

Fortitude

- **Philippians 4:13**: "I have the strength for everything through him who empowers me".
- **Joshua 1:9**: "Be strong and steadfast! Do not fear nor be dismayed, for the LORD, your God, is with you wherever you go".
- **2 Timothy 1:7**: "For God did not give us a spirit of cowardice but rather of power and love and self-control".
- **Psalms 27:14**: "Wait for the LORD, take courage; be stouthearted, wait for the LORD!".
- **1 Corinthians 16:13**: "Be on your guard, stand firm in the faith, be courageous, be strong".
- **Romans 12:12**: "Rejoice in hope, endure in affliction, persevere in prayer".
- **Isaiah 40:31**: "They that hope in the LORD will renew their strength, they will soar as with eagles' wings; They will run and not grow weary, walk and not grow faint".

Fortitude in Catholic Doctrine

As defined in the Catechism of the Catholic Church (CCC 1808), fortitude:

- Ensures firmness in difficulties.
- Strengthens the resolve to resist temptations.
- Enables one to conquer fear, even the fear of death, for a just cause.

Spiritual Practice

Catholic theologians often distinguish between **natural fortitude** (human bravery) and **supernatural fortitude** (strength infused by grace). Practitioners are encouraged to:

- **Pray for the Gift**: Ask the Holy Spirit for the specific gift of fortitude to face daily trials.
- **Look to the Saints**: Meditate on the lives of martyrs like St. Stephen or St. Joan of Arc, who displayed heroic fortitude.
- **Sacramental Strength**: Receive the Eucharist to bolster spiritual endurance.

We display the virtue of fortitude through our daily responsibilities as parents, citizens, and believers. May we choose to live with faith and serve a greater mission despite the presence of fear and obstacles.

Pope Francis said, "Let us therefore rediscover in the Gospel the fortitude of Jesus, and learn it from the witness of the saints."