

Dear Lord:

We are your chosen ones, holy and beloved. Help us to grow in heartfelt compassion, kindness, humility, gentleness, and patience, so we may bear with one another and be forgiving. If we have a grievance against another, may we be as forgiving as you have been with us. And over all these virtues may we put on love, that is, the bond of perfection. Let your perfect peace control our hearts, the peace that calls us into one body. We are thankful, in your holy name. Amen.

THEOLOGICAL VIRTUES

Faith - a gift from God that enables us to believe in him and accept all that he has revealed

Hope - the virtue that enables us to trust in God's promise to share his life with us forever; it makes us confident in God's love and care for us

Love - the greatest of all virtues that enables us to love God and to love one another

CARDINAL VIRTUES – Human efforts rely on God's grace to be perfected

Fortitude - the ability to face danger and find strength to overcome fear

Temperance - helps us to keep our desires under control & to balance our use of material goods

Justice - respecting the rights of others and giving them what's rightfully theirs

Prudence - the virtue that helps us to make sound judgments and directs our actions towards the good

COLOSSIANS VIRTUES

Holiness - sharing in God's goodness and responding to his love by the way we live our lives; comes through grace

Compassion - a sympathetic understanding of another person's pain with the desire to relieve it

Kindness - to be gentle and generous toward others; knowing the kindness of God in creation, and responding

Humility - willingness to think first of others and of God, and to give ourselves to God and to others for God's sake

Gentleness - one of the Fruits of the Holy Spirit that makes us both humble, thankful for God's grace, and resist judging, resenting, or harming others

Patience - the ability to prayerfully wait calmly without complaining, even when something takes a long time

Forbearance - make allowance for each other's faults, withholding judgment and having mercy

Forgiveness - the power given by God to free us from our mistakes and regrets so that we can look to the future with hope through mercy and pardon

Peace - the result of justice, sign of love in action; the freedom that comes from trusting God & respecting all people

Unity - an understanding that we are all one in Christ and that what we do to one another affects the entire Body

Thankfulness - showing appreciation and being changed by gratitude for someone or something



Prayer of Peace (Prayer of St. Francis)

Lord,

make me an instrument of Your Peace

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not
so much seek

to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are
pardoned,
and it is in dying that we are born to
eternal life.

Amen.