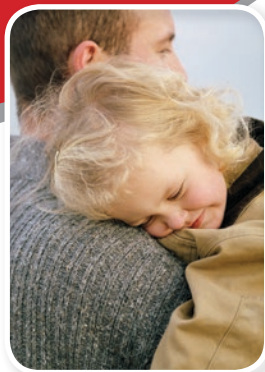


Patience



One afternoon one of my daughters was uncharacteristically cranky. She started whining, wouldn't listen, and seemed intent on making my life miserable. I grew increasingly impatient and angry until I realized that she was coming down with the flu and her irritability was a symptom. Once I knew the cause of her crabbiness, compassion replaced my impatience. I began to care for my daughter and deal with a small but healthy dose of guilt in my heart. Patience means facing life on life's terms, which means on God's terms. It means tolerating delay, something our fast-paced society finds difficult. The way to patience is to keep your eye on the big picture and be fully attentive to the present moment. To cultivate patience this week, pray using Jesus' words, "Thy will, not mine, be done." —Tom McGrath

STRONG CATHOLIC FAMILIES

Diocese of St. Catharines | Youth Ministry Office

One Word at a Time, courtesy of the Archdiocese of Chicago and **LOYOLA PRESS**.
For more parenting resources: www.loyolapress.com/popefrancis or youth@saintcd.com

© 2013 Archdiocese of Chicago