

**MEDITATIONS FOR
EVERY DAY
IN THE MONTH**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649122769

Meditations for every day in the month by Francois Nepveu & Francis A. Ryan

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FRANCOIS NEPVEU & FRANCIS A. RYAN

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"Father, if Thou wilt, remove this chalice from Me: but yet not My will, but Thine be done."—Luke xxii. 42

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MEDITATIONS

For Every Day in the Month

Translated from the
"REFLEXIONS CHRETIENNES"
OF
REV. FRANÇOIS NEPVEU, S. J.

BY
FRANCIS A. RYAN

Coll. Christi Regis S.J.
Bibl. Phil.
Torontonense

NEW YORK, ⁴⁷⁷⁶ CINCINNATI, CHICAGO
BENZIGER BROTHERS

PRINTERS TO THE HOLY APOSTOLIC SEE | PUBLISHERS OF BENZIGER'S MAGAZINE

1911

Nihil Obstat.

REMY LAFORT,

Censor Librorum.

Imprimatur.

✠ **JOHN M. FARLEY,**

Archbishop of New York.

NEW YORK, February 1, 1911.

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PREFACE

It may perhaps seem strange that a book of this kind should find its way from the French, since we have in our own language so many books of the same nature and of recognized merit.

There are certain works, however, which, like the fruit of the vine, grow better with age and ripen only in the autumn of their existence. So it is with the meditations of Father Nepveu.

Published many years ago in the original French, his "Christian Reflections for Every Day in the Year" have met with universal approval. I have chosen from them a series of meditations for every day in the month which are most suited to impress upon the mind and heart the chief truths of our holy religion.

Mental prayer is the foundation of the

interior life. Certain saints have even gone so far as to declare that it is necessary to salvation. However true this may be, it is certain that there can be no spiritual life without it; for mental prayer moves the will to conform itself to God, and excites the affections to love Him.

Mental prayer is difficult, and the temptations which beset it add to its difficulty. Very often we find it absolutely impossible to concentrate the mind on the subject of our meditation. At other times we are prone to believe that the importance of mental prayer has been exaggerated.

Now to combat successfully these temptations we must strive to convince ourselves that mental prayer is the most important business of the day; we must spend a great deal of time in spiritual reading; we must endeavor to draw the proper fruits from what we mistakenly call a bad meditation.

All the various methods of mental prayer can be resolved into these two: the Ignatian and the Sulpician. No comparison, however, can be made between

them; their use is a matter of choice or of vocation. The Sulpician method is, perhaps, more adapted to those who can gain no fruits from the Ignatian method, inasmuch as the former is a perfect work wherever it is broken off, while the fruit of the latter is in its conclusion.

The method adopted by Father Nepveu in his "Christian Reflections" may be called the modified Sulpician method, from the fact that he does not follow out *in toto* the precise order of the Sulpician method.

The aim set forth in this translation will be accomplished if through it only one heart is made to beat with a purer love for Jesus Christ.