

LORD, TEACH ME TO PRAY

Praying Christian Virtues – Session 8

Christian Patience

We need patience to endure the sorrow that besets us so that we do not betray the good we have. This is the thinking of Augustine and Aquinas. But if we have lost our sense of the good, our problem cuts deeper than a mere absence of patience. We must first learn to discern what is good and hold on to it with love. Patience in times of sorrow will help us to be faithful to that love. We are an impatient society, to be sure, but we are a society that has lost its sense that what it has is good and worth suffering for.

Patience, as Aquinas writes, is not the greatest of virtues. It is a virtue for those who have found something good enough to suffer for.

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DAILY PRAYER

(15 minutes of daily prayer)

BEG FOR THE GRACE: To embrace and hold fast “to goodness” in my suffering.

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| 1. | Luke 8: 15 | Bring forth the fruit with patience. |
| 2. | 1 Thessalonians 5: 21 | Hold fast to what is good. |
| 3. | Genesis 21: 9-21 | Hagar in the desert. |
| 4. | Romans 15: 1-6 | Patience and self-denial. |
| 5. | Mark 13: 3-13 | The signs of the end. |
| 6. | James 5: 7-11 | Be patient. |

On Sundays pray with the Sunday Gospel.