

LIFE SUNDAY CATECHESIS FOR MIDDLE SCHOOL STUDENTS

Theme: St. Joseph - Practicing the virtue of Fortitude.
Expected Time: 30-40 Minutes

Introduction

Begin with a Prayer: Our Father, Hail Mary and Glory be to the Father

St. Joseph the brave, pray for us!



1. What is Fortitude?

Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause. "The Lord is my strength and my song." (Ps 118:14) "In the world you have tribulation; but be of good cheer, I have overcome the world." (Jn 16:33) - CCC 1808

2. Are Courage and Fortitude the same?

No, courage is the act of being confident when facing trouble and not being intimidated while fortitude is the emotional strength that allows you to be courageous. In short, you need fortitude to be courageous.

Bible Verse: Read Matthew 1:18 - 24

3. What do you think went through St. Joseph's mind when he heard about Mother Mary's pregnancy?

Fear, doubt, and confusion.

4. Do you think it was easy for St. Joseph to make up his mind about how he should handle the situation?

No, he had many things to take into consideration. But St. Joseph knew he had to practice the virtue of fortitude because he knew that is what the Lord wants him to do.

Bible Verse: Mica 6:8

"He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God."

Lesson:

As children of God, we are always called to act with justice. It may not be easy at times, and that is why we need to practice the virtue of fortitude. This is especially true when it comes to supporting pro-life causes. We know that being pro-life is to stand with truth and justice,

however challenging that call is. We must constantly defend pro-life causes with our friends at school and other adults. But remember, we are called to be courageous and stand up for what is right even when it is hard!

Video: https://www.youtube.com/watch?v=cyk_de2Omwg

5. What were some occasions you were called to be courageous?
Examples can be when they stood up for a friend and when they stood up against bullying.
6. Share some occasions you have seen others practice courage?
7. Share occasions you can practice the virtue of fortitude?

Activity:

On a piece of paper ask students to write five ways they can be courageous in their own life. Ask them to hang that piece of paper somewhere they will see every day, to remind them to be courageous.

Lesson:

Even when it is difficult, remember to do what is right. And don't forget we have our Lord with us all the time.

Ending video:

<https://www.youtube.com/watch?v=y4D2Uk4Pyys>

Final prayer: Prayer to St. Joseph.

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you, God entrusted his only Son;
In you, Mary placed her trust;
With you, Christ became man.

Blessed Joseph, to us, too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy, and courage,
and defend us from every evil. Amen.
St. Joseph, most chaste – Pray for us!



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