

PATIENCE

<p>1</p> <p>PATIENCE IS THE ROOT AND GUARDIAN OF ALL THE VIRTUES.</p> <p><i>Pope St. Gregory I</i></p>	<p>2</p> <p><i>patience is the companion of wisdom.</i></p> <p><i>St. Augustine</i></p>	<p>3</p> <p><i>All men commend patience, although few be willing to practice it.</i></p> <p><i>Thomas a Kempis</i></p>	<p>4</p> <p>Whenever anything disagreeable or displeasing happens to you, remember Christ crucified and be silent.</p> <p><i>St. John of the Cross</i></p>	<p>5</p> <p>Restraining my impatience cost me so much that I was bathed in perspiration.</p> <p><i>St. Therese of Lisieux</i></p>	<p>6</p> <p>Hope is patience with the lamp lit.</p> <p><i>Tertullian</i></p>	<p>7</p> <p>You should bear patiently the bad temper of other people, the slights, the rudeness that may be offered you.</p> <p><i>St. John Bosco</i></p>	<p>8</p> <p>Patient endurance is the perfection of charity.</p> <p><i>St. Ambrose</i></p>
<p>9</p> <p><i>Do as the storekeeper does with his merchandise; make a profit on every article. Suffer not the loss of the tiniest fragment of the true cross. It may only be the sting of a fly or the point of a pin that annoys you; it may be the little eccentricities of a neighbor, some unintentional slight, the insignificant loss of a penny, some little restlessness of soul, a light pain in your limbs. Make a profit on every article as the grocer does, and you will soon be wealthy in God.</i></p> <p><i>St. Louis de Montfort</i></p>	<p>10</p> <p>No evil comes from God except insofar as it is directed to a good. Consequently, if all the pains a man suffers come from God, he must bear them patiently. For by pain sins are cleansed, the guilty are humbled, and the good are urged on to the love of God.</p> <p><i>St. Thomas Aquinas</i></p>	<p>11</p> <p>Many would be willing to have afflictions provided that they not be inconvenienced by them. When you encounter difficulties and contradictions, do not try to break them, but bend them with gentleness and time. Have patience with all the world, but first of all with yourself. Suffer and offer up those trifling injuries, those petty inconveniences that daily befall you. This toothache, this headache, this cold, this contempt of scorn.</p> <p><i>St. Francis de Sales</i></p>	<p>12</p> <p>Possession denotes undisturbed ownership; wherefore man is said to possess his soul by patience, in so far as it removes by the root the passions that are evoked by hardships and disturb the soul.</p> <p><i>St. Thomas Aquinas</i></p>	<p>13</p> <p>You are upset. Look: happen what may in your interior life or in the world around you, never forget that the importance of events or of people is very relative. Take things calmly. Let time pass. And then, as you view persons and events dispassionately and from afar, you'll acquire the perspective that will enable you to see each thing in its proper place and true proportion.</p> <p><i>St. Josemaria Escriva</i></p>	<p>14</p> <p>O God, Who by the patience of Thine only-begotten Son didst crush the pride of the ancient enemy; grant us, we beseech Thee, to have a worthy recollection of the things which He devoutly endured on our behalf, and thus, by His example, patiently to bear with our adversities.</p> <p><i>Roman Missal, Collect (ca. 9th century)</i></p>	<p>15</p> <p><i>He did submit himself unto the elements, unto cold and heat, hunger and thirst... concealing his power and despoiling himself thereof in the likeness of man, in order that he might teach us weak and wretched mortals with what patience we ought to bear tribulation.</i></p> <p><i>Bl. Angela of Foligno</i></p>	<p>16</p> <p><i>Patience is the virtue that allows us to bear adversity with a serene spirit . . .</i></p> <p><i>We should prize this serenity of soul because it allows us to obtain greater goods.</i></p> <p><i>St. Augustine</i></p>

