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17. On Ardent Love and Eager Desire to Receive Christ
18. How we should Approach Christ's Sacrament Humbly, Submitting Reason to Holy Faith
Introduction – The Character of the Imitation

- After the Bible itself, no other work can compare with this book’s profound wisdom, clarity of thought, and converting power. (p11)
- The writer’s deep and burning love of God, his deep humility, his profound knowledge of the Scriptures and the writings of the Fathers, coupled with his understanding of human nature and its needs, make him a wise and trustworthy counsellor to all who seek to know and fulfil the true purpose of human life – to praise, love and serve God their Lord, and by doing these things, to save their souls. (p11, St Ignatius of Loyola, Spiritual Exercises)
- Thomas’ theme is the love, mercy and holiness of God; with vivid clarity he shows man’s complete dependence on, and need of, God, and the empty futility of live lived apart from its source of true Life and Light: he stirs us to seek our own good and lasting happiness in the knowledge and service of God. (p11-12)
- While the author is both a love and a scholar, he is always – like St. Teresa of Avila – eminently realistic and practical, and he shows is the ‘how’ as well as the ‘why’ of the spiritual life. (p12)
- When our divine Saviour preached the Sermon on the Mount, He held up - as the characteristics of His followers – perfect humility, poverty of spirit, purity of heart, meekness, sorrow for sin, forgiveness of injustice, and peace and joy in the midst of persecution. (p12)
- The Christian life requires personal disciple and self-sacrifice, coupled with unswerving loyalty to the Person and teachings of Christ our Saviour. (p13)
- Open it (the scriptures) where one will; on every page will be found something to instruct, to inspire, to give ample food for thought. (p14)

Outlook of the Book:

Book One: Counsels on the Spiritual Life
- Sincere self-knowledge will bring the soul to a realization of its own nothingness and need of God. (p15)

Book Two: On the Inner Life
- The Spiritual and eternal is to be prized above the material and transitory. (p15)
- Through purity of heart and simplicity of purpose, man is raised and cleansed (Ch. 4); and by self-knowledge he is freed from the temptation to pass judgement on others (Ch. 5). (p15)

Book Three: On Inward Consolation
- In the third and longest book, Christ calls on the disciple to seek Him alone, and shows him the way of union and true peace. (p16)
- Aware of the perils that beset the steep ascent of the Mount of God, and seeing all things in their true light, the disciple is led to choose God as his true and only goal (Ch. 3). (p16)
- Do not despair, do not desert your post; steadfastly devote yourself, body and soul, to the glory of God. I will give you a rich reward, and will be with you in all your troubles (Ch. 35). (p17)
  - The more nature is controlled, the richer the graces bestowed. (Ch. 55) (p17)
  - You alone are the End of all good things, the fullness of life, and the depth of wisdom; and the greatest comfort of Your servants is to trust in You above all else. (Ch. 59) (p17)

Book Four: On the Blessed Sacrament
- In this Sacrament the Christian knows Christ Himself to be truly and actually present, hiding His glory beneath the simple forms of bread and wine. (p18)
- Here Christ pleads His sacrifice beneath the eternal Father: here His Church lifts up holy hands in sacrifice and intercession; here Christ feeds the faithful with His very Self, Body, Blood, Soul and Divinity. (p18)
- The Alter is the vital link between God and man, heaven and earth, where angels and men join in adoration of the crucified and risen Christ. (p18)

  Chapter 5 is addressed in particular to priests, as guardians and dispensers of the Most Holy Sacrament, and calls on them to couple the supreme privilege and dignity of the priesthood with the highest standard of life and devotion, since ‘a priest should be adorned with all virtues, and show an example of a Holy life to others … for whom a priest celebrates the Eucharist, he honours God and gives joy to the Angels; he edifies the Church, aids the living, obtains rest for the departed and makes himself a sharer in all good things. (p18)

- Christ then warns the disciple (Ch. 10) against the temptation to regard Holy Communion as reserved for the holy, since it is the fountain of grace and mercy for penitent sinners. (p19)
  - The requirements of God are ‘faith and a holy life.’ (p19)
The Life of Thomas Á Kempis

- Constant prayer, study and self-discipline. (p20)
- Thomas received the priesthood in 1406 at the age of 33. (p22)
- It was probably during the years immediately preceding and following his ordination that he compiled the four books of the *Imitation*. (p22)
- Thomas wrote many other works in which his learning and devotion are almost equally reflected, but which are less well known today: Prayers and Meditations on the Life of Christ, Sermons to Novices, Spiritual Exercises, The Elevation of the Mind, The Soliloquy of the Soul, The Garden Roses, On True Compunction of the Heart, On Solitude and Silence, On the Discipline of the Cloister, and several biographies, including those of Gerard Groote and Florentius Radewyn. (p22)
- He is said to have been an eloquent preacher, and a wise confessor. (p22)
- Thomas mentions in his *Exercises*, silence was his friend, work his companion and prayer his aid. (p22)
- For the instruction of the young, he wrote various little treatises in a plain and simple style, which in reality were great and important works, both in doctrine and efficacy for good. (p23)

The Authorship of the *Imitation*

- We may therefore do well to follow the advice of the author, when he says: ‘Do not be influenced by the importance of the writer, and whether his learning be great or small; but let the love of pure truth draw you to read. (p23)
- Do not inquire, ‘Who said this?’ but pay attention to what is said. (p23)
Chapter 1 - On the Imitation of Christ
- ‘He who follows Me shall not walk in darkness,’ says Our Lord. (p27, John 8:12)
- ‘All is vanity’ except to love God and serve Him alone. (p27, Deut. 6:13)
- This is supreme wisdom – to despise the world, and draw daily nearer the kingdom of heaven. (p28)
- It is vanity to solicit honours, or to raise oneself to high station. (p28)
- It is vanity to be a slave to bodily desires. (p28, Gal. 5:16)
- It is vanity to give thought only to this present life, and to care nothing for the life to come. (p28)
- Strive to withdraw your heart from the love of visible things, and direct your affections to things invisible. (p28)

Chapter 2 - On Personal Humility
- A man who truly knows himself realizes his own worthlessness. (p28)
- A man is unwise if he occupies himself with any things save those that further his salvation. (p29)
- The more complete and excellent your knowledge, the more severe will be God’s judgement on you, unless your life be the more holy. (p29)
- We are all frail; consider none more-frail than your-self. (p29)

Chapter 3 – On the Teaching of Truth
- A pure, simple and stable man, however busy and occupied, does not become distracted thereby, for he does all things to the glory of God, and strives to preserve himself free from all self-seeking. (p30-31)
- But because many are more eager to acquire much learning than to live well, they often go astray, and bear little or no fruit. (p31)
- At the Day of Judgement, we shall not be asked what we have read, but what we have done; not how eloquently we have spoken, but how holily we have lived. (p31)
- He is truly wise who counts all earthly things as dung, in order that he may win Christ. (p32, Phil. 3:8)
- And he is truly learned, who renounces his own will for the will of God. (p32)

Chapter 4 – On Prudence in action
- We should not believe every word and suggestion, but should carefully and unhurriedly consider all things in accordance with the will of God. (p32)

Chapter 5 – On Reading the Holy Scriptures
- Men pass away, but the word of the Lord endures for ever. (p33, Ps. 117:2)
- If you desire to profit, read with humility, and faith, and have no concern to appear learned. (p33)
- Ask questions freely, and listen in silence to the words of the Saints; hear with patience the parables of the fathers, for they are not told without good cause. (p33)

Chapter 6 – On Control of the desires
- A proud and avaricious man is never at rest; but a poor and humble man enjoys the riches of peace. (p33)
- A man who is not yet perfectly dead to self is easily tempted. (p33)
- He, who is weak in spirit, and still a prey to the senses of the bodily passions, can only with great difficulty free himself form worldly lusts. (p34)
- True peace of heart can be found only by resisting the passions, not by yielding to them. (p34)
- There is no peace in the heart of a worldly man, who is entirely give to outward affairs; but only in a fervent, spiritual man. (p34)

Chapter 7 – On Avoiding Vain Hope and Conceit
- Do not be ashamed to be the servant of others for love of Jesus Christ, and to appear poor in the world. (p34)
- What delights men often displeases God. (p35)

Chapter 8 – On Guarding against Familiarity
- Do not open your hearts to everyone (Ecc. 8:19), but ask counsel of one who is wise and fears God. (p35)

Chapter 9 – On Obedience and Discipline
- It is much safer to obey then to rule. (p36)

Chapter 10 – On Avoiding Talkativeness
- We must watch and pray, (Matt. 26:41), that our time may not be spent fruitlessly. (p37)
- When it is right and proper to speak, speak to edify (Eph. 4:29). (p37)
- Evil habits and neglect of spiritual progress are the main cause of our failure to guard the tongue (p37, James, 3:5)
- Devout conversion on spiritual matters greatly furthers our spiritual progress, especially with those who are heart and soul with us in the service of God. (p37, Acts, 2:42)
Chapter 11 – On Peace, and Spiritual Progress

- How were some of the Saints so perfect and contemplative? (p37)
- It is because they strove with all their might to mortify in themselves of all worldly desires, and could thus cling to God in their inmost heart, and offer themselves freely and wholly to Him. (p37-38)
- Our zeal and virtue should grow daily; but it is now held to be a fine thing if a man retains even a little of his first fervour. (p38)
- Resist your evil inclinations in the beginning, and break off evil habits, lest they gradually involve you in greater difficulties. (p38)

Chapter 12 – On the Uses of Adversity

- A man should therefore place such complete trust in God, that he has no need of comfort from men. (p39)
- When a good man is troubled, tempted or vexed by evil thoughts, he comes more clearly than ever to realize his need of God, without whom he can do nothing good. (p39)
- Then, as he grieves and laments his lot, he turns to prayer amid his misfortunes. (p39)
- He is weary of life, and longs for death to release him, that he may be dissolved, and be with Christ (p39, 1 Phil, 1:23).
- It is then that he knows with certainty that there can be no complete security, nor perfect peace in his life. (p39)

