

Office of Child and Youth Protection
Diocese of Baton Rouge

**** Family night is a great time to discuss the Virtues with children and young people.*

Learn-Practice-Teach-Encourage...Fortitude Is the Key to Creating Safe Communities for Children



The Virtue of Fortitude

What is Fortitude? Fortitude is the virtue by which we are able to remain strong, to make sacrifices and to not be intimidated by ridicule and threats. Fortitude allows us to withstand difficulties, but also enables us to move forward with strength and to undertake great plans and purposes.

Why Practice Fortitude? Fortitude helps us refrain from giving up from reasonable and just causes, even when we may want to. We can tap into and access a quiet strength, deep down in the rivers of living water which flow within us, during various storms of life. Our character can be formed to be “anchored” and we can conquer or overcome the impact of all fears.

We can think of the word itself: “fort”. A fort is a place of safety and strength. We live fortitude when we develop prudent decisions and remain with these, even with difficulties and challenges come. Fortitude is not to be confused with stubbornness-which is an inflexibility, even when prudent and reasonable alternatives are offered.

Evidence that I am living in Fortitude every day may include...

- I resist temptations to let society, media and consumerism tell me what to do with my money, my body and my life. I have a vision and plan for my future, which is open to the lead of the Lord.
- I carry out my duties and tasks, in charity and with enthusiasm.
- I can address conflicts with others directly and gently.
- I can peacefully let my “no” mean no and my “yes” mean yes. I do not let my social group determine my life choices or identity.
- I can be brave in my decisions and will stand up for causes which are just, good and right in the eyes of the Lord. I can fight the good fight in faith.