

## UNIT 20: PATIENCE

### Definition

An aspect of temperance and charity, it is the habit of bearing misfortune and annoyance without complaint, especially as regards our interactions with others

### Discussion

ASK: What are some examples of PATIENCE?

Students will have a variety of answers. Try to pick out the best ones and talk about those a little bit. For example, students may talk about waiting quietly to be served food, waiting on a sibling in the bathroom, waiting to play with a toy, not interrupting someone's conversation, etc.

### Practice

How do we practice PATIENCE at home and at co-op?

To practice patience we work on waiting QUIETLY, CHEERFULLY, and STILL. Have students repeat these three guidelines aloud several times. You can also demonstrate by standing still and quiet while smiling. Children love a good example!

### The CCC

"With all humility and meekness, with patience, support one another in charity." (CCC 2219)

"Christ died out of a love for us, while we were still 'enemies'. The Lord asks us to love as he does, even our enemies, to make ourselves the neighbor of those farthest away, and to love children and the poor as Christ himself. The Apostle Paul has given an incomparable depiction of charity: 'Charity is patient and kind...' (CCC 1825.)

### Some Quotes

"The better disposed you are to accept suffering, the more wisely you are acting, and the greater is the merit you are earning; you will find things easier to bear if you have not been idle in preparing yourself for suffering by getting your mind used to the idea. Don't say, 'I can't let so-and-so treat me like that; I really can't put up with that kind of thing. He has got me into serious trouble, charging me with doing things that had never even entered my head. If it were anybody else, I wouldn't mind; I'd just let it pass as one of those things you have to put up with.' That's a silly way of thinking; you are forgetting that patience is a virtue, forgetting who will reward you for practicing it; all you can think of is the person concerned and the wrong he had done you" (Thomas à Kempis, *Imitation of Christ*, Book III, Chapter 19.2).

“To be patient means not to allow the serenity and discernment of one’s soul to be taken away. Patience, then, is not the tear-streaked mirror of a ‘broken’ life (as one might almost think, to judge from what is frequently shown and praised under this term) but rather is the radiant essence of final freedom from harm. Patience is, as Hildegard of Bingen states, ‘the pillar that is weakened by nothing’ (Josef Pieper, *A Brief Reader on the Virtues of the Human Heart*).