Chapter 13 – On Resisting Temptations

- Although temptations are so troublesome and grievous, yet they are often profitable to us, for by them we are humbled, cleansed and instructed. (p40)
- All the Saints endured many trials and temptations (Acts 14:22), and profited by them; but those who could not resist temptations became reprobate, and fell away. (p40, Ecc. 9:11)
- There is no Order so holy, nor place so secluded, where there are no troubles and temptations. (p40)
- No man can be entirely free from temptation so long as he lives; for the source of temptation lies within our own nature, since we are born with an inclination towards evil. (p40, James 1:14)
- Temptation reveals our true nature. (p41)
- We need especially to be on our guard at the very outset of temptation, for then the Enemy may be more easily overcome, if he is not allowed to enter the gates of the mind; he must be repulsed at the threshold, as soon as he knocks. (p41)
- Thus the poet Ovid writes, ‘Resist at the beginning; the remedy may come too late’. (p41, Ovid, Remed., 91)
- First there comes into the mind an evil thought; next, a vivid picture; then delight, and urge to evil, and finally consent. (p41)
- In this way the Enemy gradually gains complete mystery, when he is not resisted at first. (p41)
- And the longer a slothful man delays delays resistance, the weaker he becomes, and the stronger his enemy grows against him. (p41)
- Some are spared severe temptations, but are overcome in the lesser ones of every day, in order that they may be humble, and learn not to trust in themselves, but to recognize their frailty. (p42)

Chapter 14 – On Avoiding Rash Judgements

- God wills that we become perfectly obedient to Himself, and that we transcend mere reason on the wings of a burning love for Him. (p43)

Chapter 15 – On Deeds Inspired for Love

- Whoever loves much; does much. (p43)
- Whoever does a thing well; does much. (p43)
- Whoever is moved by true and perfect love is never self-seeking, but desires only that God’s glory may be served in all things. (p43)
- He envies none, for he seeks no pleasure for himself, nor does he act for self-gratification, but desires above all good things to merit the blessing of God. (p43)
- All earthy things are full of vanity. (p44)

Chapter 16 – On Bearing with the Faults of Others

- There is no man without his faults, none without his burden. (p45, Gen. 1:20)

Chapter 17 – On the Monastic Life

- If you wish to achieve stability and grow in grace, remember always that you are an exile and pilgrim on this earth. (p45, 1 Pet. 2:11, Heb. 11:13)
- Be content to be accounted a fool for Christ’s sake (1 Cor. 4:10) if you wish to be a Religious. (p45)

Chapter 18 – On the Examples of the Holy Fathers

- How countless and constant were the trials endured by the Apostles, Martyrs, Confessors, Virgins, and all those others who strove to follow in the footsteps of Christ. (p46)
- These all hated their lives in this world, that they might keep them to life eternal. (p46, John 12:25)
How strict and self-denying was the life of the holy Fathers in the desert! (p46)
How long and grievous the temptations they endured! (p46)
How often they were assaulted by the Devil! (p46)
How frequent and fervent their prayers to God! (p46)
How strict their fasts! (p46)
How great their zeal, and ardour for spiritual progress! (p46)
How valiant the battles they fought to overcome their vices! (p46)
How pure and upright their intention towards God! (p46)
All day long they laboured, and the night they gave to continuous prayer: even as they worked, they never ceased from mental prayer. (p46)

Chapter 19 – On the Practices of a Good Religious Man
Man proposes but God disposes, (Prov. 16:9) and man’s destiny is not in his own hands (p48, Jer. 10:23)
Arm yourself manfully against the wickedness of the Devil; (Eph. 6:11) control the appetite, and you will more easily control all bodily desires. (p49)
Those spiritual exercises which are not obligatory should not be made in public; for whatever is purely personal is best done in private. (p49)
‘Blessed is the servant,’ writes Luke the Evangelist, ‘who the Lord, when He comes, will find ready. I tell you that He will set him over all his possessions. (p50, Matt. 24:47)

Chapter 20 – On the Love of Solitude and Silence
The greatest Saints used to avoid the company of men (Heb. 11:38) whenever they were able, and chose rather to serve God in solitude. (p50)
If you desire heartfelt contrition, enter into your room, and shut out the clamour of the world, as it is written, ‘Commune with your own heart, and in your chamber, and be still.’ (p51, Ps.4:4, Isa. 26:20)
The cell that is dwelt in continually becomes a delight, but ill kept it breeds weariness of spirit. (p51)
In silence and quietness the devout soul makes progress and learns the hidden mysteries of the Scriptures. (p51, Ecc. 39:1-3)

Chapter 21- On Contrition of Heart
Consider yourself unworthy of God’s comfort, but rather deserving of much suffering. (p54)
When a man is perfectly contrite, this present world becomes grievous and bitter to him. (p54)
Our sins and vices are grounds for rightful sorrow and contrition of heart, for they have so strong a hold on us that we are seldom able to contemplate heavenly things. (p54)

Chapter 22 – On Human Misery
Wherever you are and wherever you turn, you will not find happiness until you turn to God. (p55)
The more spiritual a man desires to become, the more bitter does this present life grow for him, for he realizes more clearly the defects and corruptions of human nature. (p55)
How great is the frailty of man, ever prone to evil! (p56, Gen. 6:5)
Today you confess yours sins, tomorrow you again commit the very sins you have confessed! (p56-57)
Now you resolve to guard against them, and within the hour you act as though you had never made any resolution! (p57)
Remembering, then, our weakness and instability, it is proper to humble ourselves, and never to have a high opinion of ourselves. (p57)
For we can easily lose by carelessness that which by God’s grace and our own efforts we had hardly won. (p57)
It would be good for us to be instructed once more, like good novices, in the ways of the good life; there would then be some hope of our future improvement and greater spiritual progress. (p57)

Chapter 23 – A Meditation on Death
Very soon the end of your life will be at hand; consider, therefore, the state of your soul. (p57)
Today a man is here; tomorrow he is gone. (p57, 1 Macc. 2:63)
You should order your every deed and thought, as though today were the day of your death. (p57)
Of what use is a long life, if we amend so little? (p58)
Alas, a long life often adds to our sins rather than to our virtue! (p58)
Blessed is the man who keeps the hour of his death always in mind, and daily prepares himself to die. (p58)
If you have ever seen anyone die, remember that you, too, must travel the same road. (p58, Heb. 9:27)
Be ready at all times (Luke 21:36), and so live that death may never find you unprepared. (p58)
Many die suddenly and unexpectedly; for at an hour that we do not know the Son of Man will come. (p58, Matt. 24:44)
• These things will afford us sure hope of a happy death; perfect contempt of the world; fervent desire to grow in holiness; love of discipline; the practice of penance; ready obedience; self-denial; the bearing of every trial for the love of Christ. (p58)

• Learn now to die to the world, that you may begin to live with Christ (p59, Rom. 6:8)
• Learn now to despise all earthly things; that you may go freely to Christ. (p59)
• Discipline your body now by penance, that you may enjoy a sure hope of salvation. (p59)
• Who will remember you when you are dead? (p59)
• Who will pray for you? (p59)
• Act now, dear soul; do all you can; for you know neither the hour of your death, nor your state after death. (p59)

• While you have time, gather the riches of everlasting life. (p59, Luke 7:33, Gal. 6:8)
• Think only of your salvation, and care only for the things of God. (p59)
• Make friends now, by honouring the Saints of God and by following their example, that when this life is over, they may welcome you to your eternal home. (p59, Luke 16:9)
• Keep yourself a stranger and pilgrim upon earth (1 Pet. 2:11), to whom the affairs of this world are of no concern. (p60)
• Keep your heart free and lifted up to God. (p60)
• Daily direct your prayers and longings to Heaven, that at your death your soul may merit to pass joyfully into the presence of God. (p60)

Chapter 24 – On Judgement, and the Punishment of Sinners
• Always keep in mind your last end, and how you will stand before the just judge. (p60)
• Be assured that a man cannot enjoy both kinds of happiness; he cannot enjoy all the pleasures of this life, also reign with Christ in Heaven. (p62)
• If the love of God does not restrain you from sin, the fear of hell at least should restrain you. (p62)
• For he who sets aside the fear of God cannot long continue in a good life, but will rapidly fall into the snares of the Devil. (p62)

Chapter 25 – On the Zealous Amendment of our Life
• If you remain faithful in all your doings, be sure that God will be faithful and generous in rewarding you. (p63, Ecc. 51:30)
• There is one thing that deters many in their spiritual progress and zeal for amendment, namely, fear of the difficulties and the cost of victory. (p63)
• For the more completely a man overcomes and cleanses himself in spirit, the more he profits and deserves abundant grace. (p64)
• All men do not have the same things to overcome and mortify. (p64)

• But whoever is diligent and zealous – even though he has stronger passions to subdue – will certainly make greater progress than another, who is naturally self-controlled, but less zealous for holiness. (p64)
• Two things in particular are a great amendment of life – a forcible withdrawal from any vice to which our nature inclines, and a fervent pursuit of any grace of which we stand in particular need. (p64)
• Study to avoid and overcome those things that most displease you in other people. (p64)
• How harmful it is, if they neglect the true purpose of their vocation, and turn to matters that are not their proper concern. (p64)

• Observe how many behave, who live strictly under the monastic discipline. (p65)
• They seldom go out, they live retired, they eat the poorest food; they work hard, they talk little, they keep long watches; they rise early, they spend much time in prayer, they study much, and always guard themselves with discipline. (p65)
• Consider the Carthusians, the Cistercians and the monks and nuns of the various Orders, how they rise each night to sing praises to Our Lord. (p65)
• Without care and diligence, you will never acquire virtue. (p66)
• The fervent and sincere man is prepared for anything. (p66)
• Never neglect your own soul. (p66)
• The stricter you are with yourself, the greater is your spiritual progress. (p66)
Chapter 1 – On the Inner Life

