

Day 11

“Although what is essential in this devotion consists in the interior, we must not fail to unite to the inward practice certain external observances. ‘...*these you ought to have done, without neglecting the others*’ (Matthew 23:23). The outward practices, well performed, aid the inward ones ...” (*True Devotion to Mary*, St. Louis De Montfort).

Don't worry if you miss a day; just pick up when you can. If you misplace the email, all the entries are on the website here:

<https://sacredheartwinchester.org/2022/11/06/experience-the-powerful-spiritual-effects-of-true-devotion-to-mary/> We also have the guides in the Gift Shop if you would like to have a hard copy of the book.

Chapter four – read pages 58-61

Reading: *Imitation of Christ*, by Thomas á Kempis: Book 1, Chapter 25

On the Fervent Amendment of our Whole Life

When a certain anxious person, who often times wavered between hope and fear, once overcome with sadness, threw himself upon the ground in prayer, before one of the altars in the Church and thinking these things in his mind, said "Oh, if I only knew how to persevere in virtue until my death."

That very instant he heard within him, this heavenly answer: "And if thou didst know this, what would thou do? Do now what you would do, and thou shall be perfectly secure."

And immediately being consoled, and comforted, he committed himself to the Divine Will, and his anxious thoughts ceased. He no longer wished for curious things; searching to find out what would happen to him, but studied rather to learn what was the acceptable and perfect will of God for the beginning and the perfection of every good work.

"Hope in the Lord," said the Prophet, "And do all good, and inhabit the land, and thou shall be fed of the riches thereof."

There is one thing that keeps many back from spiritual progress, and from fervor in amendment namely: the labor that is necessary for the struggle. And assuredly they especially advance beyond others in virtues, who strive the most manfully to overcome the very things which are the hardest and most contrary to them. For there a man does profit more and merit more abundant grace, when he does most to overcome himself and mortify his spirit.

All have not, indeed, equal difficulties to overcome and mortify, but a diligent and zealous person will make a greater progress though he have more passions than another, who is well regulated but less fervent in the pursuit of virtues.

Two things greatly help a man amend his life: 1) a strong withdrawal from himself and from those things which his body most craves, and 2) fervent labor for the virtues he most needs.

Daily prayers to recite

Veni Creator

Come, Holy Spirit, Creator blest,
and in our souls take up Thy rest; come with Thy grace and heavenly aid to fill the hearts
which Thou hast made.

O comforter, to Thee we cry,
O heavenly gift of God Most High, O fount of life and fire of love, and sweet anointing
from above.

Thou in Thy sevenfold gifts are known;
Thou, finger of God's hand we own;
Thou, promise of the Father,
Thou Who dost the tongue with power imbue.

Kindle our sense from above,
and make our hearts o'erflow with love; with patience firm and virtue high
the weakness of our flesh supply.

Far from us drive the foe we dread, and grant us Thy peace instead;
so shall we not, with Thee for guide, turn from the path of life aside.

Oh, may Thy grace on us bestow
the Father and the Son to know;
and Thee, through endless times confessed, of both the eternal Spirit blest.

Now to the Father and the Son,
Who rose from death, be glory given,
with Thou, O Holy Comforter,
henceforth by all in earth and heaven. Amen.

Ave Maris Stella

Hail, O Star of the ocean, God's own Mother blest, ever sinless Virgin,
gate of heav'nly rest.

Taking that sweet Ave, which from Gabriel came, peace confirm within us, changing
Eve's name.

Break the sinners' fetters, make our blindness day, Chase all evils from us, for all
blessings pray.

Show thyself a Mother, may the Word divine
born for us thine Infant

hear our prayers through thine.

Virgin all excelling, mildest of the mild,

free from guilt preserve us meek and undefiled.
Keep our life all spotless, make our way secure
till we find in Jesus,
joy for evermore.
Praise to God the Father, honor to the Son,
in the Holy Spirit,
be the glory one. Amen.

Magnificat

My soul doth magnify the Lord. And my spirit hath rejoiced in God my Savior. Because He hath regarded the humility of His handmaid; for behold, from henceforth all generations shall call me blessed. Because He that is mighty hath done great things to me; and holy is His name. And His mercy is from generation to generations, to them that fear Him. He hath showed might in His arm; He hath scattered the proud in the conceit of their heart.

He hath put down the mighty from their seat; and hath exalted the humble. He hath filled the hungry with good things; and the rich he hath sent empty away. He hath received Israel His servant, being mindful of His mercy. As He spoke to our fathers, to Abraham and to his seed forever. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen.