



FRUITS OF THE HOLY SPIRIT  
DECEMBER

*Patience ~ patience*

“The capacity to accept or tolerate delay, trouble,  
or suffering without getting angry or upset.”

*“Wait on the Lord.  
Be of good courage and He shall strengthen your heart.”*

PSALM 27.14



**THEORY OF ACTION**

*“If we teach and model patience,  
then students will recognize Jesus Christ amid Secular distractions  
during the Advent season.”*



Peterborough Victoria  
Northumberland and Clarington  
Catholic District School Board

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# Daily Prayers

1

God, our lives get busy and crazy with work, school, friends and family. At this time of year we know things can be busier than usual. Please help us to be patient with each other and find the time in our day to seek out your presence. Amen.

2

Gracious God, when we feel overwhelmed and impatient today, help us to reach deep into our hearts for that peace that only you can give us, and for the gift of patience. Help us to remember to take one day at a time. Amen.

3

A reading from the letter of Paul to the Ephesians.  
I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love. The Word of the Lord.

4

Be still and know that He is God  
Be still and know that He is holy  
Be still, O restless soul of mine  
Bow before the Prince of peace  
Let the noise and clamor cease  
Be still

5

Dear God, we are bombarded with noises, busyness, and demands. Within all this turmoil, it is so hard to hear your voice, and to be calm. Help us to let go of everything that steals our peace away. Restore in us a calm and patience that only you can give. Amen.

6

Thank you God for the gifts that you have given us. We pray that we have the courage and patience to discover and use our gifts to the best of our ability. Amen.

7

Creator of all, today, help me to recognize the face of Christ in everyone I meet. Let me never forget that Jesus came for everyone; all races, religions, ethnic backgrounds. Teach me to be patient, compassionate and loving to all, recognizing that everyone I encounter is my brother and sister in Christ. Amen.

8

**Did You Know?** Today we celebrate the Feast of the Immaculate Conception of Mary. We remember that Mary was full of grace and free from original sin from the first moment of her life. This feast day celebrates Mary's conception in the womb of St. Anne.

Dear Father,

Time goes by so slowly when we have to do something we don't like or when we are waiting for something special to happen. Help us to value time by remembering that each moment in our lives is a special gift from Your Son to us. Help us to make every moment count as we wait for those special moments in our lives to occur. Amen.

9

Gracious God

Guide me through these weeks of Advent. Help me to reflect on where I need to change in my life. Give me the courage to make those changes so I may become a patient, peaceful person of hope and joy, a witness of your love for us. Amen.

10

Help us, God, not to be afraid of ourselves. Help us to recognize our inner beauty and light. Teach us to be patient with ourselves, recognizing that it is in our brokenness that you can heal us with your love. Amen.

11

God we pray that you touch our hearts with longing so that we can better love and serve you, and each other. Fill us with your peace and hope so that we can help to transform the world, bringing your kingdom upon earth.

12

Lord,

Teach me to be patient with life, with people, and with myself. I sometimes try to hurry things along too much and I push for answers before the time is right. Teach me to trust your sense of timing, rather than my own and to surrender my will to your greater and wiser plan. Amen.

13

We pray for those who are struggling during this advent season. May we have the courage to reach out to them with compassion, patience and love. We ask this in Jesus name. Amen.

14

Loving God,

During this advent season, we pray that we take more time to become aware of Your loving presence in our lives. As Your love is revealed to us, may we be witnesses of this love to others around us. Amen.

15

God, help us not to let this time of year be stressful for us. Help us to keep our hearts focused on the real meaning of Christmas, and not get caught up in materialism. Teach us to be patient and joyful, even when things seem hopeless. We ask this in Jesus name. Amen.

16

Loving God,

As we await the coming of Christ, let us not let our everyday busyness steal away our joy, patience and hope. May we find an inner place in our hearts, where there is peace and stillness, where we can feel the presence of God, and hear His voice. Amen.

17

Loving God,

help me to reflect on the relationships that I have, how I am living my life and if I am being the best person that you have called me to be. Help me to open my heart to your Spirit, so I can better prepare my heart for the coming of Jesus Christ. Amen.



**18**

Heavenly Father,

During this advent season, may we take the time to recognize how blessed we are. Let us reach out to others to share our blessings, whether it be material gifts, or our gifts and talents we have been blessed with. May we be part of the joy and hope of the season. Amen.

**19**

Loving God,

We hear the chorus of good tidings, especially in this season of Advent. Everyone is cheerful and bright as we prepare for the miracle of Your birth. Imagine if everyone could be like this all year long. That would really be heaven on earth. We are reminded that peace begins with us. May we go out of our way today to bring Your peace to the world by being patient with everyone we meet. Amen.