- ‘The Kingdom of God is within you,’ (Luke 17:21) says Our Lord. (p67)
- Turn to the Lord with all your heart (Joel 2:12) forsake this sorry world, and your soul shall find rest. (p67, Matt. 11:29)
- Learn to turn from worldly things, and give yourself to spiritual things, and you will see the Kingdom of God come within you. (p67)
- For the Kingdom is peace and joy in the Holy Spirit. (p67, Rom. 14:17)
- Christ will come to you, and impart his consolations to you, if you prepare a worthy dwelling for Him in your Heart. (p67)
- All true glory and beauty is within (Ps. 65:14), and there He delights to dwell. (p67)
- He often visits the spiritual man, and holds sweet discourse with him, granting him refreshing grace, great peace, and friendship exceeding all expectation. (p67)
- Welcome Christ, and deny entrance to all others. (p67)
- When you possess Christ, you are amply rich, and He will satisfy you. (p67)
- Christ abides for ever (John 12:34), and stands firmly by you to the end. (p68)
- Men are as changeable as the weather. (p68)
- Put your whole trust in God (Prov. 3:5, 1 Pet. 5:7); direct your worship and love to Him alone. (p68)
- You will never enjoy peace until you become inwardly united to Christ. (p68)
- All the things of this world are transitory. (p68)
- All things are passing and yourself with them. (p68)
- See that you do not cling to them, lest you become entangled and perish with them. (p68)
- Let all your thoughts be with the Most High, and direct your humble prayers unceasingly to Christ. (p68)
- If you cannot contemplate high and heavenly things, take refuge in the Passion of Christ, and love to dwell within His Sacred Wounds. (p68)
- For if you devoutly seek the Wounds of Jesus and the precious marks of His Passion, you will find great strength in all troubles. (p68)
- How will your patience be crowned, if you are not willing to endure hardship? (p68-69)
- Suffer with Christ, and for Christ, if you wish to reign with Christ. (p69, 2 Tim. 2:12)
- The true, inward lover of Jesus and the Truth, who is free form inordinate desires, can turn freely to God, rise above self, and joyfully rest in God. (p69)
- The man whose inner life is well-ordered and disposed is not troubled by the strange and perverse ways of others. (p69)
- If your inner life were rightly ordered and your heart pure, all things would turn to your good and advantage. (p69, Rom. 8:28)
- As it is, you are often displeased and disturbed, because you are not yet completely dead to self, nor detached from all worldly things. (p69)
- Nothing defiles and ensnares the heart of man more than a selfish love of creatures. (p69)
- If you renounce all outward consolation, you will be able to contemplate heavenly things, and often experience great joy of heart. (p69)

Chapter 2 – On Humble Submission to God

- Work and plan that God may be with you in all that you do. (p70, Rom. 8:31)
- Keep a clean conscience, and God will mightily defend you; for whoever enjoys the protection of God cannot be harmed by the malice of man. (p70)
- It is often good for us that others know and expose our faults, for so may we be kept humble. (p70)
- To the humble He leans down and bestows great success, raising him from abasement to honour. (p70)
- To him He reveals His secrets (Matt. 11:25), and lovingly calls and draws him to Himself. (p70)

Chapter 3 – On the Good and Peaceful Man

- Firstly, be peaceful yourself, and you will be able to bring peace to others. (p70)
- A man of peace does more good than a very learned man. (p70)
- A passionate man turns even good into evil, and readily listens to evil; but a good and peaceful man turns all things to good. (p70-71)
- All our peace in this present life should depend on humble forbearance rather than an absence of adversity. (p71)
- He who knows the secret of endurance will enjoy the greatest peace. (p71)
- Such a one is a conquer of self, a master of the world, a friend of Christ, and an heir of Heaven. (p71)
Chapter 4 – On Purity of Mind and Simplicity of Purpose

- There are two wings that raise a man above earthly things – simplicity and purity. (p72)
- Simplicity must inspire his purpose; and purity his affection. (p72)
- Simplicity reaches out after God; purity discovers and enjoys Him. (p72)
- No good deed will prove an obstacle to you if you are inwardly free from uncontrolled desires. (p72)

- And if you are free from uncontrolled desires, and seek nothing but the will of God and the good of your neighbour, you will enjoy this inner freedom. (p72)
- When a man begins to grow dull and lukewarm in spirit, even the smallest labour distresses him, and he eagerly welcomes any worldly comfort. (p72)
- But when he begins to overcome self and advance manfully in God’s way, then he regards as nothing those labours which he previously found so burdensome. (p72)

Chapter 5 – On Knowing Ourselves

- We often do evil, and we do worse in excusing ourselves. (p73)
- Sometimes we are moved by passion, and mistake it for Zeal. (p73)
- We rebuke small faults in others, but overlook greater faults in ourselves. (p73, Matt. 7:5)
- The spiritual man puts the care of his soul before all else. (p73, Matt. 16:26)
- You will never become interior and devout unless you retain from criticism of others, and pay attention to yourself. (p73)
- If you get great value on any worldly things, it will prove a great obstacle. (p73)
- Let nothing be great, pleasant or desirable to you save God alone, and whatever comes of God. (p73)
- The soul that loves God regards as worthless all things other than God. (p73)
- God alone is eternal and immeasurable, filling all things; (Jer. 23:24) He alone is the true comfort of the soul of the heart. (p73-74)

Chapter 6 – On the Joys of a Good Conscience

- A quiet conscience can endure much, and remains joyful in all trouble, but an evil conscience is always fearful and uneasy. (p74, 1 John 3:21)
- Whoever craves worldly glory, or who does not at heart despise it, shows himself to have little love for the glory of heaven. (p74)
- Great tranquillity of heart is his who cares for neither praise nor blame. (p74)
- If you take heed to what you are inwardly, you will not mind what men say of you; for while man looks on outward appearance, God looks into your heart. (p75)
- Man sees your actions, but God your motives. (p75)
- The sign of a humble soul is always to be doing good, and to think little of oneself. (p75)
- To desire no comfort from creatures is a sign of great purity and inward faith. (p75)
- Saint Paul says, ‘Not he who commands himself is approved, but he whom God commands.’ (p75, 2 Cor. 10:18)
- To live inwardly to God, and not to be bound by worldly affections, is the proper state of a spiritual man. (p75)

Chapter 7 – On Loving Jesus above all Things

- He who holds to Jesus shall stand firm for ever. (p75)
- If you could empty your heart of all creatures, Jesus would delight to dwell with you. (p76, John 15:4)
- A man who does not seek Jesus does himself greater hurt than the whole world and all his enemies could ever do him. (p76)

Chapter 8 – On Close Friendship with Jesus

- To be without Jesus is hell most grievous; to be with Jesus is to know the sweetness of Heaven. (p77)
- If Jesus is with you, no enemy can harm you. (p77)
- It is a great art to hold converse with Jesus, and to know how to keep Jesus will abide with you. (p77)
- But if you turn aside to worldly things, you will soon cause Jesus to leave you, and you will lose his grace. (p77)
- When the grace of God comes to a man, he is strong in all things; but when it departs, he is left poor and weak, and feels abandoned to punishment and sorrow. (p78)

Chapter 9 – On the Lack of all Comfort

- It is not difficult to forego human comfort when we enjoy that of God. (p78)
- But it is a great thing to be able to forego all consolation, human or divine, and for God’s sake willingly to endure desolation of heart, neither seeking oneself in anything, nor regarding one’s own merit. (p78)
- A man has to undergo a long and fierce inner struggle before he learns fully to master himself, and to direct his whole love towards God. (p79)
- When a man relies on himself, he often comes to rely on human consolations. (p79)
• But the true lover of Christ and the eager seeker after holiness does not fall back on these things, nor does he look for pleasurable sensations, but prefers to endure great trials and arduous toil for Christ. (p79)

• In what, then, can I place my hope or trust, save in the great mercy of God alone, and in the hope of His heavenly grace? (p80, Ps. 51:10)

• For whether I enjoy the company of good men, or devout Brethren, or faithful friends; whether holy books, beautiful treatises, or sweet singing and hymns; all these are of little help or comfort when I am forsaken by grace and left to my own poverty. (p80)

• At such a time there is no better remedy than patience and submission to the will of God. (p80)

• For he is not worthy of high contemplation who has not suffered some trials for God's sake. (80)

• Indeed, the temptation that precedes is often a sign of comfort to follow. (p80)

• For heavenly comfort is promised to those who have been tried and tempted. (p80)

• 'To him who overcomes,' says God, 'I will give to eat of the Tree of Life.' (p80, Rev. 2:7)

Chapter 10 – On Gratitude for God’s Grace
• Spiritual comfort surpasses all worldly delights and bodily pleasures. (p81)

• Spiritual joys alone are pleasant and honourable, for they spring from virtue, and are infused by God into the pure of heart. (p81)

• No man may enjoy these heavenly consolations at will, for temptations are seldom absent for long. (p81)

• Render to God whatever is God's (Matt. 22:21), and attribute to yourself whatever is yours; that is, give thanks to God for His grace, and confess that the guilt and penalty of sin are yours alone. (p81-82)

• The Saints stand highest in God’s eyes - who are lowest in their own; and the more glorious they are, the more humble is their spirit. (p82)

• Filled with truth and heavenly glory, they have no desire for vain glory. (p82)

• Grounded and established in God, they cannot be proud. (p82)

• Even if he awards punishments and pain, accept them gladly, for whatever He allows to befall us is always for our salvation. (p82)

Chapter 11 – On the Few Lovers of the Cross of Jesus
• Jesus has many who love His Kingdom in Heaven, but few who bear His Cross. (p83, Luke 14:27)

• He has many who desire comfort, but few who desire suffering. (p83)

• He finds many to share His feast, but few His fasting. (p83)

• Oh, how powerful is the pure love of Jesus, free from all self-interest and self-love! (p83)

• When you shall have done all those that are commanded you, say, ‘We are unprofitable servants.’ (p84, Luke 17:10)

