

## Day 6

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 34-38

**Reading:** *Imitation of Christ*, by Thomas á Kempis: Book 1, Chapter 18

On the examples of the Holy Fathers. Look upon the lively examples of the holy Fathers in whom shone real perfection and the religious life, and you will see how little it is, and almost nothing that we do. Alas, what is our life when we compare it with theirs? Saints and friends of Christ, they served our Lord in hunger and in thirst, in cold, in nakedness, in labor and in weariness, in watching, in fasting, prayers and holy meditations, and in frequent persecutions and reproaches. Oh, how many grievous tribulations did the Apostles suffer and the Martyrs and Confessors and Virgins, and all the rest who resolved to follow the steps of Christ! For they hated their lives in this world, that they might keep them in life everlasting. Oh what a strict and self-renouncing life the holy Fathers of the desert led! What long and grievous temptations did they bear! How often were they harassed by the enemy, what frequent and fervent prayers did they offer up to God, what rigorous abstinence did they practice!

What a valiant contest waged they to subdue their imperfections! What purity and straightforwardness of purpose kept they towards God! By day they labored, and much of the night they spent in prayer; though while they labored, they were far from leaving off mental prayer. They spent all their time profitably. Every hour seemed short to spend with God; and even their necessary bodily refreshment was forgotten in the great sweetness of contemplation. They renounced all riches, dignities, honors and kindred; they hardly took what was necessary for life. It grieved them to serve the body even in its necessity. Accordingly, they were poor in earthly things, but very rich in grace and virtues.

### 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.