**20**

God of all people, there are some many people in the world and in our own community who suffer for lack of clothing, shelter and food. In this joyful season, help us to have the courage to reach out to them as signs of hope, love and compassion. We ask this in Jesus name. Amen.

**21**

God of joy, we ask that you remove from our hearts any sadness or heaviness that we may be experiencing. Fill our hearts with joy and peace, as we prepare in joyful hope for the coming of our Savior, Jesus. Amen.

**22**

A reading from the book of James:

Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. Strengthen your hearts, for the coming of the Lord is near. The Word of the Lord.

**23**

This season of advent is a time of hope and joy, as we await the coming of Jesus Christ. In this spirit, may we call upon God today to help us to prepare our hearts with peace, love and patience for those around us. Amen.

**24**

On this Christmas eve, we open our hearts to your coming, Lord, we await you with joy. Amen.

**25**

Alleluia! A savior is born unto us.

Prince of Peace, king of Kings, Emmanuel.

26

**Did You Know?** Today the church celebrates the feast of St. Stephen, the first Christian martyr. He was executed by stoning for being a Christian. As he died, he prayed for his executioners.

Dear Lord,  
Help us to show courage in the face of trouble like St. Stephen did, when preaching and sharing your message of love. Help us to always bring peace with our message and show love to those around us. Amen.

27

**Did You Know?** Today we celebrate the feast of St. John, Apostle and Evangelist. St. John wrote the 4th Gospel, 3 Letters and the book of Revelation. With James, his brother, and fellow disciple, Peter, he was one of the witnesses of the Transfiguration and from the cross, Jesus asked John to look after his mother.

God our Father,  
You have revealed the mysteries of your Word through John the Apostle. By prayer and reflection, may we come to understand the wisdom he taught. Grant this through our Lord, Jesus Christ, your son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

28

Today is the day that the Lord has made. Let us rejoice and be glad. Let us put all fears and anxiety aside, and become people of peace, patience and Joy. May we enjoy our gift of today. Amen.

29

Gracious God, may we be blessed with the patience to live according to your message. May the light of our faith shine through us today. Amen.

30

God, grant us peace and patience as we prepare for this coming new year. May we approach it with joy, hope and faith in you. Amen.

31

Gracious God, may this new year bring us joy, peace and hope. We ask this in Jesus name. Amen.

# Prayer Service / Non Eucharistic Liturgy



## Opening Prayer

Dear Lord,

This month, we are celebrating the Fruit of the Holy Spirit called patience. Advent is a time of waiting; waiting to celebrate the birth of Jesus. It is often hard to wait patiently. This is a special time during which we remember that although Jesus was born over 2000 years ago, he is with us today in our hearts. As we journey towards Christmas, we are filled with excitement and we ask You to fill us with patience as we await Your coming so that we may know and love You more and more. Amen.



## Old Testament Reading

**Isaiah 7.1-2; 6-7**

A reading from the book of Isaiah.

Once upon a time, everyone lived in the dark, but now they can see. They used to live in a world that was full of shadows, but now we have a light to light up our way. We have God with us, and he has made us happy. He has sent us a child who is to be our King, and he will keep everyone safe.

The Word of the Lord. *Thanks be to God.*



## Responsorial Psalm

**Psalm 37**

The response to the psalm is *“Be still before the Lord and wait patiently for him.”*

Be still before the Lord and wait patiently for him;  
Do not fret over those who prosper in their way,  
over those who carry out evil devices. *R*

Refrain from anger and forsake wrath.

Do not fret, it leads only to evil

for the wicked should be cut off

But those who wait for the Lord, should inherit the Land. *R*

Yet a little while, and the wicked will be no more;

Though you look diligently for their place,

they will not be there.

But the meek should inherit the land,

and delight themselves in abundant prosperity. *R*



## **Second Reading (Optional)**

A reading from the letter of Paul to the Hebrews.

When God made a promise to Abraham, because he had no one greater by whom to swear, he swore by himself, saying, "I will surely bless you and multiply you." And thus Abraham, [having patiently endured, obtained the promise. Human beings, of course, swear by someone greater than themselves, and an oath given as confirmation puts an end to all dispute. In the same way, when God desired to show even more clearly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it by an oath, so that through two unchangeable things, in which it is impossible that God would prove false, we who have taken refuge might be strongly encouraged to seize the hope set before us. We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf, has entered, having become a high priest forever according to the order of Melchizedek.

The word of the Lord. *Thanks be to God.*



## **Gospel Reading**

### **Luke 1.26-38**

A reading from the Holy Gospel according to Luke.

In the sixth month, the angel Gabriel was sent by God to a town in Galilee called Nazareth and said to Mary, the fiancée of Joseph:

Greetings, favoured one! The Lord is with you,"

She was puzzled by his words and wondered what this greeting meant.