• Yet there is no man richer, more powerful or more free than he who can forsake himself and all else, and set himself in the lowest place. (p84)

Chapter 12 – On the Right Road of the Holy Cross
• ‘Deny yourself, take up your cross, and follow me.’ (p84, Luke 17:10)

• To many this saying of Jesus seems hard. (p84)

• But how much harder will it be to hear that word of doom, ‘Depart from Me, you cursed, into everything fire.’ (p84, Matt. 25:41)

• Why, do you fear to take up the Cross, which is the road to Kingdom? (p84)

• In the Cross is salvation; in the Cross is life; in the Cross is protection against our enemies; in the Cross is infusion of heavenly sweetness; in the Christ is strength of mind; in the Cross is joy of Spirit; in the Cross is excellence of virtue; in the Cross is perfection of holiness. (p85)

• There is no salvation of soul, nor hope of eternal life, save in the Cross. (p85)

• Take up the Cross, therefore, and follow Jesus (Matt. 16:24), and go forward into eternal life. (p85, Matt. 25:46)

• There is no other way to life and to true inner peace, then the way of the Cross, and of daily self-denial. (p85)

• God desires that you learn to bear trials without comfort, that you may yield yourself wholly to Him, and grow more humble through tribulation. (p85)

• If you bear the cross willingly, it will bear you and lead you to your desired goal, where pain shall be no more; but it will not be in this life. (p86)

• Do you think to escape what no mortal man has been able to escape? (p86)

• Which of the Saints lived without cross or trial? (p86)

• Why, then, do you seek any other road than this royal road of the Holy Cross? (p86)

• The whole life of Christ was a cross and martyrdom; and do you look for rest and selfish pleasure? (p86)

• If you trust in the Lord, you will be given strength from Heaven, and the world and the flesh will become subject to your will. (p87)
• Neither will you fear your enemy the Devil, if you are armed with faith and signed with the cross of Christ. (p87)
• Set yourself to endure trials, regarding them as the greatest of all comforts, ‘for the sufferings of this present time are not worthy to be compared with the glory to come’ (Rom. 8:18), even though you alone were to endure them all. (p87)

• For Jesus says, ‘I will show him how great things he must suffer for My Name.’ (p88, Acts 9:16)
• Therefore, be prepared to suffer, if you wish to love Jesus and serve Him for ever. (p88)
• Be assured of this, that you must live a dying life. (p88)
• And the more completely a man dies to sin and self, the more he begins to love to God. (p88, Rom. 6:9)
• Nothing is more acceptable to God; and nothing more salutary for your-self than to suffer gladly for Christ’s sake. (p88)

• Christ clearly urged both His own disciples and all who wished to follow Him to carry the cross, saying, ‘If any will come after Me, let him deny himself, and take up his cross and follow Me.’ (p88-89, Mark 8:34)
• Let this be our final resolve: ‘that through much tribulation we must enter the Kingdom of God. (p89, Acts 14:22)
Book Three: On Inward Consolation

Chapter 1 – How Christ Speaks Inwardly to the Soul

- ‘I will hear what the Lord God speaks within me.’ (p91, Ps. 85:8)
- Blessed is the soul that hears the Lord speaking within it’ (1 Sam. 3:9), and receives comfort from His Word. (p91)
- Blessed are the ears that hears the still, small voice of God (1 Kings 19:12), and disregard the whispers of the world. (p91)
- Blessed are the ears that listen to Truth teaching inwardly, and not to the voices of the world. (p91)
- Blessed are the eyes that are closed to outward things, but are open to inward things. (p91)
- Blessed are those who enter deeply into inner things, and daily prepare themselves to receive the secrets of heaven. (p91)
- Blessed are those who strive to devote themselves wholly to God, and free themselves from all the entanglements of the world. (p91)
- Consider these things, O my Soul, and shut fast the doors against the desires of the senses, that you may hear what the Lord your God speaks within you. (p91)

Chapter 2 – How Truth instructs us in Silence

- THE DISCIPLE: ‘Speak, Lord, for Your servant listens.’ (p92, 1 Sam. 3:9)
- I am Your servant; grant me understanding, that I may know Your testimonies.’ (p92, Ps. 119:125)
- Incline my heart to the word of Your mouth; (Ps. 78:1) let Your speech descend on me like the dew. (p92)
- Let not Moses speak to me, but you, O Lord my God, the Everlasting Truth, lest I die and bear no fruit if I am but warned in word, and not kindled at heart; lest it turn to my condemnation, if I hear Your word, but do not obey it; know it, but do not love it; believe it, but do not keep it. (p92-93)
- Therefore, speak, Lord, for Your Servant is listening. (p93)
- ‘You have the words of eternal life.’ (p93, John 6:68)
- Speak to me, Lord, and comfort my soul: order my life to Your praise, glory, and eternal honour. (p93)

Chapter 3 – On Humble Attention to God’s Word

- CHRSIT. My son, hear My words. (p93)
- They are of surpassing sweetness, and excel all the learning of the philosophers and wise men of this world. (p93)
- My words are spirit and life (John 6:63), not to be weighed by man’s understanding. (p93)
- They are not to be quoted for vain pleasure, but are to be heard in silence (Eccles. 9:17), and received with all humility and love. (p93)
- I never send away empty any who trusts in Me. (p94)
- What I promise, I give; what I have said, I will perform, provided you remain faithful in My lord to the end. (p94)
- I am the rewarder of all good men, and the mighty vindicator of all the faithful. (p94)
- Write My words in your heart, and meditate on them earnestly; they will aid you in temptation. (p94)
- Whatever you do not understand when you read, you shall know in the day of My coming. (p94)
- I visit My chosen in two ways; with trial and with consolation. (p94)
- Day by day, I teach them two lessons, one in which I correct their faults, and the other in which I encourage them to progress in virtue. (p94)
- ‘He who hears My words and despises them has One who will judge him on the Last Day.’ (p94, John 12:48)

A Prayer for the Grace of Devotion

- How can I endure this life of sorrows, unless you strengthen me with Your mercy and grace? (p95)
- Do not turn Your face from me; (Ps. 51:1, 143:7) do not delay Your coming, nor withdraw Your consolation from me, lest my soul become like a waterless desert. (p95, Ps. 143:6)
- Teach me, O Lord, to do your will. (p95, Ps. 143:10)

Chapter 4 – On truth and Humility

- CHRIST. My son, walk before Me in truth, and constantly seek Me in simplicity of heart. (p95, Gen. 17:1)
- Remember that you are a sinner, entangled and enchained by many positions. (p96)
- You have nothing of which to boast, but many things of which to be ashamed, for you are much weaker than you realize. (p96)
- Let nothing seem great, precious or admirable to you; nothing worthy of regard, nothing high, praiseworthy or desirable, save that which is everlasting. (p96)
- Let the eternal Truth be your sole and supreme joy, and let your own deep unworthiness always distress you. (p96)
- Nothing should be more feared, condemned and shunned that your own sins and vices; these should cause you more distress than the loss of everything. (p96)
Stand in awe of God’s judgement, (Ps. 119,120) and fear the anger of Almighty God. (p96, 2 Macc. 7:38)
Some carry their devotion only in books, pictures and other visible signs and representations. (p96)
Some have Me on their lips, but seldom in their hearts. (p96, Isa. 29:13)
Despise earthly things and love heavenly; forsake this world and long for Heaven. (p97)

Chapter 5 – On the Wonderful Effect of Divine Love
Father of mercies and God of all comfort, (2 Cor. 1:3) I thank You that, unworthy as I am, You sometimes refresh me with Your consolation. (p97)
Love knows no limits, but ardently transcends all bounds. (p98)

A prayer
Love is swift, pure, tender, joyful and pleasant. (p99)
Love is strong, faithful, prudent, long-suffering, vigorous, and never self-seeking. (p99, 1 Cor. 13:4)
For when a man is self-seeking he abandons love. (p99)
Love is watchful, humble, and upright; Love is not fickle and sentiment, nor is it intent on vanities. (p99)
It is sober, pure, steadfast, quiet and guarded in all the senses. (p99)
Love is submissive and obedient to superiors, mean and contemptible in its own sight, devoted and thankful to God, trusting and hoping in Him even when not enjoying His sweetness; for none can live in love without suffering. (p99)
Whoever is not prepared to endure everything, and to stand firmly by the will of the Beloved, is not worthy to be called a lover. (p99)
A lover must willingly accept every hardship and bitterness for the sake of his Beloved, and must never desert Him because of adversity. (p99)

Chapter 6 – On the Proof of a True Lover
You may be sure that the old Enemy is working by every means to frustrate your desires for good, and to entice you away from every spiritual exercise of devotion; from veneration of the Saints, from devout meditation on My Passion, from profitable examination of your sins, from the guard of your heart, and from the firm resolve to grow in holiness. (p100)
He suggests many evil thoughts to discourage you, and to draw you away from holy reading and prayer. (p100)
Humble Confession is hateful to him, and if he could, he would make you give up Communion. (p100)
Do not listen to him or believe him, however often he tries to entrap you. (p100)

Chapter 7 – On Concealing Grace under Humility
Progress in the spiritual life consists not so much in enjoying the grace of consolation, as in bearing its withdrawal with humility, resignation and patience, neither growing weary in prayer nor neglecting your own acts of devotion. (p101)
Do willingly, and to the best of your ability and understanding, whatever lies in your power, and do not neglect your spiritual because of any dryness or anxiety of mind. (p101-102)
For a man’s merit is not to be reckoned by the visions and comforts he may enjoy, nor by his learning in the Scriptures, nor by his being raised to high dignity. (p103)
Rather it is by his being grounded in humility and filled with divine love; by his pure, constant, and sincere seeking of God’s glory; by his low esteem and honest depreciation of himself; (Ps. 15:4) and by his preference for humiliation and despite rather than honours at the hands of men. (p103)

