

God demands nothing more of thee, and this duty will lead thee to Heaven.

To be meek towards self is, moreover, *to take courage* after a fall, a humiliating fault, a failing that casts one down ; but to do so charitably, affectionately. " Come, my soul, it is nothing ; thou hast a good father, a generous master to deal with. — Acknowledge thy fault, humble thyself, and while awaiting absolution, resume thy daily duties with ordinary activity.

Lastly, to be meek towards self is to fortify one's self against abandonment, discouragement etc.

There are two things that fortify us : *prayer* and *labor*.

There is one that raises up again : *devotedness* and *sacrifice*.

These remedies are always within my reach.

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