

Humility is the true knowledge of ourselves, reduced to practice.

Burn with zeal for the salvation of your neighbour: when you reflect that the redemption of even one soul, cost the Almighty more than the creation of the whole world.

The most noble and honorable work in which man can be engaged, is to co-operate with Jesus Christ, for the salvation of souls.

Do not degrade your noble nature by sin: when you reflect that it is elevated in the humanity of Jesus Christ, above all the choirs of heaven.

If you wish to obtain true peace, even in this life, be humble and meek of heart.

If you are afflicted, and remember that you have sinned, acknowledge that your afflictions are the just punishment of your sins. If you be not conscious of great sins, bless the paternal hand of God, which marks you out as one of his children, for he chastises those whom he loves.

When you hear the gospel read, imagine that you are listening to Jesus Christ in person.

Be always kind to the poor for his sake, who, when he was rich, became poor for your sake. The rich will always have friends enough; do you befriend the poor. They will repay you with interest in their own kingdom, which is heaven.

If you are conscious of having ever committed mortal sin, say to

yourself, continually: it is certain that I have deserved hell; it is uncertain whether God has forgiven me. This will always preserve in you a spirit of penance.

He who sincerely forgives an injury, is in some manner like to God.

If you grow tepid in the service of God, say to yourself: God is immutable, he is always the same, and why should I change my dispositions towards him? He is now as amiable and lovely as ever; why then should I not love him as ardently as ever I did? Nay, I should love him more fervently now than at any former period, because I am under new obligations to his bounty.

Whenever you go to confession, imagine that it is the last of your life, and act accordingly.

Love little children, because Jesus Christ loved them, and because the Holy Spirit dwells in their innocent hearts. Take a delight in inflaming their pure hearts, with the love of your pure God.

Every day you may make three spiritual communions with great profit,

No day should pass over without meditation.

Mental prayer is the nourishment of a spiritual life. Without it no one becomes holy to an eminent degree.

In order to become a saint, you have only to discharge faithfully the duties of your state. Know them and you are wise; fulfil them and you are a saint.