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**“We have to be strong and patient and, therefore, calm and composed”**

If you fix your sight on God and thus know how to keep calm in the face of worries; if you can forget petty things, jealousies and envies, you will save a lot of energy, which you need if you are to work effectively in the service of men. (Furrow, 856)

February 28

The man who knows how to be strong will not be in a hurry to receive the reward of his virtue. He is patient. Indeed it is fortitude that teaches us to appreciate the human and divine virtue of patience. "By your patience you will gain possession of your souls." (Luke 21:19) The possession of the soul is attributed to patience, which in effect is the root and guardian of all the virtues. We secure possession of our souls through patience, for, by learning to have dominion over ourselves, we begin to possess that which we are.' And it is this very patience that moves us to be understanding with others, for we are convinced that souls, like good wine, improve with time.

We have to be strong and patient and, therefore, calm and composed, but not with the composure of the man who buys his own tranquility at the expense of ignoring his brothers

or neglecting the great task (which falls to us all) of tirelessly spreading good throughout the world. We can keep calm because there is always forgiveness and because there is a solution for everything, except death; and for the children of God, death is life. We must try to keep our peace, even if only so as to act intelligently, since the man who remains calm is able to think, to study the pros and cons, to examine judiciously the outcome of the actions he is about to undertake. He then plays his part calmly and decisively. (Friends of God, 78-79)

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