

Light And Peace

Light and Peace: Instructions for Devout Souls to Dispel Their Doubts and Ally Their Fears (Paperback)

By R P Quadrupani

Createspace Independent Publishing Platform, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Christian, says Saint Bernard, who has no one at hand who gives him occasion to suffer, should seek such a person eagerly and buy him at any price, that he may have opportunity to practice meekness and patience. If you are not disposed to go to this expense, at least profit of whatever opportunities divine Providence has given you gratuitously, that you may accustom yourself to the exercise of these two inestimable virtues. Sounds like harsh advice, but Father Quadrupani explains how this will bring us light and peace. Your vocal prayers should be few in number but said with great fervor. The strength derived from food does not depend upon the quantity taken but upon its being well digested. Far better one Our Father or one Psalm said with devout attention than entire rosaries and long offices recited hurriedly and with restless eagerness. Father Quadrupani advises in his section on vocal prayer. He quotes Saint Francis de Sales, who says: When your mind wanders or gives way to distractions, gently recall it and place it once more close to...

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