Faith

“I am the Light of the World.”

~John 8:12

Hope

“Because he has hoped in me, I will deliver and protect him, because He has known my name.”

~Psalm 91:14

The Love of God

“Love the Lord they God with thy whole heart, soul, and mind, and with thy whole strength.”

~Mark 12:30

The love of our Neighbor

“This is My commandment that you love one another as I have loved you.”

~John 15:12
Saint Thomas

Poverty

“Blessed are the pure in spirit, for theirs is the kingdom of God.”

~Matthew 5:3

Saint James the Less

Purity of Heart

“Blessed are the clean of heart, for they shall see God.”

~Matthew 5:8

Saint Philip

Obedience

“You are my friends if you do the things that I command you.”

~John 15:14

Saint Bartholomew

Meekness and Humility of Heart

“Learn of Me, because I am meek and humble of heart.”

~Matthew 11:29
Saint Matthew

Mortification

“He that hates his life in this world keeps it in eternal life.”

“John 12:25

Saint Simon

Recollection and Silence

“Jesus, having dismissed the multitude, went onto a mountain alone to pray.”

“Matthew 14:23

Saint Thaddeus

Prayer

“We ought always to pray and not to faint.”

“Luke 18:1

Saint Matthias

Self-abnegation and Love of the cross

“If anyone will come after me, let him deny himself and take up his cross and follow me.”

“Matthew 16:24