Part III – EXERCISE OF SPIRITUAL REPOSE (extracts)

1. Having chosen a suitable time for this sacred repose, I will try, before anything else, to refresh my memory about all the good experiences, desires, affections, resolutions, projects, feelings, and consolations with which the divine majesty has previously inspired me .... I will also recall the obligation I have toward him ....

2. That being done, I will gently rest in the consideration of the vanity of the greatness, riches, honors, comforts, and desires of this unclean world; I will stop to consider the short duration of such things, their uncertainty, their and, and their incompatibility with true and solid pleasures.

3. I will gently rest in the consideration of the ugliness, baseness, and deplorable misery that is found in vice and sin, and in the miserable people who are obsessed and possessed by it .... They never give truly solid happiness, but only the illusion of happiness.

4. I will repose gently in the knowledge of the excellence of virtue, which is so beautiful, so gracious, so noble, so attractive, so generous, so powerful. It is virtue that makes a person interiorly and even exteriorly beautiful.
5. I will stop and admire the intelligence that God has given us, so that, enlightened and taught by its marvelous splendour, we can hate vice and love virtue. If we should follow the brilliant light of this divine flame -- since its use is given to us to see where we must walk, if we would allow ourselves to be led by its dictates, we will rarely stumble and only with difficulty will we ever do what is evil.

6. I will carefully weigh the rigour of divine justice .... I will do all that I can to arouse and awaken myself from my laziness by frequently repeating these words: "I'm on the point of dying. What good will any birthright do me?" (Gen 25:32)

7. In this repose I will contemplate the infinite wisdom, the omnipotence, the incomprehensible goodness of God, ,and I will particularly consider how his wonderful attributes shine forth in the sacred mysteries of the life, passion, and death of our Lord Jesus Christ ....

8. Finally, I will rest in the love of the sole and unique goodness of God. ... I will savour how good this divine majesty is in itself, by itself, and for itself. Indeed, how it is goodness itself and how it is the all good, and the goodness that is eternal, inexhaustible, and incomprehensible.