

Temperance



This child shows temperance as he is only taking one piece of candy from his pile of many.

Direct Aim: To help children develop the virtue of temperance in order to moderate the pursuit of life's pleasures.

Definition: Temperance is the virtue that moderates our pursuits of pleasures while providing a balance of the use of goods.

Catechism of the Catholic Church

Read **1809** to see what the church teaches about fortitude.

Temperance is the virtue that moderates our pursuits of pleasures while providing a balance of the use of goods. It guarantees self mastery over wants and desires.

Seeds for Change:

Resolve to walk every week.

Eliminate:

Second helpings.

Rule for Holy Families:

Know when to say enough.