

The Virtue of Patience

(seems like it is always close to running out)

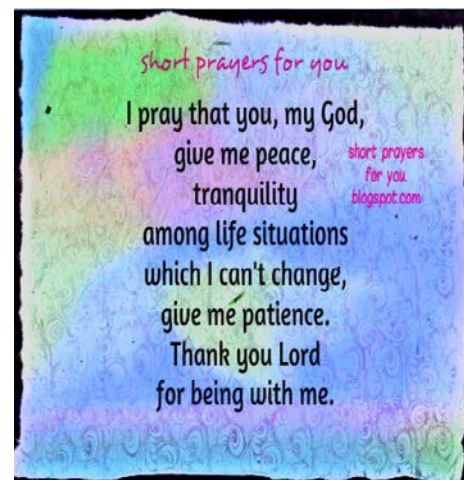
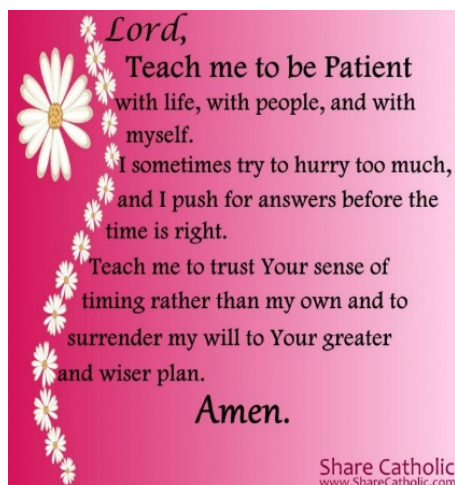
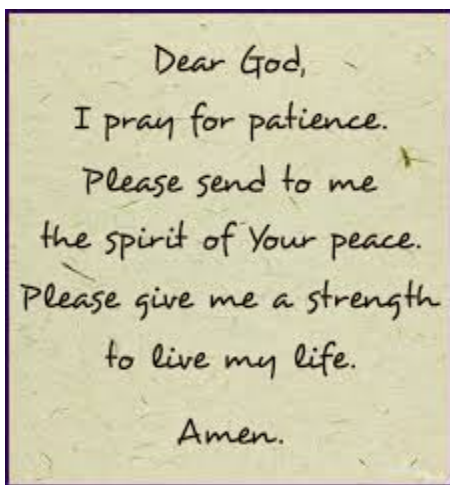


The virtue of patience is often referred to as a foundational or unifying virtue since it strengthens and fortifies the other virtues. Saint Gregory the Great calls Patience... “the root and guardian of all virtues.” Yet

as we know, it can be very elusive. Even waiting for a short time can make us anxious.

Patience calls for the withdrawing and withholding of the self which is never easy to do. To foster greater patience within us, it can be helpful to take a few moments here and there during our day and stop what we are doing and even our thinking about what I have to do next. This can allow us to take a few deep breaths and be more present to our surroundings and the presence of God in and around us. Practicing this can help ground us in the moment and help us to realize that we do not have to be in control of everything. God is pretty good at that so we can allow him to shoulder some of our load.

Here are some short prayers for patience:



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