Chapter 8 – On Humility in the Sight of God
O Blessed Lord God, I am not worthy of any blessings, yet Your generosity and infinite goodness never cease to benefit even those who are ungrateful, (Matt. 5:45) and have wandered far from You. (p104)
O turn our hearts to You, (Ps. 130:19) that we may be thankful, humble and devoted; for You are our Salvation, our Power and our Strength. (p104)

Chapter 9 – How God Alone is our True End
But whoever desires to glory in anything outside Me (1 Cor. 1:29) or to delight in some personal good thing, will not be established in true joy, nor uplifted in heart (Ps. 119:32), but will be hindered and frustrated in countless ways. (p105)
Ascribe no good to yourself, nor to any man, but ascribe all to God, without whom man has nothing. (p105)
I have given all, and it is My will that all return to Me again; I shall require a grateful and exact account. (p105)

Chapter 10 – On the Joy of God’s Service
O Fount of eternal love, what may I say of You? (p106)
How can I forget You, who have deigned to remember me, even after I was corrupted and lost? (p106)
You have showed mercy on Your servant beyond all my hope; You have given grace and friendship beyond all my deserts. (p106)
What return can I make to You for this grace? (p106, Ps. 116:12)
For it is not granted to all men to forsake everything, to renounce the world, and to enter the life of religion. (p106)

And is it a great thing that I should serve You, whom all creation is bound to serve? (p106)

It should not seem much to me that I should serve you; rather is it great and wonderful to me that You should see fit to receive into Your service one so poor and unworthy, and count him among Your beloved servants. (p106)

It is a great honour and glory to serve you, and to despise all else for Your sake; for great grace will be given to those who have willingly entered Your most holy service. (p107)

They will discover the sweetest consolations of the Holy Spirit, who for Your love have renounced all the delights of the flesh. (p107)

They will win true freedom of mind, who for Your Name’s sake have entered on the marrow way (matt. 7:14), and set aside all worldly interests. (p107)

Chapter 11 – On Control of the Heart

For every feeling that seems good is at once to be acted upon, nor is every feeling that runs contrary to your inclinations to be immediately rejected. (p108)

It is sometimes necessary to restrain even your good intentions and endeavours, lest by over-eagerness your mind becomes distracted; lest by lack of discipline you cause offence to others; or lest you suddenly become confessed and upset by the opposition of others. (p108)

You must bravely and forcibly resist your sensual appetite, taking no account of what the boy likes or dislikes, and struggle to subdue the unwilling flesh to the spirit. (p108)

Chapter 12 – On Learning Patience

Of two evils, always choose the lesser. (p108)

My son, do not follow your lusts, and do not be self-willed. (p109, Ecclus. 18:30)

Delight in the Lord, and he will grant your heart’s desire. (p109, Ps. 37:4)

Chapter 13 – On Obedience, after the Example of Christ

CHRIST. My Son, whoever strives to withdraw from obedience, withdraws from grace. (p110)

There is no enemy more wicked or troublesome to the soul than yourself, when you are not in harmony with the Spirit, and you must have a very real scorn for self, if you are to prevail against flesh and Blood. (p110)

It is because you are unwilling to yield your will to that of others, that you are still full of self-love. (p110)

What can you, an unclean sinner, answer to any who reproach you, when you have so often offended God, and so many times deserved hell? (p111)

But I have spared you (Ezek. 20:17), for your soul was precious to Me, that you might know My love, and be ever grateful for My favour: also, that you might give yourself constantly to true obedience and humility, enduring patiently any contempt laid on you. (p111)

Chapter 14 – On the Secret Judgements of God

There can be no holiness, Lord, if You withdraw Yourself. (p111)

No wisdom can avail, if You cease to guide. (p111)

No courage can uphold, if You are not guard. (p111)

No watchfulness of our own can save us, unless Your holy care protects us; (Ps. 127:1) for if You abandon us, we sink and perish. (p111, Matt. 8:25)

But if You visit us, we are raised up and live once more. (p111)

We are unstable, unless You strengthen us; we are cold and dull, unless You kindle us to fervour. (p112)

Chapter 15 – On the Ordering of our Desires

CHRIST. My son, let this be your constant prayer: ‘Lord, if this be Your will, so let it be. (p112, James 4:15)

It is often hard to judge whether a desire springs from good or evil motives, or whether it arises from your own inclinations. (p113)

Commit all things to Me, and entrust yourself wholly to Me, saying, ‘Lord, You know what is best; let everything be in accordance with Your will. (p113)

A prayer that the Will of God may be Done

Grant me always to will and desire whatever is most pleasing and acceptable to You. (p113)

Chapter 16 – How True Comfort is to be Sought in God Alone

All human comfort is short-lived and empty; but blessed and true is the comfort - received inwardly from the Truth. (p114)

A devout man always bears Jesus his Comforter in his heart, and says to Him, ‘Lord Jesus, remain with me everywhere and at all times.’ (p114)

Let this, then, be my comfort, to be ready and willing to forego all earthly comfort. (p114)

And if Your comfort be lacking, may Your holy will and just trial of my life be my highest consolation; for You will not always be angry, nor will You condemn me for ever. (p114-115, Ps. 103:9, Isa. 57:16)
Chapter 17 – How we must put our Whole Trust in God

- The Disciple. Most insecure is the man who does not put all his trust in You. (p115, 1 Pet. 5:7)
- Lord, keep my will steadfast and true to You, and do with me whatever is Your pleasure; for all is good that comes to me by Your will. (p115)
- If You will that darkness be my lot, blessed be Your Name; if it be light, again blessed be Your Name; and if you wish to try me, ever blessed be Your Name. (p115)
- CHRIST. My son, let this be your disposition if you wish to walk with Me. (p115)
- Be as ready to suffer as to be glad; be as willing to be needy and poor as to enjoy wealth and plenty. (p115)

Chapter 18 – How Sorrows are to be Borne Patiently

- CHRIST. My son, I came down from Heaven for your salvation. (p116, John 3:17)
- I took upon My-self your sorrows, not because I must, but out of pure love, that you might learn patience, and bear without complaint all the troubles of this world. (p116)
- From the hour of My Birth until My Death on the Cross, I had always to endure sorrow. (p116, Isa. 103:3)
- I suffered great lack of worldly goods; many accusations were levelled against Me. (p116)
- I bore all disgrace and insults with meekness. (p116)
- In return for blessings I received ingratitude; for miracles, blasphemies; for My teaching, reproofs. (p116)

Chapter 19 – On Enduring Injuries, and the Proof of Patience

- The better you prepare yourself to meet suffering, the more wisely will you act, and the greater will be your merit. (p117)
- You will bear all more easily if your heart and mind is diligently prepared. (p117)
- Always be ready for battle if you wish for victory; you cannot win the crown of patience without a struggle; (2 Tim. 2:3) if you refuse to suffer, you refuse the crown. (p118)
- Therefore, if you desire the crown, fight manfully and endure patiently. (p118)
- Without labour, no rest is won; without battle, there can be no victory. (p118)

Chapter 20 – On our own Weakness, and the Trials of This Life

- From a trifling things sometimes arises a strong temptation; and when I think I am secure, I am almost overwhelmed by a mere breath. (p118)
- The desires of the body exercise too strong a hold. (p119)
- Some things cause us to love the world, others to hate it. (p119)
- They who perfectly despise the world and study to live under God’s holy rule know something of that heavenly sweetness promised to all who sincerely forsake the world. (p120)
- They see most clearly how sadly the world goes astray, and how grievously it is deceived. (p120)

Chapter 21 – How we must Rest in God Alone above all Things

- The Disciple. Above all things and in all things rest always in the Lord. (p120)

A Prayer

- Grant me, most dear and loving Jesus, to rest in You above created things. (p120, Rom. 8:19)

Chapter 22 – On Being Mindful of God’s Blessings

- The Disciple. Open my heart, O Lord, to know Your law, and teach me to live according to Your commandments. (p122, Ps. 119:1, 2 Macc. 1:4)
- All good things come of You; therefore in all things You are to be praised. (p123, Rom. 11:36)

Chapter 23 – On Four Things that Bring Peace

- Christ. My son, I will teach you the way of peace and true freedom. (p124)
- The Disciple. Lord, instruct me, I pray. I am eager to learn. (p124)
- Christ. My son, resolve to do the will of others rather than your own. (p124, Matt. 26:39)
- Always choose to possess less rather than more. (p124, Matt. 10:10)
- Always take the lowest place, and regard yourself as less than others. (p124, Luke 14:10)
- Desire and pray always that God’s will may be perfectly fulfilled in you. (p124, Matt. 6:10)
- A man who observes these rules shall come to enjoy peace and tranquility of soul. (p124)
- The Disciple. Lord, in these few words of Yours lie the whole secret of perfection. (p125)
- Give me your grace ever more richly; help me to keep Your word and advance my salvation. (p125)

A Prayer for Mental Light

- Let Your great strength be with me in the fight, and overcome the seducing desires of the flesh, that rage in me like evil beasts. (p125)
- Send out Your light (p126, Ps. 43:3) and Your truth to shine over the world; for until Your light illuminates my soul, I am dull earth, formless and empty. (p126, Gen. 1:2)
- You alone can satisfy the soul that loves You, and without You the world is worthless. (p126)
Chapter 24 – On the Evils of Curiosity

- I know the life of every man – his thoughts, his desires and his intentions. (p126)
- Therefore trust yourself entirely to My care, and let your heart be at peace. (p126)
- Await My coming, and throw open the door of your heart, I Myself will speak to you, and reveal to you My secrets. (p127)
- Be ready; watch and pray. (p127)
- Above all, be humble. (p127)

Chapter 25 – On Lasting Peace and True Progress

- Seek and desire My self alone. (p127)
- Be courageous and of such unshakeable faith that, when spiritual comfort is withdrawn, you may prepare your heart for even greater trials. (p128)
- Do not think it unjust that you should suffer so much, but confess that I am just in all My dealings, and praise My holy Name. (p128)

