's own personal desires above all others.





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SELF-INDULGENCE

“PUT YOURSELF FIRST.”



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**WME**

SELF-INDULGENCE

VICE

**The weakness of seeking one's own personal desires above all others.**

It is giving in to one's own desires and pleasures without consideration for others or for what is right.

It weakens our ability to resist temptation and grow in virtue.

**Examples of Self-Indulgence:**

- Eating all the cookies without leaving any for others.
- Watching TV or playing games instead of doing your homework or helping at home.
- Not listening to parents or teachers because you want to do things your own way.

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## MORE EXAMPLES OF SELF-INDULGENCE

- Throwing or leaving your garbage on the ground.
- Cutting in line.
- Making a mess and refusing to clean it up.
- Going up for seconds before others have even had firsts.
- Grabbing the best piece of pizza or cake before anyone else so you have the best.

If every human being lived this way, the world would be a very unhappy place.



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# CHALLENGE

HERE TO  
HELP

Let's put this **STRENGTH** into action!

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## HOW TO PRACTICE SACRIFICE

- Saying morning prayers as soon as you wake up.
- Sharing your things with a sibling or friend, even when you want to play with them.
- Giving up some of your allowance to help someone in need.
- Helping with chores at home, even when you would rather play.
- Reducing screen time to spend quality time with family.

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RESOLUTION

Volunteer to help someone with  
a particular task this week.



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WHAT DOES SACRIFICE LOOK LIKE?



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SACRIFICE

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WHAT DOES SACRIFICE SOUND LIKE?

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**SACRIFICE**

## SAINT STORY

### **ST. FRANCES XAVIER CABRINI**

November 13

1850-1917

When Frances was 18, she applied for admission to the religious congregation of the Daughters of the Sacred Heart, but was turned down because of her poor health. Instead, a priest asked her to teach at the House of Providence Orphanage in Cadagono, Italy. She taught at the girls' school for six years and drew a community of women in to live the religious way of life.

In 1877, she became Mother Cabrini after she finally made her vows and took the religious habit, also adding Xavier to her name in honor of St. Francis Xavier. When the House of Providence Orphanage closed, her bishop asked her, along with six other women from her orphanage in Cadagono, to found the Missionary Sisters of the Sacred Heart to care for the poor children in both schools and hospitals.

Frances composed the Rule and Constitution for the religious institute.

In its first five years, the institute established seven homes and a free school and nursery. Frances wanted to continue her mission in China, but Pope Leo XIII urged her to go to the United States, a nation that was becoming flooded with Italian immigrants who needed her help. "Not to the East, but the West," was his advice to her.

On March 31, 1889, Frances arrived in New York City along with six other sisters ready to begin her new journey.

Filled with a deep trust in God and endowed with a wonderful administrative ability, Frances founded 67 institutions, including orphanages, schools, and hospitals, within 35 years dedicated to caring for the poor, uneducated, sick, abandoned, and especially for the Italian immigrants. Her institutions were spread out in places all over the United States, including New York, Colorado, and Illinois.

## SMALL GROUP DIFFICULT SITUATION DISCUSSION

Your roommate at college goes to bed really, really early and likes the room super dark and quiet.

You typically go to bed later and would like to chill back at your dorm after studying at the library but most of the time your roommate is asleep already.

You don't like this situation.

How can you handle it with virtue?

Create different scenarios:

\*Where roommate takes it well and understands.

\*Where roommate doesn't care.



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**LUKE 2: 16-24**

And they came with haste; and they found Mary and Joseph, and the infant lying in the manger. And seeing, they understood of the word that had been spoken to them concerning this child. And all that heard, wondered; and at those things that were told them by the shepherds.

