

in order to live in recollection. Excite yourself to sentiments of piety. Labor to acquire purity of heart.

ST. BENEDICT.

Endeavour to think well, to speak well, and to act well, in order to please God.

Labor to be humble of heart, and to serve God purely : humility of heart and pure love are the two wings by which we ascend to perfection.

Employ all the moments of your life in the service of the Lord alone ; you can do nothing better.

Speak of God through love for him, or be silent ; silence is the guardian of retirement and piety.

ST. SCHOLASTICA.

Let the heart of Jesus be the place on which your heart will repose.

You do not love Jesus Christ, if in your sufferings, one single look at your crucifix does not make you forget all.

Think on Jesus crucified, with love adore him ; kiss with veneration the sacred wound which leads to his heart : enter in there and bury yourself in it, and burn with love for a God who has loved you so much.

Admire what others do, and entertain a sovereign contempt for what you do yourself ; the humble Jesus, who loves the humble, will be always in your hearth.

ST. ONO.

Open your door to the poor of Jesus Christ during your life, and the gates of heaven will be open to you at the hour of your death.

Preserve yourself in humility by reflecting that all the evil you commit is your own work, and that all the good you do is performed by God. ST. ONO.

Strive to do well every thing that you do. Oh, what a pleasure there is in doing good when it is well done ! It produces at the moment great delight, and afterwards excellent fruit.

Humble yourself profoundly by reflecting on the one hand, what Jesus Christ and the saints have done, and on the other, what you are doing.

ST. ROMUALD.

Do nothing, except prepare yourself to die well by permitting grace to operate in you : you have nothing to do on earth but this.

Is it not just, useful, and necessary to suffer with resignation for the love of God, every thing that God wishes we should suffer ?

When you are fatigued with labor, or in suffering, be animated by this reflection : I shall have time enough in heaven for repose and enjoyment.

Seek to please but God alone, desire nothing but God : he alone is better than millions of worlds.

In the midst of your sufferings cast yourself successively into the heart of Mary, into the heart of Jesus, and into that of God, and you will be infallibly consoled.

ST. ROBERT.

Have a great distrust in yourself, and a great confidence in God. Let your confidence in God be such that you may apprehend nothing in this world so much as to lose confidence in him.

If you be so wretched and miserable it is your own fault alone. Why do you not humble yourself before God, and continually implore his graces ? He only waits for this to enrich you with his blessings.