

# Fortitude, and fearing well, requires trust in God

Overcoming the fear of personal sacrifice doesn't come naturally. But the Catholic Catechism clearly says the moral virtues are acquired by human effort.

Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of good. It enables us to conquer our fears, even the fear of death. In her latest vlog, Sr. Marie Therese Langer notes that fortitude deals with fearing well and to do so we need to trust in God.

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