Chapter 26 – On the Excellence of a Free Mind

- Most loving God, I beg You so to preserve me that I am not overborne by the cares of this life. (p129)
- Keep me, also, from becoming the servant of my body's many needs, that I may not become absorbed in its pleasures. (p129)
- Save me from all the pitfalls that beset my soul, that they may not overwhelm and crush me. (p129)
- Give me strength to resist, patience to endure, and constancy to persevere. (p129)
- Give me the rich graces of Your spirit rather than all the pleasures of the world and supplant all worldly love by the love of Your Name. (p129)
- In all things, I pray You, let Your hand guide and govern me, that moderation may be my rule at all times. (p129)

Chapter 27 – How Self-Love Hinders our Search for God

- Christ. My son, you must give all for All, and keep back nothing of yourself from Me. (p130)
- Know that self-love does you more harm than anything else in the world. (p130)
- If your love is pure, simple (Matt. 6:22), and controlled, you will not become the slave of these things. (p130)
- There will always be something that does not please you, and everywhere you will find someone who opposes your wishes. (p130)
- Unless your life is built on firm foundations, and unless you stand firm in My strength, you will hardly be able to amend your life. (p130)

A prayer for a Pure Heart and Heavenly Wisdom

- Nothing in this world is lasting, and everything in this life is uncertain, troubling to the spirit. (p131, Eccles. 1:14, 2:2)

Chapter 28 – Against Slander

- If your inner life is strong, you will not pay much heed to passing words. (p131)
- A wise man remains silent when beset by evil; he turns to Me in his heart, and is untroubled by man's judgements. (p132)
- True peace and joy is to be found in Me alone. (p132)
- All unrest of heart and distraction of mind spring from disorderly affections ad groundless fears. (p132)

Chapter 29 – How we should Bless God in all Trouble

- And the harder it is for me, the easier it is for You to change my way, (Ps. 77:10), O God most high. (p133)

Chapter 30 – On Asking God's Help, and the Certainty of his Grace

- The mind of man is prone to delusions, but to be deceived by the suggestions of the Devil is a sign of spiritual weakness. (p134)
- Let not your heart be troubled, neither let it be afraid. (p134, John 14:27)
- Trust in Me, and put your whole confidence in My mercy. (p134, 2 Ps. 101:2)
- When you think I am far away, then often I am nearest to you. (p134)
- And when you think the battle almost lost, then the reward of all your toil is often near. (p134)
- All is not lost when anything turns out contrary to your plans. (p134)
- Therefore do not allow your feelings of the moment to obscure your judgement, nor yield to depression as though all hope of recovery were lost. (p134)
- Be assured that it is better for you, and for all My servants, to struggle against difficulties than to have everything as you wish. (p134)
- I know your secret thoughts, and it is necessary for your salvation that you should sometimes be deprived of spiritual joys, lest you become conceited in your happy state, and complacently imagine yourself better than you are. (p134)
- What have I have granted, I can take away, and restore it when I chose. (p134)
Chapter 31 – On Forsaking Creatures to find the Creator

- There are so few contemporaries, for there are few who can free themselves from transitory things. (p135)
- There is a great difference between the wisdom of a devout man enlightened by God, and the knowledge of a learned and studious scholar. (p136)
- More noble by far is the learning infused from above by divine grace, than that painfully acquired by the industry of man. (p136)
- When our inner inclinations are corrupted, the actions that spring from them are also corrupted. (p136)
- And this is a sign of our lack of inner strength; for from a pure heart alone spring the fruit of a holy life. (p136)
- A man's achievements are often discussed, but seldom the principles by which he lives. (p136)
- We inquire whether he is brave, handsome, rich, clever, a good writer, a fine singer, or a hard worker; but whether he is humble-minded, patient and gentle, devout and spiritual is seldom mentioned. (p136-137)
- Nature regards the outward characteristics of a man: Grace considers his inner disposition. (p137)
- And while Nature is often misled, Grace trusts in God and cannot be deceived. (p137)

Chapter 32 – On Self-Denial, and Renunciation of our Desires

- Christ. My son, complete self-denial is the only road to perfect liberty. (p137)
- Those who are obsessed by self-interest and self-love are slaves of their own desires; (2 Tim, 3:2) they are greedy, inquisitive, and discontented. (p137)
- They spend themselves in pleasures, but never in the service of Jesus Christ, their whole interest being in passing affairs. (p137)
- But all that is not of God shall perish utterly. (p37)
- Observe this simple counsel of perfection: Forsake all, and you shall find all. (p137)
- Renounce desire, and you shall find peace. (p137)
- Give this due thought, and when you have put it into practice, you will understand all things. (p137)
- The Disciple. Lord, this is not the work of a single day, and no easy matter. (p137)
- These few words contain the whole way of spiritual perfection. (p137)
- You have still many things to renounce, and unless you surrender them to Me without reserve, can you obtain what you ask of Me. (p137)
- Despite the wisdom of the world, and every temptation to please others or yourself. (p138)

Chapter 33 – On Inconstancy of Heart

- Christ. My son, do not trust your affections, for they are changeable and inconsistent. (p138)
- All your life you are subject to change, even against your inclination. (p138, Rom. 8:20)
- At one time you are cheerful, at another sad; now peaceful, now troubled; now full of devotion, now wholly lacking it; now zealous, now slothful; now grave, now happy. (p138)
- But the wise man, who, is well versed in spiritual matters, stands above these changing emotions. (p138)
- He pays small regard to his monetary feelings and whims, but directs all the powers of his mind towards the right and true end. (p138)
- Thus, having fixed his gaze and kept his intention constantly on Me, he can remain single in purpose, and unshaken under all circumstances. (p138)
- It is a rare thing to find anyone wholly free from the sin of self-interest. (p139)

Chapter 34 – On God’s Graciousness to Those who Love Him

- Those who are worldly-wise and sensually-minded lack Your wisdom, for in the world lurks much vanity, and in the flesh, death. (p139, Rom. 8:5)
- But how vast is the difference between enjoyment of the Creator and enjoyment of His creation; between things of Eternity and those of time; between Light Uncreated and light created! (p140)

Chapter 35 – How There is no Security from Temptation

- Christ. My son, there is no security from temptation in this life, and as long as you live, you will need spiritual weapons. (p140)
- Your road lies among enemies, and you are liable to attack from every quarter. (p140)
- Unless you carry the shield of patience, (Eph. 6:2) you will not long remain unwounded. (p140-141)
- And, unless you fix your heart on Me, with a firm resolve to suffer gladly for My sake, you will not endure the heat of battle, now win the crown of the Saints. (p141)
- Do not despair, do not desert your post, but steadfastly devote yourself body and soul to the glory of God. (p141)
- I will give you a rich reward (Matt. 16:27), and will be with you in all your troubles. (p141, Ps. 111:15)
Chapter 36 – Against the Vain Judgements of Men

- Keep God always before you, and do not engage in bitter controversies. (p142)
- Even if for the present you seem to suffer defeat and undeserved disgrace, do not complain nor learn your due reward through impatience. (p142, Heb. 12:1)
- Instead, raise your eyes to Me in heaven, for I have power to deliver you from all shame and wrong, and to reward every man according to his merits. (p142-143, Rom. 2:6)

Chapter 37 – How Surrender of Self Brings Freedom of Heart

- Christ. My son, renounce self, and you shall find me. (p143, Matt 16:24)
- As soon as you yield yourself unreservedly into My hands, I will grant you even richer graces. (p143)
- The Disciple. How often shall I yield myself, and in what way forsake myself, Lord? (p143)
- Christ. Always, and at all times, in small things as well as in great. (p143)
- I make no exceptions, for I desire to have you wholly divested of self: otherwise, unless you are wholly stripped of self-will, how can you be Mine, or I yours? (p143)
- The sooner you do this, the better it will be with you, and the more completely and sincerely you do it, the better you will please Me, and the greater will be your gain. (p143)

Chapter 38 – On the Right Ordering of our Affairs

- Control circumstances, and do not allow them to control you. (p144)

Chapter 39 – How we should not be Over Anxious

- Man's affections do not remain constant, but tend to move from one objet to another. (p145)
- It is therefore no small advantage, if a man can renounce self even in small things. (p145)
- Man's true spiritual progress departs on the denial of self, and he who renounces self is completely free and secure. (p145)
- The Old Enemy (1 Pet. 5:8) never ceases to tempt man. (p145)
- 'Watch and pray lest you enter into temptation.' (p145, Matt. 26:41)

Chapter 40 – How Man has no Personal Goodness of which to Boast

- You alone, and without human aid, can help and strengthen me, so that I may no longer be unstable, but turn my heart to You alone, and be at peace. (p146)
- No mortal man can comfort me, and if only I could wholly renounce all human comfort – whether to increase my devotion, or because my needs compel me to seek You, then I could rightly trust entirely to Your grace, and rejoice in the gift of Your renewed comfort. (p146)
- For so long as a man is filled with complacency, he displeases You: and while he hankers after popularity and praise, he is deprived of true virtue. (p147)

Chapter 41 – On Contempt for Worldly Honours

- Unless I am ready, willing, and glad to be displeased and abandoned by all creatures, and to be regarded as of no consequence, I cannot obtain inward peace and stability, nor can I become spiritually enlightened and fully united to You. (p148)

Chapter 42 – That our Peace cannot depend on Man

- Christ. My son, if your peace depends on anyone, by reason of your affection or friendship with him, you will always be unsettled, and dependent on him. (p148)
- Your love for a friend must rest in Me, and those who are dear to you in this life must be love only for My sake. (p148)
- No good and lasting friendship can exist without Me, and unless I bless and unite all love it cannot be pure and true. (p148)
- Man draws the nearer to God as he withdraws further from the consolations of this world. (p148)
• And the deeper he descends into himself and the lower he regards himself, the higher he ascends towards God. (p148)
• The grace of the Holy Spirit always seeks a humble heart. (p148)

