

**SPIRITUAL
INSTRUCTIONS
FOR RELIGIOUS**

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Spiritual instructions for religious by Charles Coppens

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CHARLES COPPENS

**SPIRITUAL
INSTRUCTIONS
FOR RELIGIOUS**

A. M. D. G.

Spiritual Instructions For Religious

By

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PREFACE

St. Liguori has stated that one of the clearest tokens that a person is on the way to eternal happiness is an eagerness to hear the word of God. The writer of these instructions has uniformly found, during the experience of many years, that this excellent disposition exists in a high degree of perfection among the inmates of our convents. And yet very many of those devout souls are so situated that for months they cannot hear any religious instruction, at least not such discourses as apply the sacred truths of revelation to the peculiar needs of their holy vocation. It is to supply this want of oral addresses that these pages are respectfully presented; they are chiefly intended to be read in community, where a little effort of the imagination may suffice to produce about the same impression as if they were uttered by the lips of a priest of God.

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FIRST INSTRUCTION

ON HOLINESS, OR SANCTITY

“According to Him that hath called you, who is holy, be you also in all manner of conversation holy; because it is written: you shall be holy, for I am holy” (1 St. Peter, I, 15, 16).

By these words the Apostle St. Peter appeals to all Christians to lead holy lives. And the reason he assigns for this is that God Himself bids us be holy because He is holy. As much as to say: children should resemble their parents; but we are the children of God, and He is holiness itself; therefore we should be holy. This is meant for all Christians, for all of them have become children of God in Baptism. It applies especially to religious; for they make open profession of aiming at the perfection of a Christian life.

It is therefore my object in this instruction to speak to you of the holiness, or sanctity, which you must strive to acquire. For that purpose we will consider together: 1st, The nature of holiness; 2d, The sources of its increase in the soul; 3rd, The precious fruit it is to produce in the soul, and 4th, Some applications to ourselves.

1. *First then the nature of holiness.* We will