

Day 8

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 three – read pages 44-45

Chapter four – read pages 46-48

Reading: *Imitation of Christ*, by Thomas á Kempis: Book 1, Chapter 13

Of Resisting Temptations

As long as we live in this world, we cannot be without temptations and tribulations. Hence it is written in Job "Man's life on earth is a temptation." Everyone therefore should be solicitous about his temptations and watch in prayer lest the devil find an opportunity to catch him: who never sleeps, but goes about, seeking whom he can devour. No one is so perfect and holy as sometimes not to have temptations and we can never be wholly free from them. Nevertheless, temptations are very profitable to man, troublesome and grievous though they may be, for in them, a man is humbled, purified and instructed. All the Saints passed through many tribulations and temptations and were purified by them. And they that could not support temptations, became reprobate, and fell away.

Many seek to flee temptations, and fall worse into them. We cannot conquer by flight alone, but by patience and true humility we become stronger than all our enemies. He who only declines them outwardly, and does not pluck out their root, will profit little; nay, temptations will sooner return and he will find himself in a worse condition. By degrees and by patience you will, by God's grace, better overcome them than by harshness and your own importunity. Take council the oftener in temptation, and do not deal harshly with one who is tempted; but pour in consolation, as thou wouldst wish to be done unto yourself. Inconstancy of mind and little confidence in God, is the beginning of all temptations. For as a ship without a helm is driven to and fro by the waves, so the man who neglects and gives up his resolutions is tempted in many ways.

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.