

Temperance.

MORNING PRAYER

Monday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

You can get fit and build up your physical strength by exercising on all sorts of machines in the gym, but you can build up your spiritual and moral strength by practising what are called the Cardinal Virtues.

Last term we reflected on the Cardinal Virtue of Prudence.

This week we reflect on the Cardinal Virtue of Temperance.

When you describe someone as being 'bad tempered', you mean that they have lost control of themselves.

We talk about someone 'losing their temper'.

But how can you avoid losing your temper?

How can you 'get' Temperance?

Temperance is the state where you are in control of yourself.

It has been described as having a 'serenity of spirit', or being 'balanced' in your life.

So what skills do you need to practise?

The most important is to be self-conscious; To look after yourself, and preserve your dignity.

You've all heard the expression which people use often these days when they say 'Take Care!'

You would be practising the virtue of Temperance if you took that expression seriously!

PRAYERS

Let us pray for those amongst us who have lost a sense of their own dignity. May their faith help them realise that their dignity resides in being like Christ. *Lord, hear us...*

Let us pray for those who have become enslaved by addiction May the Lord help them take back control over their lives. *Lord, hear us...*

St. Philip: **Pray for us.** *House Saint: Pray for us.*
In the name of the Father...

Temperance

Tuesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

Newman described Temperance as the ability to ‘master your heart, curb your tongue, and turn away your eye. Self-rule is what makes a man; without it a man is a slave’.

The 13th Century artist Giotto, when trying to illustrate the virtue of Temperance, painted a picture of an elegant figure who is in the process of binding up the sword which he holds in his hand. In other words, he doesn't need a weapon to control his life.

Temperance is about controlling the passions which might get out of hand and dominate our lives, like anger, or lust.

If you look carefully at Giotto's painting of the virtue of Temperance, he is wearing a bridle or a gag in his mouth. This is supposed to suggest that temperance is about controlling your tongue....

...Which isn't to say that we should not speak out on occasions, or that we shouldn't get angry sometimes.

We just need to know when and where.

The time and the place.

PRAYERS

Let us ask the Lord to help us grow stronger by exercising the virtue of Temperance.

Lord, hear us...

Our Father...

St. Philip: Pray for us. *House Saint:* Pray for us.

In the name of the Father, and of the Son, and of the Holy Spirit.

The Vices of Wrath and Lust

Wednesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

There are two Vices opposite to the Virtue of Temperance.

On the one side there is Wrath:

‘Wrath’ is uncontrolled anger, when we give in to temptation to let fly with our tongue and our fists, without thinking of the damage that it will do not only to others but to ourselves.

We lose control when we lose our temper, and we look stupid.

On the other side there is ‘Lust’:

We give in to our passions, and treat others as objects of desire, rather than dignified human beings.

Both of these vices leave us feeling empty, whereas Temperance leaves us feeling recollected and full of dignity.

PRAYERS

Let us ask the Lord to free us from the temptations which will lead us into misery and into the slavery of sin.

Our Father...

St. Philip: **Pray for us.** *House Saint:* **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Temperance

Thursday

ROSARY REFLECTION

LET US OFFER UP THE ROSARY FOR THOSE SUFFERING FROM ADDICTIONS.

THE FOURTH MYSTERY OF LIGHT: THE TRANSFIGURATION

*Jesus led his disciples up a high mountain,
and before their eyes, he was transfigured in light.*

1x Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done on earth as it is in Heaven. **Give us this day....**

10x *Hail Mary full of grace the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary...*

1x *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was....In the name..*

Friday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

FRIDAY PRAYER

Remember that you can go to the Chapel for Confession this lunchtime.

Let us pray for those suffering from addiction as we say together:

**Lord, our human weakness lays claim to your strength.
We pray for those who have become slaves of addiction.
May they have the courage to ask for your help so that
they can recover their full human dignity.**

Our Father...