

The Virtue and Gift of Fortitude Resources

This 2-part video considers what fortitude is, how it operates in our lives, and how we grow in this essential virtue and gift of courage. This resource page includes the scriptures and quotes referenced, as well as support resources and suggestions for further study.



Scriptures referenced:

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. Deut 31:6

And the Spirit of the Lord shall rest upon him... the spirit of counsel and might. Isaiah 11:2

But take heart, I have overcome the world. John 16:33

casting down the evil one like the strong young men of I John 2.14

We are afflicted but not crushed, perplexed but not in despair, persecuted but not abandoned, struck down but not destroyed. 2 Cor 4:8-9

Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. 1 Peter 4:12

When you are about to go into battle, the priest shall come forward and address the army. He shall say: "Hear, Israel: Today you are going into battle against your enemies. Do not be fainthearted or afraid; do not panic or be terrified by them. For the Lord your God is the one who goes with you to fight for you against your enemies to give you victory." Deut 20:2-4

For love is strong as death... Many waters cannot quench love, neither can floods drown it.

Song of Solomon 8:6, 7

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. Rom 8:38-39

Because he holds fast to me in love, I will deliver him; I will protect him, because he knows My name. When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him. Psalm 91:14-15

I love you, O Lord, my strength. Psalm 18.1

Quotes:

"We Christians are called to an apostolic courage based upon trust in the Spirit..." (Pope John Paul II, *Crossing the Threshold of Hope*, p. 219).

The power to *do*: "to act courageously on behalf of the good, the true, the beautiful, and the just... to initiate change and impact the surrounding culture positively."

The power to *be*: the "capacity to live fully in the present moment, recognizing the transcendent, the 'gift of eternity' in it" (Payne, *Heaven's Calling*, p. 295).

"Now I think that I understand a bit more about what it means to truly love, because for my men, love was something much more than emotion..." (Donovan Campbell, *Joker One*, p. 301, 302, 303)

"Virtue enables us to perform excellent actions easily and joyfully, in a stable manner, with profound interior freedom, the freedom of children of God" (Charles Nault, *Noonday Demon*, p. 77).

Fortitude doesn't allow "oneself to be forced into evil by fear, or to be kept by fear from the realization of the good" (Josef Pieper, *Four Cardinal Virtues* p. 126).

"Cowardice is almost the only vice at which men still feel shame" (C. S. Lewis, *Screwtape Letters*, p. 51).

Fortitude enables us to "meet the challenges that we face concerning meaning and commitment, coping and constancy, and constructing something good out of human suffering and failure" (Titus p. 134).

We need "the friendly and intelligent assistance of another" (p. 81).

The sin nature "is afraid of the light and air of the spiritual world" (Lewis, *Mere Christianity*, p. 154).

Domestic violence resources:

U.S. domestic violence hotline: 1-800-799-7233 or text LOVEIS to 1-800-331-9474

U.K. domestic violence hotline: 0808 2000 247

Restored Relationships, an international Christian alliance working towards ending violence against women

Leslie Vernick, Christian mental health expert on destructive relationships

For further study:

Leanne Payne, *Heaven's Calling*

Josef Pieper, *Four Cardinal Virtues*, and *On Hope*

Servais Pinckaers and Bernard Gilligan, *Virtue Is Not a Habit*

Craig Titus, *Resilience and the Virtue of Fortitude: Aquinas in Dialogue with the Psychosocial Sciences*