The angel said to her: "Do not be afraid. You will give birth to a son, and you will name him Jesus. He will be called the Son of the Most High. He will rule the house of Jacob forever."

Mary wondered how this could be, and the angel told her;

"The Holy Spirit will come upon you, and the child will be holy. He will be called the Son of God." Then, the angel left her and returned to heaven.

The Gospel of the Lord. *Praise to you Lord Jesus Christ.*





## Universal Prayer

Response: *God of all people hear our prayer.*

For our church leaders, that they be witnesses of patience and hope to their faithful followers. For this we pray to the Lord. *R*

For those who are experiencing challenging circumstances this season, may they find strength and patience to persevere. For this we pray to the Lord. *R*

For those who suffer from hopelessness and despair. May we be witnesses of hope and love for them during this Advent season. For this we pray to the Lord. *R*

For those in our school community who are ill or who have passed away. May they come to know God's love and patience through our compassionate care. For this we pray to the Lord. *R*



## Optional Activities

**Jesse Tree Ornament:** Have students bring forth a Jesse Tree ornament they made to represent the stories in the bible that lead to the birth of Jesus.

**Gifts:** Have students wrap a gift box. Inside the box have students place a reflection of how they will be a gift for God.



## Closing Prayer

God, our Father, we have come close to Jesus during this time together. Help us to love one another and to make our world a happy, loving, patient place. We make our prayer through Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever.  
Amen.

# Catechism of the Catholic Church Reference – Patience



## CCC #2822

Our Father desires all men to be saved and to come to the knowledge of the truth ... his commandment is, "That you love one another even as I have loved you that you also love one another." This commandment summarizes all the others and expresses his entire will.



## CCC #736

By this power of the Spirit, God's children can bear much fruit. He who has grafted us onto the true vine will make us bear "the fruit of the Spirit: ... Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self control." "We live by the Spirit"; the more we renounce ourselves, the more we "walk by the Spirit".

# Scriptural References to Patience



## **Ecclesiastes 3.1**

“To everything there is a season, and a time to every purpose under heaven.”



## **Psalms 40.1**

“I waited patiently for the LORD; he turned to me and heard my cry.”



## **Psalms 46.10**

“Be still and know that I am God.”



## **Isaiah 40.31**

“But those who wait on the LORD shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.”



## **Proverbs 15.18**

“A hot-tempered man stirs up dissension, but a patient man calms a quarrel.”



## **Romans 12.12**

“Be joyful in hope, patient in affliction, faithful in prayer.”



## **Romans 15.4-5**

“For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope. Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus.”



## **1 Corinthians 13.4-8**

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”



## **1 Thessalonians 5.14**

“And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone.”



## **James 1.19-20**

“My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.”

## Quotes on Patience



“Patience is power.  
Patience is not an absence of action;  
rather it is "timing"  
it waits on the right time to act,  
for the right principles  
and in the right way.”  
~ Fulton J. Sheen



“Have patience with all things, but, first of all, with yourself.”  
~ Saint Francis de Sales



Patience is the companion of wisdom.  
~ St. Augustine



A waiting person is a patient person. The word patience means the willingness to stay where we are and live the situation out to the full in the belief that something hidden there will manifest itself to us.”  
~ Henri J.M. Nouwen



If patience is worth anything, it must endure to the end of time. And a living faith will last in the midst of the blackest storm.  
~ Mahatma Gandhi



“Patience is not the ability to wait, but the ability to keep a good attitude while waiting.”  
~ Joyce Meyer



“Patience with others is Love, Patience with Self is Hope, Patience with God is Faith.”  
~ Adel Bestavros



“Patience and diligence, like faith, remove mountains.”  
~ William Penn

# Prayer Table Ideas



## Catholic Symbols:

- o Green, purple or white (depending on liturgical season)
- o Bible
- o Light
- o Advent Wreath
- o Crèche – Some choose to leave baby Jesus out of the manger to show waiting patiently until he is born



**7 Grandfather Teachings:** *Dabaadendiziwin* – HUMILITY: To know yourself as a sacred part of creation in the Anishinaabe language, this word can also mean compassion. You are equal to others but you are not better. This word can also be translated as gentleness, or patience. The Wolf is the symbol for Humility, as it brings inner power and strength.



## Symbols:

- o **Branch** – To symbolize the Jesse Tree
- o **Simple Wrapped Gift** – Symbol of waiting
- o **Time Capsule** – Symbol of waiting
- o **Statue of Mary** – Symbol of mothers waiting for their unborn child
- o **Advent Calendar** – To count the days we're patiently waiting until Christmas
- o **A Seed or Growing Plant** – To show growth and waiting for the flower; Jesus is the branch of Jesse