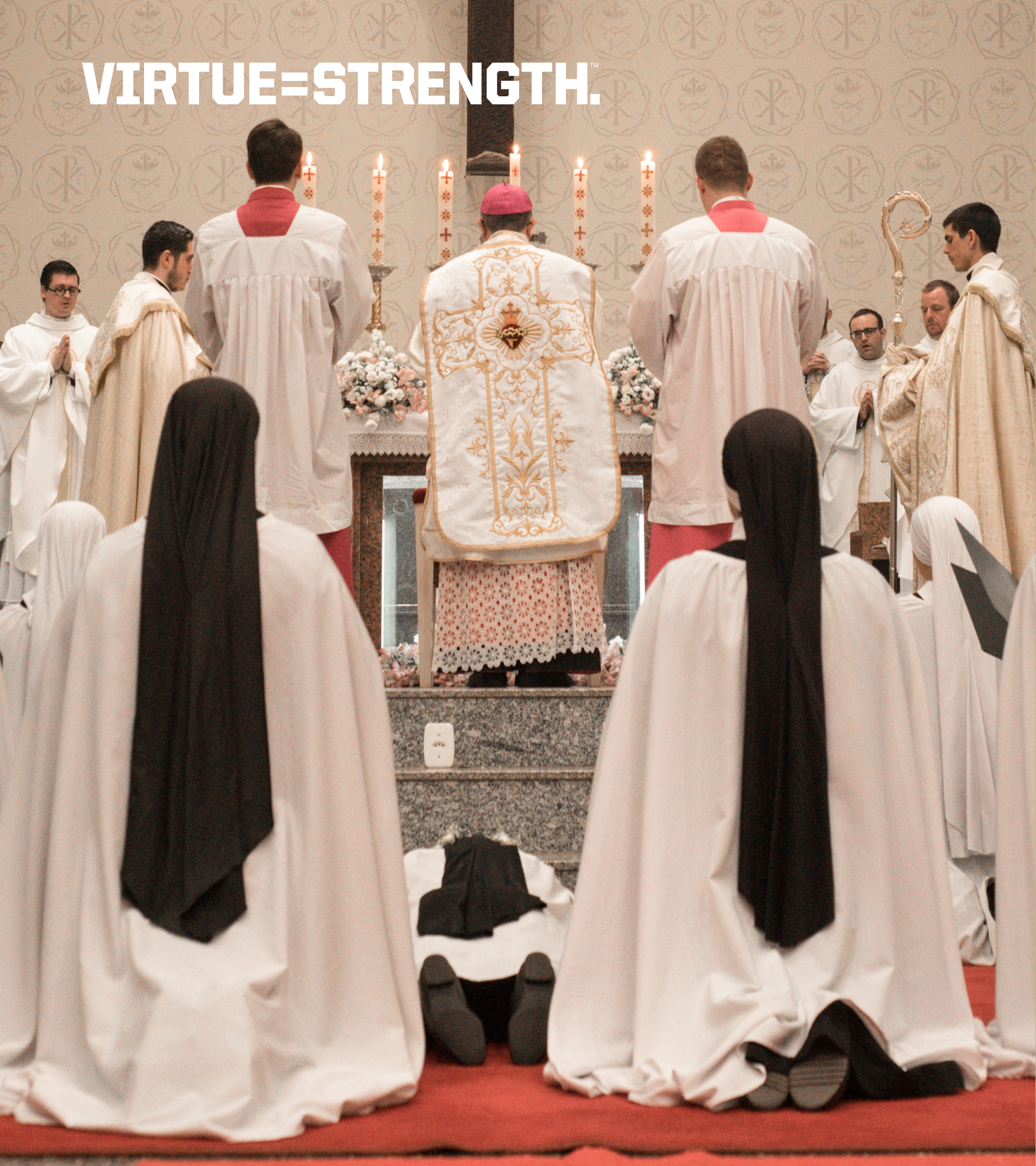
But Mary kept all these words, pondering them in her heart. And the shepherds returned, glorifying and praising God, for all the things they had heard and seen, as it was told unto them.

And after eight days were accomplished, that the child should be circumcised, his name was called JESUS, which was called by the angel, before he was conceived in the womb.

And after the days of her purification, according to the law of Moses, were accomplished, they carried him to Jerusalem, to present him to the Lord: As it is written in the law of the Lord: Every male opening the womb shall be called holy to the Lord: And to offer a sacrifice, according as it is written in the law of the Lord, a pair of turtledoves, or two young pigeons.

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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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*“All the good works in the world  
are not equal to  
the Holy Sacrifice of the Mass  
because they are  
the works of men  
but the Mass is the work of God.*

*Martyrdom is nothing in comparison,  
for it is but the sacrifice of man to God  
but the Mass is the sacrifice of God for  
man.”*

*- St. John Marie Vianney*



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*“Love and sacrifice are closely linked,  
like the sun and light.”*

*We cannot love without suffering and  
we cannot suffer without love.”*

*- St. Gianna Beretta Molla*

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*“Let us remember that love lives  
through sacrifice and is nourished by  
giving.”*