<p>17 <i>The prayer of a sick person is his patience and his acceptance of the sickness for the love of Jesus Christ.</i> <i>St. Charles of Sezze</i></p>	<p>18 Patience is the queen of the soul. She is seated on the rock of fortitude. She conquers and is never conquered. <i>Archbp. Ullathorne</i></p>	<p>19 Patience is a high virtue, certain. For it vanquisheth, as this clerk seyn. Things that rigour should never attain. <i>Chaucer The Frankeleyns Tale</i></p>	<p>20 St. Francis de Sales, that great saint, would leave off writing with the letter of a word half-formed in order to reply to an interruption. <i>St. John Vianney</i></p>	<p>21 <i>Why fear that you might not be able to carry that cross without growing weak? Didn't Jesus fall three times on His way to Calvary and you, poor little child, should you not resemble your bridegroom?</i> <i>St. Therese of Lisieux</i></p>	<p>22 <i>Let nothing trouble you Let nothing frighten you Everything passes God never changes Patience obtains all Whoever has God Wants for nothing God alone is enough</i> <i>St. Teresa of Avila</i></p>	<p>23 BY HUMBLE AND FAITHFUL PRAYER, THE SOUL ACQUIRES, WITH TIME AND PERSEVERANCE, EVERY VIRTUE. <i>St. Catherine of Siena</i></p>	<p>24 Live a life worthy of the calling you have received, with perfect humility, meekness, and patience, bearing with one another lovingly. <i>St. Paul</i></p>
<p>25 <i>In my long experience very often I had to be convinced of this great truth that it is easier to become angry than to restrain oneself and easier to threaten a boy than to persuade him. Yes, it is more fitting to be persistent in punishing our own impatience and pride than to correct the boys. We must be firm, but kind, and be patient with them.</i> <i>St. John Bosco</i></p>	<p>26 To win battles of the soul, the best strategy is often to bide one's time and apply the suitable remedy with patience and perseverance. Make more acts of hope. Let me remind you that in your interior life you will suffer defeats ... because no one is free from these misfortunes. But our all-powerful Lord has granted us the precise means with which to conquer ... All we have to do is use them, resolving to begin again and again at every moment, whenever necessary. <i>St. Josemaria Escriva</i></p>	<p>27 <i>Wolves and bears are certainly more dangerous than fleas; yet the former neither give us so much trouble, nor exercise our patience so much, as the latter. It is easy to abstain from murder, but it is extremely difficult to restrain all the little sallies of passion, the occasions of which present themselves every moment.</i> <i>St. Francis de Sales</i></p>	<p>28 Then, be it that the earth ... brings forth "thistles and thorns,"- be it that the soul is saddened with grief and the body with sickness; even so, there will be no evil ... nor calamity ... over which we shall not triumph by the patience of suffering. ... but by this patience, we do not mean that empty stoicism in the enduring of pain which was the idea of some philosophers of old, but rather ... that patience which is learned from the example of Him, who "having joy set before Him, endured the cross, despising the shame" (Heb 12:2). It is the patience which is obtained by the help of his grace; which skirts not a trial because it is painful, but which accepts it and esteems it as a gain, however hard it may be to undergo. <i>Pope Leo XIII</i></p>	<p>29 It is better to limp along the way than to stride along off the way. For a man who limps along the way, even if he only makes slow progress, comes to the end of the way; but one who is off the way, the more quickly he runs, the farther away he is from his goal. <i>St. Thomas Aquinas</i></p>	<p>30 Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them—every day begin the task anew. <i>St. Francis de Sales</i></p>	<p>31 St. Gregory urges us to take courage, maintaining that 'we can be martyrs without the executioner's sword, by merely preserving patience.' 'Provided, of course,' adds St. Bernard, 'that we endure the trials of this life not only patiently but willingly and with joy.' <i>St. Alphonsus Liguori</i></p>	<p><i>Holy Mary, Queen of Peace, Pray For Us</i></p>

