

Marianist Habits of Holiness

Blessed Fr. Chaminade, one of the founders of the Marianist Family, offers us a way to grow in personal holiness and community life. He identified 18 virtues that address common obstacles to our mission – bringing Christ to the world. He called this practice, *The System of Virtues*.



THE FOURTH VIRTUE IS Silence of Passions

“One of the first steps in practicing this virtue is recognizing that we feel, naming the feelings and consciously feeling them.” (*Virtues for Mission*, Joseph Lackner, SM)

Mindfulness of Passions

- The passion to love God or others wholeheartedly is a valuable virtue, but our emotions can sometimes overpower our focus. Is there a negative emotion (e.g., pride, anger, worry) that is erupting in me today? Name it.
- Once a negative emotion is named, replace it with the intention to love the person or problem.
- What passion or desire seems most prominent in your life now? How does it enrich or hinder your growth? What is your next step now?

Conclude: Mary, I join with you in bringing Christ into the world today.



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