

Of Simple Wisdom And Prayer: A Journey to Holiness and Sacredness



Calm the Soul: A Book of Simple Wisdom and Prayer

★★★★☆ 4.7 out of 5

Language : English
File size : 1560 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 256 pages

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Prayer of St. Francis de Sales

Have patience with all things
but first with yourself. Never
confuse your mistakes with
your value as a human being.
You are a perfectly valuable,
creative, worthwhile person
simply because you exist.
And no amount of triumphs
and tribulations can ever
change that. Unconditional
self acceptance is the core of a
peaceful mind.

St. Francis de Sales



Saint Francis de Sales



Of Simple Wisdom And Prayer is a book by St. Francis de Sales that offers guidance on how to live a holy and prayerful life. The book is divided into two parts. The first part, Of Simple Wisdom, provides instructions on how to live a virtuous life. The second part, Of Prayer, offers guidance on how to deepen one's prayer life.

Of Simple Wisdom is written in a clear and concise style. St. Francis de Sales uses simple language and everyday examples to explain complex spiritual concepts. He begins by discussing the importance of humility and

self-knowledge. He then offers advice on how to overcome temptation, develop virtues, and live a life of charity. St. Francis de Sales emphasizes the importance of living in the present moment and trusting in God's providence.

Of Prayer is a practical guide to prayer. St. Francis de Sales discusses different types of prayer, including vocal prayer, mental prayer, and contemplative prayer. He offers advice on how to overcome distractions, develop a consistent prayer life, and experience the presence of God in prayer.

Of Simple Wisdom And Prayer is a classic work of spiritual literature that has been inspiring readers for centuries. The book offers practical guidance on how to live a holy and prayerful life. St. Francis de Sales' wisdom and insights are still relevant today and can help us to grow in our relationship with God.

Of Simple Wisdom

The first part of *Of Simple Wisdom And Prayer*, *Of Simple Wisdom*, provides instructions on how to live a virtuous life. St. Francis de Sales begins by discussing the importance of humility and self-knowledge. He then offers advice on how to overcome temptation, develop virtues, and live a life of charity.

St. Francis de Sales emphasizes the importance of living in the present moment and trusting in God's providence. He writes, "Let us not be anxious about the morrow, but let us trust in the providence of God, who takes care of the birds of the air and the lilies of the field." (Matthew 6:25-26)

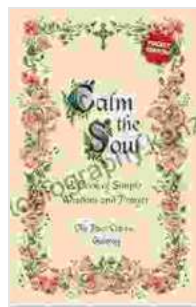
Of Prayer

The second part of *Of Simple Wisdom And Prayer*, *Of Prayer*, offers guidance on how to deepen one's prayer life. St. Francis de Sales discusses different types of prayer, including vocal prayer, mental prayer, and contemplative prayer. He offers advice on how to overcome distractions, develop a consistent prayer life, and experience the presence of God in prayer.

St. Francis de Sales emphasizes the importance of perseverance in prayer. He writes, "Prayer is not always easy, but it is always worth it. The more we pray, the closer we become to God and the more we experience his love and grace." (John 15:7)

Of Simple Wisdom And Prayer is a classic work of spiritual literature that has been inspiring readers for centuries. The book offers practical guidance on how to live a holy and prayerful life. St. Francis de Sales' wisdom and insights are still relevant today and can help us to grow in our relationship with God.

If you are looking for a book that can help you to grow in your spiritual life, I highly recommend *Of Simple Wisdom And Prayer*. St. Francis de Sales' wisdom and insights are timeless and can help you to live a life of holiness and sacredness.

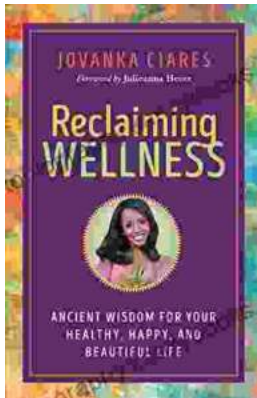


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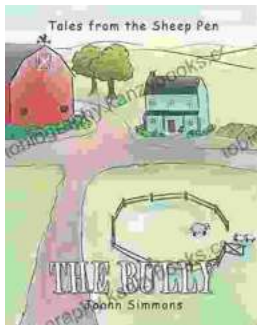
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