

April 23, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

UNDER PRESSURE

By Julie Mussché

Quotes to Consider

“Temperance is simply a disposition of the mind which binds the passions.”

SAINT THOMAS AQUINAS

“To seek the greatest good is to live well ... it must discriminate among things so as not to be deceived by falsity or fraud, that is prudence.”

SAINT AUGUSTINE

Reflection

This reflection offers a view of both prudence and temperance. Both virtues invite self-regulation, discernment, and sacrifice. Of note, while researching these virtues, they do not seem particularly popular. Regardless, here is some story to help open the meaning and activation of these integrities.

Once upon time, while participating as part of the management labor negotiations team, the virtues of prudence and temperance emerged in a number of ways. Labor negotiations are typically full of drama and theatrics and points of contention. All of this is in the name of advocacy, intrinsic although varied among labor organizations, and all part of the discussion process.

There were times when some of the rhetoric and acrimony became personal and confrontational. Observing several seasoned negotiators, it always amazed me how much self-control they exercised during these piqued moments; to not personalize the comments, to temper anger or impatience in the heat of the moment, to discern when to move or hold on a negotiating point, and to remain focused on the item under discussion.

Another layer of prudence and temperance was demonstrated in the evaluation and balance of resources. The finest negotiators carry a sense of fiscal prudence and equability in consideration of compensation and other benefits. They have a keen sense of mutual justice and shared truth.

This tangible example of the virtues of temperance and prudence hints at the balance of a virtuous life and the possibility of calm and peace even in the middle of turmoil and difficult decisions. Under pressure there are options, and of course, prayer and reflection help to meet the ideals of these virtues.



White Flower
Photo by Julie Mussché

For Pondering

- Where and when have you observed someone exercising the virtues of prudence and temperance? When have you been challenged to do so?
 - What spiritual disciplines help you, and how has God shown up for you when challenged?
-

For Prayer

Sarum Primer Prayer

*God be in my head,
And in my understanding;
God be in my eyes
And in my looking;
God be in my mouth
And in my speaking;
God be in my heart
And in my thinking;
God be at my end,
And at my departing.
Amen.*

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