



CATHOLIC SPIRITUALITY CENTRE
Encountering God • Healing Hearts • Empowering Lives

29 August 2021

Mother of all Virtues

PATIENCE

Patience is good for our health, maintain a positive outlook on life, helps us build character, build empathy, and love unconditionally.

Seven Capital Virtues: Humility, Diligence, Temperance, Chastity, Charity, Patience, Kindness.

The last five weekends we reflected on Humility, Diligence, Temperance, Chastity, Charity.

This weekend we will reflect on Patience



Remember, "In your patience you shall possess your souls" (Luke 21:19).

Pray for the grace to grow in the all- important virtue of patience.

SLOW TO ANGER

PATIENCE

By Michael Hickey

Child of Hope
And Love
Steadfast gift
From above
Sister of Wisdom,
Courage too;
It's in light of adversity,
That you shine through.
Long suffering endurance,
No matter fortune or fate,
Patience comes,
But you might
Have to wait.

Patience is a power – a supernatural virtue sustained by sanctifying grace. Patience is an exercise of the cardinal virtue of fortitude. "Patience, says St. Thomas Aquinas, is a virtue attached to the virtue of fortitude, which hinders a man from departing from right reason illumined by faith by yielding to difficulties and to sadness. It makes him bear the evils of life with equanimity of soul, says St. Augustine of Hippo, without allowing himself to be troubled by vexations. The impatient man, no matter how violent he may be, is a weak man; when he raises his voice and murmurs, he really succumbs from the moral point of view. The patient man, on the contrary, puts up with an inevitable evil in order to remain on the right road, to continue his ascent toward God.

Patience can be defined as the ability to bear pain or trials calmly while enduring waiting or delay. The patient person is not hasty or impetuous, but is persevering and steadfast, despite difficulties or adversity. As a virtue, patience is closely related to and rooted in the virtue of hope, because it implies long-suffering endurance and steadfastness. In the ancient world, the Jewish community saw patience as one of the universal attributes of a just and loving God. God first described himself to Moses on Mount Sinai with the Hebrew words *erek appayim*, which means, '*slow to anger; **patient***' (Exodus 34:6).

This description of the patient nature of God is repeated a total of 10 times throughout the Old Testament. The Hebrew biblical figure, Job, is a classic model of patience. All of us know people we've met who are short tempered; long-tempered people are able to absorb life's trials and annoyances without exploding in anger and losing their tempers. They are patient with others, themselves and with God.

C.S. Lewis in his well-known book, *Mere Christianity*, says, "The vice of impatience has its root in pride. Pride is a vice which everyone in the world loathes when they see it in someone else. The more we have it ourselves, the more we dislike it in others."