Chapter 43 – A Warning against Vain and Worldly Learning
• Christ. Never study in order to appear more-wise and learned: study rather to overcome your besetting sins, for this will profit you more than will the grasp of intricate problems. (p149)
• I am God, who enables the humble-minded to understand more of the ways of the everlasting Truth in a Single moment than ten years of study in the Schools. (p149-150)
• I teach in silence, without the clamour of controversy, without ambition for honours, without confusion of argument. (p150)
• I teach men to despise earthly things, to find this present life burden-some, to seek eternal things, to shun honours, to endure, to place all trust in Me, to desire nothing but Myself, and to love Me ardently above all things. (p150)
• I alone am the Teacher of truth, the Searcher of man’s heart, the Discerner of his doings, and I give to each man as I judge right. (p150, 1 Cor. 12:11)

Chapter 44 – On Avoiding Distractions
• So long as you remain in God's grace, and carry His Will in your heart, you will more easily endure apparent discomfiture. (p150)
• We attend to matters of little or no value, and neglect those of the greatest importance. (p151)
• For when a man devotes all his energies to material affairs, he rapidly becomes immersed in them, unless he quickly recovers his senses. (p151)

Chapter 45 – How we should not Believe all we Hear
• Whoever trusts in You, Lord, and seeks You with a pure heart, does not easily fall. (p151)
• There are few to who we should open our hearts, but we should always seek You, who see into all hearts. (p152)
• Grace is most powerful when preserved in silence in this transitory life, which consists wholly of temptation an warfare. (p153)

Chapter 46 – On Putting our Entire Trust in God
• The witness of men is often false, but My judgement is true: it shall stand, and shall not be set aside. (p154)
• It is hidden from many, and revealed in its fullness only to few. (p154)

Chapter 47 – How Burdens must be Borne to win Eternal Life
• Labour with all your might; work faithfully in My vineyard: (Matt. 20:7) I Myself will be Your reward. (p155, Gen. 15:1).

Chapter 48 – On Eternity, and the Limitations of This Life
• It is for this reason that You, who are the Truth, have plainly said, ‘Where your treasure is, there will your heart be aside.’ (p158, Matt. 6:21)
• If I love Heaven, I think readily of Heavenly things. (p158)
• If I love the world, I take pleasure in the delights of the world, and grieve in its troubles. (p158)

Chapter 49 – On the Desire for Eternal Life, and the Wonder of God’s Promises
• Do not ask for what is pleasant and profitable to yourself, but what is acceptable to me and tends to My glory; for if you view things in their proper light, you will prefer light, you will prefer and follow My direction rather than your own desires, whatever they may be. (p160)
• I know your desire, and have often heard you cry. (p160)
• You must still be proved in this life, and many trials await you. (p160)
• Consolation will sometimes be granted you, but not in its fullness. (p160)
So be strong and courageous, (Joshua 1:7) both in doing and enduring what by nature is repugnant to you. (p160)

It is necessary for you to become a new man (Eph. 4:24), and to be changed into another person. (p160, 1 Sam. 10:6)

It is often your duty to act against your own inclination, and to set aside your own wishes. (p160)

The affairs of others may prosper, while your own wishes are frustrated. (p160)

The words of others will be listened to, while yours will be disregarded. (p160)

Others will ask and receive their request, while you ask and receive nothing. (p160)

Others will be highly commended, while you remain unrecognized. (p160)

Others will be entrusted with this or that office, while you are not considered suitable for anything. (p160)

Your nature will cry out at this treatment, but it will be a great achievement if you remain silent, for in these and similar ways the faithful servant of our Lord is tested, that he may learn to deny and subdue himself in everything. (p160)

Let this be your constant desire – that, whether in life or death, God may at all times be glorified in you. (p162, Phil. 1:20)

Chapter 50 – On Trust in God in all Trouble
- It is good for me that I have suffered humiliation, (Ps. 69:7) that I may seek comfort in Yourself rather than in men. (p163)
- It is better to be punished in this life than the next. (p164)
- When one man flatters another, then one deceives another; the vain deceives the vain, the weak deceives the weak; and the higher the flattery, the deeper the shame it bring in its train. (p164)
- For, ‘what every man is in Your sight, O Lord, that he is and nothing more’, says the humble Saint Francis. (p164, S. Bonaventura, Life of S. Francis, Ch. 6)

Chapter 51 – How when we Lack Strength for Higher Work we should Undertake Humble Tasks
- Christ. My son, you cannot always burn with zeal for virtue, nor remain constantly in high contemplation; the weakness of sinful human nature will at times compel you to descend to lesser things, and bear with sorrow the burdens of this present life. (p165)
- So long as you wear this mortal body, you will be subject to weariness and sadness of heart. (p165)
- Therefore, in this life, you will often lament the burden of the body, which hinders your giving yourself wholly to the life of the spirit and to divine contemplation. (p165)

Chapter 52 – How no Man is Worthy of God’s Comfort
- What have I deserved for my sins, but hell and everlasting fire? (p166)
- I sincerely confess that I am fit only for scorn and contempt; I am unfit to be counted among Your faithful servants. (p166)
- Why do you demand of a guilty and wretched sinner that he repent and humble himself for his offences? (p166)
- It is because in true penitence and humbleness of heart is born the hope of pardon; the troubled conscience is reconciled; lost grace restored; man is spared the anger of God; (Matt. 3:7) while God and the penitent soul greet each other in a holy embrace. (p166, Rom. 16:16)
- You have never despised a contrite and humble heart. (p167, Ps. 51:17)

Chapter 53 – How God’s Grace is not Granted to the Worldly-Minded
- If you wish to receive it, you must remove every obstacle to grace. (p167)
- Pour forth devout prayer to God, that you may preserve a humble mind and a clean conscience. (p167)
- For you cannot attend to Me, and at the same time take pleasure in worldly things. (p167)
- Remain detached from acquaintances and friends and independent of this world’s consolations. (p167)

- It is for this reason that the blessed Apostle Peter begs all the faithful in Christ to keep themselves as strangers and pilgrims in this world. (p167, 1 Pet. 2:2)
- When a man sincerely desires to be spiritual, he must renounce all, both friend and stranger, and must beware of none more than himself. (p167)
- If you can win complete mystery over self, you will easily master all else. (p167)

- To triumph over self is the perfect victory. (p167)
- Lay the axe to the roots, (Matt. 3:10, Luke 3:9) to cut out and destroy all inordinate and secret love of self, and of any personal and material advantage. (p167)
- As soon as this evil is mastered and subdued, great peace and lasting tranquillity will follow. (p168)

Chapter 54 – On the Contrary Workings of Nature and Grace
- Grace moves in simplicity, avoiding every appearance of evil. (p168)
- Grace mortifies herself, resists sensuality, submits to control, seeks to be overcome. (p169)
• Grace takes pleasure in simple and humble things, neither despising the rough - nor refusing to wear the old and ragged. (p169)
• Grace pays attention to things eternal, and is not attached to the temporal. (p169)
• Grace seeks comfort in God alone, and delights in the Sovereign Good above all visible things. (p170)

Chapter 55 – On the Contemplation of Nature, and the Power of God
• Without grace I am nothing, but a dry tree, a barren stock (Ecclus. 6:3) fit only for destruction. (p173)

Chapter 56 – How we must Follow Christ’s Way of the Cross in Self-Denial
• If you wish to enter into Life My Commandments. (p174, Matt. 19:17)
• If you wish to know the Truth, believe Me. (p174)
• If you wish to be perfect, sell everything. (p174, matt. 19:21)

• If you wish to be disciple, deny yourself. (p174, Matt. 16:24)
• If you wish to possess the blessed Life, despise this present life. (p174)
• If you wish to be exalted in Heaven, be humble in this world. (p174)
• If you wish to reign with Me, bear the cross with Me; for none but the servants of the Cross discover the Way of blessedness and true light. (p174)

Chapter 57 – That we should never Despair
• The violence of your feelings will soon subside, and grace return to heal your inner pain. (p176)
• ‘I live,’ (Isa. 49:18) says the Lord, ‘ready to help and comfort you more than ever, if you will trust Me and call on Me with devotion.’ (p176)
• Be of good heart (Baruch 6:30), and steel yourself to endure greater trails. (p176)

Chapter 58 – How we may not inquire into the Searchable Judgements of God
• ‘I am not the God of dissension, but of peace. (p177, 1 Cor. 14:33)
• Beware, therefore, My son, of being over curious about matters beyond your knowledge; let your aim and object rather be to be counted even among the least in the Kingdom of God. (p179)
• Woe to those who are too proud to readily humble themselves like little children, for the humble gates of Heaven will not open to admit them. (p180)
• Woe also to the rich, who enjoy their pleasures in this life; (Luke 6:24) for while the poor enter into the Kingdom of God, they shall stand weeping outside. (p180)
• Be glad, you humble! Leap for joy, O poor! The Kingdom of God is yours if you will but live in the Truth. (p180, 2 John 4)
• Unless You abide with me, all things that seem to bring peace and happiness are as nothing, for they cannot bestow true happiness. (p181)
The Voice of Christ

‘Come to Me, All who labour are heavily laden, and I will refresh you,’ says the Lord. (p183, Matt. 11:28)
‘Whosoever eats my flesh and drinks my blood; dwells in Me, and I in Him.’ (p183, John 6:56)
These things that I have told you are Spirit and Life.’ (p183, John 4:63)

Chapter 1 – On the Deep Reverence with which Christ should be Received

In this Sacrament, spiritual grace is conveyed, lost virtue restored to the soul, and its sin-ravaged beauty renewed. (p186)
Such is the grace of this Sacrament, that from the fullness of devotion You afford greater powers not only to the mind, but to the frail body. (p186-187)

Chapter 2 – On the Great Goodness and Love of God in this Sacrament

For as often as you consider this Mystery, and receive the Body of Christ, you set forward the work of your redemption, and become a sharer in all the merits of Christ. (p189)
Therefore, continually dispose yourself to the renewal of your mind, and ponder deeply the great mystery of salvation. (p189)

