

Patience



Patience *noun*: the ability to bear provocation, annoyance, misfortune, or pain, without complaint, loss of temper, or irritation

Patience is one of the perfections that the Holy Spirit forms in us as the first fruits of eternal glory. CCC1832

Have patience with all things, but chiefly have patience with yourself.

- St. Francis de Sales

Thank you, Jesus for helping me to practice *Patience*: