

# Day 19 of Basic Training in Holiness - Patience



DAY 19 - VIRGIN MOST MERCIFUL, PRAY THAT WE RECEIVE THE  
FRUIT OF PATIENCE!

GOD'S WORD

"And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all." (1 Thessalonians 5:14)

"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with patience the race that is set before us." (Hebrews 12:1)

"May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy." (Colossians 1:11)

“My brothers, when you have fallen into various trials, consider everything a joy, knowing that the proving of your faith exercises patience, and patience brings a work to perfection, so that you may be perfect and whole, deficient in nothing.” (James 1:2-4)

## HEROES' WORDS

“Patience is the companion of wisdom.” -St. Augustine “Patience is the root and guardian of all the virtues.” -Pope St. Gregory I

“The virtue of patience is the one which most assures us of perfection.” -St. Francis de Sales

“If there be a true way that leads to the Everlasting Kingdom, it is most certainly that of suffering, patiently endured.” -St. Colette

## MEDITATION

Fruit of Patience: A form of the moral virtue of fortitude. It enables one to endure present evils without sadness or resentment in conformity with the will of God. Patience is mainly concerned with bearing the evils caused by another. The three grades of patience are: Lowest: to bear difficulties without interior complaint, Middle: to use hardships to make progress in virtue, Highest: to desire the cross and afflictions for Christ's love, to have something to offer up, and to accept them with spiritual joy. (Fr. John Hardon, Modern Catholic Dictionary)

## MENTAL PRAYER (15+ Minutes)

[Guide to Mental Prayer](#)

## PRAY A ROSARY

[Miraculous 54 Day Rosary Novena](#)