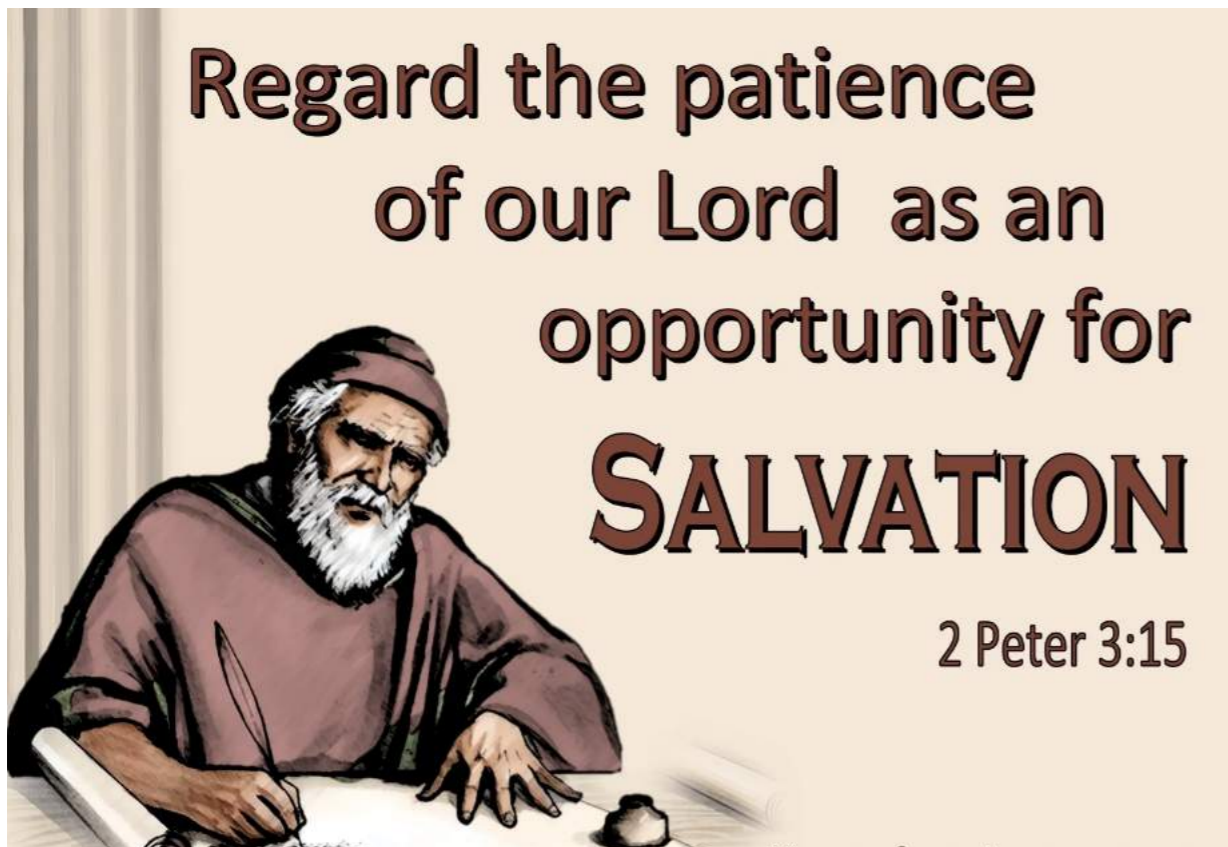


What is perfect is unchangeable, and we are all imperfect people and all need to change some things about ourselves. There is also a close connection between patience and humility. Humble self-estimation enables us to see who we really are and what about us needs changing. One of the greatest tests of anyone's patience then, is to bear patiently our own faults, failings, and imperfections.

Patience is hard. Sometimes, we do not like it at all. We get frustrated, we want something now and we get tired of waiting. Do you ever feel like that too? Why is the virtue of patience worthwhile to cultivate? Sometimes we plant seeds in our lives that take time to come to maturity. Patience is “the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.” As usual, it’s a short definition that says a mouthful. Patience is largely about enduring something and being in control of one’s emotions.

Waiting is hard. Sometimes we have to wait, but doing it gracefully takes some self-control. However, in Psalms 40:1 it says *“I waited patiently for the Lord; and he inclined unto me, and heard my cry.”* Patience does pay off!

God’s time is not always our time. Sometimes we are guilty of wanting things to happen in our time. We want things to hurry up and happen, or we want a certain trial in our life to end. Sometimes our trials shape us. We are refined as silver and gold (Zechariah 13:9). Do you know what that involves? Going through the fire. One of the reasons that patience is a virtue is that it involves going through suffering at times, without getting angry or upset. It involves trusting God that things will happen not in our time, but in His time.



STAY CALM

How can I be calm and patient?

Being calm and patient can be hard. However, there is good news - patience is also a skill. With some practice, we can learn how to master patience. Developing patience is much like developing a pause button between a stimulus (what makes us irritated) and our reaction (Ahhhhh!). We can try the following techniques to calm down in the heat of the moment:

- Take a few deep breaths
- Walk away for a little bit
- Consciously relax
- Remember to put things in perspective - will this matter next week?
- Think before you speak
- Pray silently for the grace of the moment

