

## What is Patience?

- Patience is the virtue by which a man bears up against the evils that tend to make him sad and to break his spirit. Glenn – Tour of the Summa
- “Patience after all deals with the sorrows of life; it holds the soul upright under the crushing blows of this sorrow.” A Companion to the Summa: Farrell

❖ *Rejoice in hope, endure in affliction, persevere (Latin: patientes) in prayer. Romans 12:12*

❖ *And you shall be betrayed by your parents and brethren and kinsmen and friends: and some of you they will put to death. And you shall be hated by all men for my name's sake. But a hair of your head shall not perish. In your patience you shall possess your souls – Luke 21:17-19*

## St. Thomas – Summa Question 136 Articles 1-5

- The moral virtues are directed to the good, inasmuch as they safeguard the good of reason against the impulse of the passions. Now among the passions sorrow is strong to hinder the good of reason. Hence the necessity for a virtue to safeguard the good of reason against sorrow, lest reason give way to sorrow: and this patience does.
- Fortitude is chiefly about fear, which of itself evokes flight which fortitude avoids; while patience is chiefly about sorrow, for a man is said to be patient, not because he does not fly, but because he behaves in a praiseworthy manner by suffering [patiendo] things which hurt him here and now, in such a way as not to be inordinately saddened by them.

**Patience is possible only when the soul loves something good with a love strong enough to make it bear up under oppressing evils. (Patience has to have love at its core)**

❖ *Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated – 1<sup>st</sup> Corinthians 13:4*

- ❖ *In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. – Galatians 5:22-23*

**We bear by patience the heavy trials of life. We bear by longsuffering continued long enduring evils. In both virtues our strong and steady effort manifests constancy.**

- ❖ *Consider it all joy, my brothers, when you encounter various trials, for you know that the testing\* of your faith produces perseverance (Latin: patientiam) And let perseverance be perfect, so that you may be perfect and complete, lacking in nothing. James 1:2-4*
- ❖ *In this you rejoice, although now for a little while you may have to suffer through various trials, so that the genuineness of your faith, more precious than gold that is perishable even though tested by fire, may prove to be for praise, glory, and honor at the revelation of Jesus Christ. 1 Peter 1:6-7*

### **How to bear patiently?**

- ❖ We can at least endure these things without telling the neighbors about it
- ❖ We bear with difficulties without telling ourselves about it over and over again the kind of whining self pity that sours human life
- ❖ It enables us to endure sorrows with positive joy
- ❖ To practice voluntary mortification faithfully.

### **Can I get some Help? : Gift of the Holy Spirit: Fortitude**

- ❖ The gift of fortitude is a supernatural habit through which the Holy Spirit strengthens the soul for the practice of virtue, with invincible confidence of overcoming any dangers or difficulties that may arise. One of the clearest marks of distinction between the virtue of fortitude and the gift of fortitude is the confidence one experiences in being able to overcome great dangers and difficulties. It is true that the virtue of fortitude gives strength to the soul for overcoming obstacles, but the gift imparts the confidence of success.

- *Jesus looked at them and said, “For man this is impossible, but for God all things are possible.” Matthew 19:26*