Chapter 3 – On the Virtue of Frequent Communion

You are my Savour and my Redeemer, my hopes and my strength, my honour and my glory. (p190)
My soul longs to receive Your Body; my heart yearns to be united to You. (p190)
Holy Communion both restrains a man from evil, and establishes him in goodness. (p191)

Chapter 4 – On the Many Blessings Granted to the Devout Communicant

By it, our vices are cured, our passions restrained, temptations are lessened, grace is given in fuller measure, and virtue once established is fostered; faith is confirmed, hope is strengthened, and love kindled and deepened. (p192)
O good Jesus, most holy Saviour, I pray You of Your mercy and grace to supply whatever is lacking in me. (p193)

Chapter 5 – On the Dignity of the Sacrament, and of the Priestly Office

The priest is the minister of God, using the words of God by His own command and appointment; but God Himself is the principal agent and unseen worker, to whose will all things are subject (Wis. 12:18), and whose command all creatures obey. (p194)

Chapter 6 – On Preparation for Communion

I must learn to prepare my heart for You devoutly and reverently, both for the fruitful receiving of Your Sacrament, and for the right offering of so divine a Sacrifice. (p196)

Chapter 7 – On Self-Examination, and the Purpose of Amendment

Christ. It is fitting that a priest be endowed above all else with humility of heart and profound reverence, and that when he celebrates, handles or receives the Sacrament, he does so with firm faith and with the sacred purpose of giving glory to God. (p196)
Confess to God from the depths of your heart all the misery of your passions. (p196, Ps. 32:5)
Grieve that you are still so carnal and worldly; so undisciplined in your passions, and so full of bodily cravings; so unguarded in your outward sense; so often engrossed in vain fancies; so absorbed in worldly affairs and so indifferent to spiritual; so easily moved to laughter and levity, so disinclined to sorrow and penitence; so eager for ease and self-indulgence, so averse to zeal and self-discipline; so anxious to hear news and see fine sights, so reluctant to accept humble and simple things; so greedy for great possessions, so miserly in giving, so tenacious in keeping; so intertemperate in speech, so unwilling to keep silence; so disorderly in manners, so impetuous in action; so greedy for food, so deaf to the Word of God; so quick to rest, so slow to work; so wide-awake to listen to idle tales, so sleepy at holy vigils; so hurried in your devotions, so wandering in attention; so careless in reciting the Hours, so lukewarm at the Eucharist, so lacking in devotion at Communion; so easily distracted, so seldom wholly recollected; so suddenly roused to anger, so quick to take offence; so ready to judge, so severe in reproof; so cheerful in prosperity, so weak in adversity; so frequently proposing many good deeds, and so seldom doing them. (p196-197)
‘I live,’ says the Lord, ‘and do not desire the death of a sinner, but rather that he be converted and live.’ (p198, Ezek. 18:22, Isa. 43:25, Heb. 10:17)

Chapter 8 – On the Offering of Christ on the Cross

A free offering of yourself into the hands of God must therefore precede all your dongs if you desire to obtain freedom and grace. (p198)
The reason why so few receive inward light and freedom is that they cannot renounce self. (p198-199)
My words remain unalterable: whoever does not renounce everything cannot be My disciple. (p199, Luke 14:33)
Therefore if you wish to be My disciple, offer yourself to Me with all your heart. (p199)

Chapter 9 – How we must offer Our-selves wholly to God and Pray for all Men
- Blot out the stains of my sins, and cleanse my conscience (Heb. 9:14, 1 John 1:7) from all offences: restore the grace lost by my sin: grant me full forgiveness, and of Your mercy receive me with the kiss of peace. (p199)
- O Lord, take from our hearts all suspicion, ill-feeling, anger and contention, and whatever may injure charity and brotherly love. (p200)
- Have mercy, O Lord, have mercy on all who ask Your mercy. (p200, Ps. 123:3)

Chapter 10 – That Holy Communion is not to Lightly Foregone
- Satan’s most violent assaults often come upon people whenever they make their preparation for Holy Communion. (p201)
- As it is written in Job, that wicked spirit comes among the children of God (Job 1:7) to trouble them with his accustomed malice, or to make them fearful and uncertain. (p201)
- Of what use it is to delay confession, or to put off Holy Communion? (p202)
- Cleanse yourself at once; spit out the poison quickly, and take the remedy without hesitation; swift action will laid you better than delay. (p202)
- It is very hurtful to delay Communion over a long period, for this often results in sloth and spiritual dryness. (p202)
- Blessed is the man who, whenever he celebrates the Eucharist or receives Communion, offers himself to Our Lord as a living sacrifice. (p203)
- And when celebrating, be neither too slow not too hurried, but observe the common usage of those with whom you are living. (p203)
- Be careful not to cause irritation or weariness to others, but observe the customs appointed by the Fathers, and consider the benefit of others before your personal devotion or preference. (p203)

Chapter 11 – How the Body of Christ and the Scriptures are most Necessary to the Faithful Soul
- Let his eyes, that so often look on the Body of Christ, be simple and chaste. (p206)
- Let his hands, that handle the Creator of Heaven and earth, be pure and raised to Heaven. (p206, 1 Tim. 2:8)
- For to priests in particular are addressed the words of the Law, ‘Be holy, for I the Lord your God am holy.’ (p206, Lev. 19:2)
- Almighty God, let Your grace assist us, that we are who have undertaken the office of priesthood may be enabled to serve You worthily and devoutly in all purity and with a good conscience. (p206)

Chapter 12 – On the Need for Careful Preparation to Receive Christ in Holy Communion
- Christ. I am the lover and giver of all holiness. (p207)
- I seek a pure heart, and there will I dwell. (p207, Acts 7:49, Isa. 66:1)
- Prepare and make ready for Me a large upper room, and there will I and My disciples eat the Passover (Mark 14:15, Luke 22:12) with you. (p207)
- If you feel no devotion, but suffer dryness of soul, persevere in prayer, sigh and knock (p208, Matt. 7:7, Luke 11:9)
- You do not come to sanctify Me, but I come to sanctify and raise you. (p208)
- You come in order to be hallowed and united to Me; that you may receive fresh grace, and be inspired anew to amendment of life. (p208)
- Do not neglect this grace (1 Tim. 4:14), but prepare yourself with all care, and invite your Beloved into your heart. (p208)

Chapter 13 – How the Devout Soul should Sincerely Desire Union with Christ in his Sacrament
- For this is my prayer and desire, that I may be wholly united to You, and withdraw my heart from all created things; that through Holy Communion and frequent offering of the Eucharist, I may come to delight in heavenly and eternal things more and more. (p209)
- Nothing that I can give will be more acceptable to Him than my whole heart, to be inwardly united to Him in utter surrender. (p210)
- When my soul is perfectly united to God, my whole being will be filled with joy. (p210)
- Then will He say to me, ‘if you will dwell with Me, I pray, for I will gladly remain with You. (p210)
- It is my sole desire, that my heart be united to you. (p210)

Chapter 14 – On Ardent Desire for the Body of Christ
- O good and kind Jesus, have mercy on me, and grant me Your mendicant at least sometimes to feel a measure of this heartfelt desire of Your love in sacred Communion, that my faith may be strengthened; that my hope in Your goodness may be fostered; and that love once perfectly kindled, having tested the Bread of Heaven, may never fail. (p211)
Chapter 15 – How Devotion is Won by Humility and Self-Denial
- Christ. You must seek the grace of devotion with earnestness, ask for it with real desire, wait for it with patience and trust, receive it with thankfulness, keep it with humility, use it with diligence, and commit to God the time and manner of His heavenly gift. (p211)
- Above all, humble yourself when you feel little or no inner devotion, and do not be too depressed or discouraged, for God often grants in one short moment when He has withheld for a long while. (p212)
- And sometimes He grants in due time what He delayed to grant at your first request. (p212)
- Nothing will afford you more joy and satisfaction than the perfect fulfilling of God’s will. (p212)

Chapter 16 - How we should Declare our Needs to Christ, and Ask his Grace
- You know my weakness and my many needs, the countless sins and vices that afflict me, and how often I am discouraged, tempted, troubled and defiled. (p213)
- I come to You for healing: I beg You to comfort and relieve me. (p213)
- I make my prayer to Him who knows all things (John 21:17), to whom my inmost thoughts lie unconcealed, and who alone can perfectly comfort and aid me. (p213)
- You know the graces I most need, and how lacking I am in all virtues. (p213)
- You are the Love that purifies the heart and lights the mind. (p214)

Chapter 17 – On Ardent Love and Eager Desire to Receive Christ
- O Lord my God, my Creator and Redeemer, I wish to receive You today with that affection, reverence, praise and honour, with that gratitude, worthiness, and love, with that faith, hope and purity with which Your most holy Mother, the glorious Virgin Mary, desired and received You, when she devoutly and humbly answered the Angel who brought the joyful message of the Mystery of the Incarnation: ‘Behold, the handmaid of the Lord: be it done to me according to Your word. (p215, Luke 1:38)

Chapter 18 – How we should Approach Christ’s Sacrament Humbly, Submitting Reason to Holy Faith
- It is faith and a holy life that are required of you, not a lofty intellect or knowledge of the profound mysteries of God. (p216)
- For if you cannot understand or grasp things that are beneath you, how will you comprehend those that are above you? (p216)
- Therefore submit yourself to God, and humble your reason to faith, and the light of knowledge shall be granted you is so far as it be profitable and necessary. (p216)
- Go forward, then, with simple, undoubting faith, and come to this Sacrament with humble reverence, confidently committing to almighty God whatever you are not able to understand. (p217)
- God walks with the simple, (Ps. 119, 130) reveals Himself to the Humble, gives understanding to little ones, discloses His secrets to pure minds, and conceals His grace from the curious and conceited. (p217, Matt. 11:25)
- Were the works of God readily understandable by human reason, they would be neither wonderful nor unspeakable. (p217)