

SOME WISDOM FROM ST. FRANCIS DESALES

Do not look forward to the trials and crosses of this life with dread and fear; rather look to them with full confidence that, as they arise, God, to Whom you belong will deliver you from them.

He has guided and guarded you thus far in life. Do you but hold fast to His dear Hand, and He will lead you safely through all trials. Whenever you cannot stand, He will carry you lovingly in His Arms.

Do not look forward to what may happen tomorrow. The same eternal Father who cares for you today will take good care of you tomorrow and everyday of your life.

Either He will shield you from suffering or give you the unfailing strength to bear it. Be at peace, then, and put aside all useless thoughts, vain dreads and anxious imaginations.

Take courage, and turn troubles, which you cannot remedy, into material for progress and maturity.

Think often of the Lord for He will enable you to bear your troubles patiently. All troubles will be powerless to move you if only you remember that you have such a Friend.

Do everything calmly and peacefully. Do as much as you can as well as you can.

Strive to see God in all things without exception, and consent to His Will joyously. Do everything for God, uniting yourself to Him in word and deed.

Walk very simply with the Cross of the Lord and be at peace with yourself. You shall steer safely through every storm so long as your trust is fixed on God.

Do not loose your inner peace for anything whatsoever, not even if your whole world seems upset. If you find that you have wandered away from the shelter of God, lead your heart back to Him quietly and simply.

Do all things in the name of God, and you will do all things well. Whether you eat or drink, work or sleep, you will profit greatly before God by doing all these things as God wants them done.

Whatever happens, never let go. Hold steadfastly to God in peace, trusting in His Everlasting Love for you.