**FORTITUDE – COURAGE**

* Used in the biblical sense – the willingness to leave behind the narrow confines of self and commit oneself to the infinite, by responding to God’s call to have faith in God. Biblical examples – Abraham, Joseph, Peter and other disciples;
* Affects the way a person lives and faces life, so it is done “firmly by faith instead of by fear” and
* Enables a person to profess faith in action, and not only word, despite difficulties, disappointments, suffering, lack of full understanding (Roman Catholic Diocese of Beaumont, 2013).