



Prudence

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate the virtue of Prudence.*

INTRODUCE TOPIC & SCRIPTURE Proverbs 14:8 *"The wisdom of a prudent man is to discern his way, but the folly of fools is deceiving."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE *"Lord, give me right judgement."*

MEDITATION "Prudence is the first of the cardinal virtues because it is the ability to look at a concrete situation and know what ought to be done. It is the ability to make right judgments. Prudence gives us the knowledge of what must be done, when it must be done, and how it must be done. Prudence is not timidity, an avoidance of all danger, or cowardice. In fact, sometimes true prudence could lead one to fight courageously, say things which are very awkward or be open to having a fifth, maybe even a tenth child. Prudence is the art of taking moral principles and applying them to concrete situations."³

"Prudence is about smart living. It's not just about being smart in school or being smart in business. It's about being smart in life, and just like all the other virtues, this takes practice. Experience, too, is a great aid to prudence, not just your own, but also the experience of others. Seeking counsel of wise persons can be very valuable. Most importantly, you want to seek out the counsel of the wisest persons: The Blessed Trinity, Our Lady, the saints and angels. Go to them in prayer, and ask for their wisdom and guidance in making the right decisions in your life."⁴

RESOLUTION (Re-read Scripture.) "St. Pope John Paul II, in speaking about prudence, invited everyone to make an examination of conscience... Am I really prudent? Do I live in a consistent and responsible fashion? Do I seek advice in matters relating to my soul?"⁵ Do I take the time to think of the consequences of my actions? Holy Spirit, come... *Blessed Mother, pray for us, that we may choose what is pleasing to God, and the right means to attain it.*

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Virgin Most Prudent: **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ *Virtue: The Pursuit of Happiness*, Holy Family School of Faith, pg. 13

⁴ *Virtue: The Pursuit of Happiness*, Holy Family School of Faith, pg. 17

⁵ Fr. Francis Fernandez, *In Conversation With God*, Vol. 4, 17.2. Used with permission.

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