*Without sacrifice, there is no love.”*

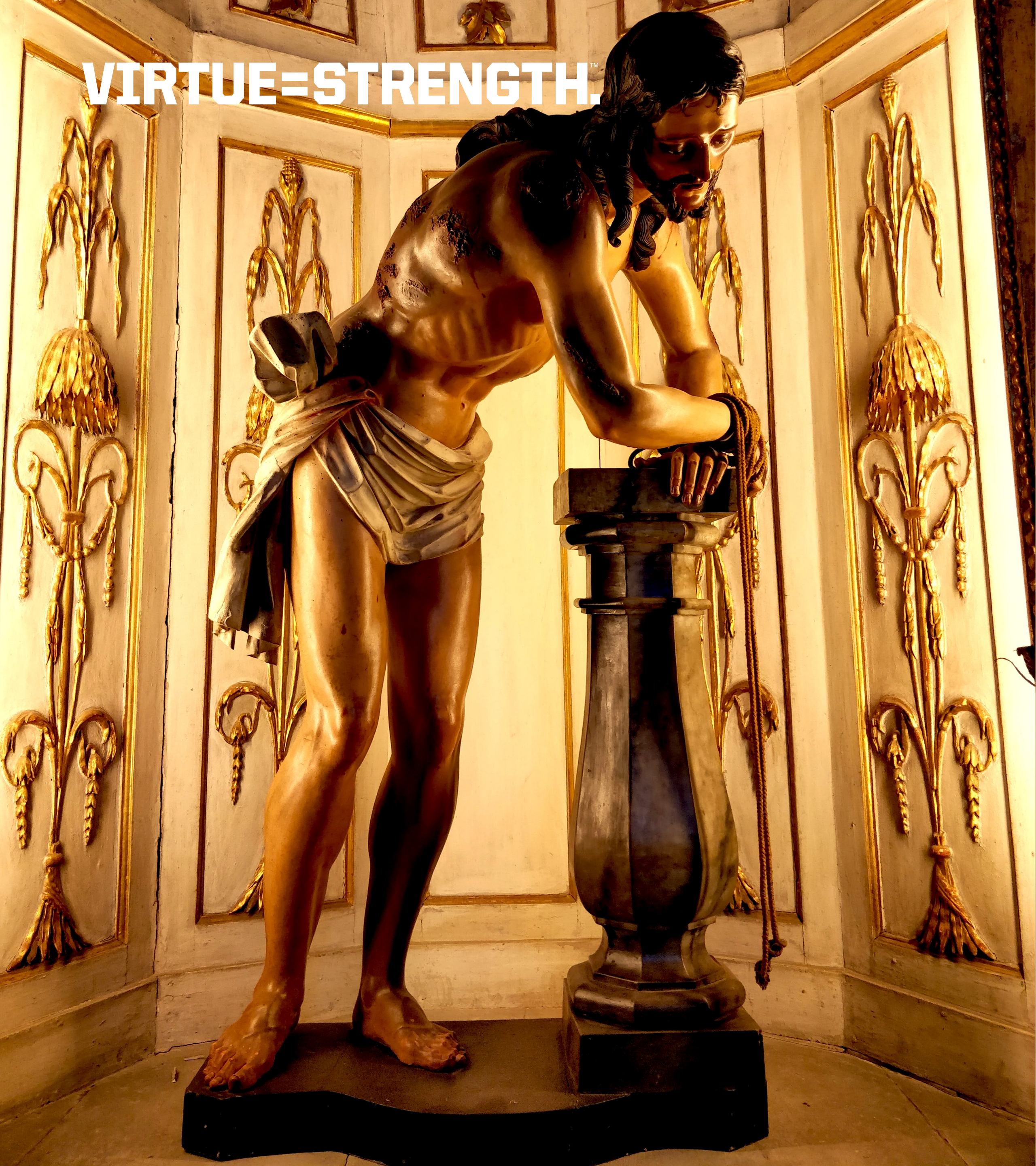
*- St. Maximilian Kolbe*





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*“Jesus took upon Himself the  
scourging that would have been our  
due, in order to save the creature*

*He formed and loves.”*

*- St. Odo of Cluny*

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## CLOSING PRAYER

Eternal Father, I offer Thee the Sacred heart of Jesus,  
with all Its love, all Its sufferings and all Its merits;

To expiate all the sins I have committed this day, and  
during all my life.

To purify the good I have done in my poor way this  
day, and during all my life.

To make up for the good I ought to have done and  
that I have neglected this day and during all my life.

Through Christ our Lord. Amen.

**ANOTHER DAY IS ENDED;  
HOW MANY MORE TO LIVE?  
ALAS, TOO MANY WASTED!  
MY LORD, FORGIVE, FORGIVE!**





[CLICK HERE FOR THE COLORING PAGE](#)

Our Lord Jesus made the Ultimate Sacrifice  
for us.

Why is He called the Lamb of God?

Remember to thank Jesus for His Sacrifice!

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**STUDENT LEADER VIRTUE AWARD**

**SACRIFICE**

This certifies that

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Helped lead our school with their virtuous example.

The strength to forgo one's own benefit  
for the good of others.