



FAITH & FAMILY CONNECTION



V I R T U E O F T H E W E E K

TEMPERANCE

Temperance, represented by an olive wreath, is the cardinal virtue that crowns our decisions and joys with a holy balance and right discipline. What exactly does that mean?

Temperance is the virtue that moderates our desire for pleasures and provides balance in the use of created things. The temperate person will keep in mind what is good and maintains healthy decisions. The phrase "everything in moderation" is a good way to remember to have temperance.

Sometimes we get caught up in sports, food, social media, or caring about what people think of us. All those things are not inherently bad, but when they overcome our focus on our relationship with Christ and others, then they become idols.

Things of this world will never truly satisfy. It is only our relationship with Christ Jesus that will bring us true purpose and everlasting joy.

Ideas for Families:

- **Read & Discuss together:**

Luke 4:1-13

- **Pray:** Christ Jesus, give us strength to show temperance in each area of our lives every day. Help us to be good examples to those younger than us and keep our eyes fixed on You.

Amen

"EVERYONE WHO COMPETES IN THE GAMES GOES INTO STRICT TRAINING. THEY DO IT TO GET A CROWN THAT WILL NOT LAST; BUT WE DO IT TO GET A CROWN THAT WILL LAST FOREVER."

1 CORINTHIANS 9:23