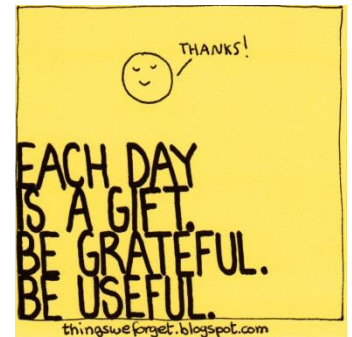
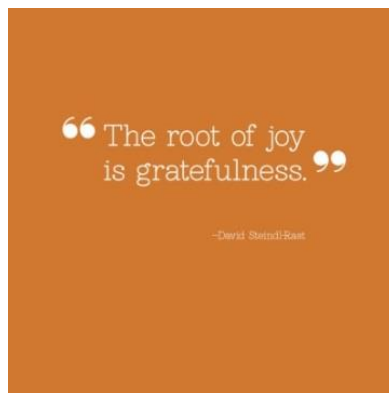


TEMPERANCE

TEMPERANCE is the virtue that helps us to keep our desires under control and to balance our use of material goods.



Scripture: "The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control." ~Galatians 5:22-23



Prayer: Help me, God, to be happy with what I have instead of wanting more. Show me how to choose those things that are good for me and for others as I practice the virtue of temperance. Amen.