

## Day 4

If you are just joining us, welcome! Remember, this is a process of conversion and consecration, it's not a marathon. The readings, texts, and prayers are all important but the readings will help change your perspective and give you the tools for consecration. If you are pressed for time, prioritize reading the text to which we link. 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/>

**Chapter two** - read pages 24-28

**Reading:** *Imitation of Christ*, by Thomas á Kempis: Book 3, Chapters 7, 40

That man has no good of himself, and that he cannot glory in anything Lord, what is man, that Thou art mindful of him; or the son of man, that Thou visit him? What has man deserved that Thou should give him grace? Lord, what cause have I to complain, if Thou forsakest me, or what can I justly allege, if what I petition Thou shalt not grant?

This most assuredly, I may truly think and say: Lord I am nothing, I can do nothing of myself, that is good, but I am in all things defective and ever tend to nothing. And unless I am assisted and interiorly instructed by Thee, I become wholly tepid and relaxed, but Thou, O Lord, art always the same, and endurest unto eternity, ever good, just and holy, doing all things well, justly and holily and disposing them in wisdom.

But I who am more inclined to go back, than to go forward, continue not always in one state, for I am changed, seven different times. But it quickly becomes better when it pleases Thee, and Thou stretchest out Thy helping hand: for Thou alone, without man's aid can assist me and so strengthen me, that my countenance shall be more diversely changed: but my heart be converted and find its rest in Thee alone.

He who would be too secure in time of peace will often be found too much dejected in time of war. If you could always continue to be humble and little in your own eyes, and keep your spirit in due order and subjection, you would not fall so easily into danger and offense. It is good counsel that, when you have conceived the spirit of fervor, you should meditate how it will be when that light shall be withdrawn.

### **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.