

*May the intercession of
St. Francis bless this brief
collection of his thoughts,
and help us to gain that
peace which surpasses all
understanding.*

Golden Counsels

Introduction	2
Peace and Courage	4
Patience with Self	7
God's Will in Trials	8
Confidence in God	9
Abandonment to God's Providence	11
Disquiets and Fears	13
Fears and Temptations	15
True Devotion and Piety	19
Trials and Crosses	21
Christ, the Refuge of Sinners	23
Thoughts on Death	25
The Little Virtues	27
Spiritual Maxims	28
Prayer to St. Francis de Sales	31

Abandonment to God's Providence

OUR LORD loves with an extremely tender love those who abandon themselves entirely to His Fatherly Care, allowing themselves to be governed by His Good Providence, without considering whether the effects be sweet or bitter to them, being entirely assured that nothing can possibly be sent from that Fatherly Hand which is not for their good, provided they put their whole confidence in Him, and say with a good heart, "My Father, I resign my soul, my body, and all that I have, into Your Hands, to do with them, in Your love, whatever shall please You."

It is very true that we must have great confidence thus to abandon ourselves without reserve; but when we do entirely abandon ourselves, Our Lord takes care of everything and conducts everything. But if we reserve our confidence in anything, He leaves us, as though He said, "You think yourself wise enough to manage this affair without Me; I allow you to guide it; you shall see what will come of it in the end."

Our Lord taught me from my youth to confide in Providence, and if I were to be born again, I would desire to be governed, even in the least things, by His Holy Providence, with the simplicity of a child, and with profound contempt for all human prudence.

Trials and Crosses

CONSIDER THAT this mortal life is full of trials, to which every one is subject, that consolations are rare and labors innumerable; and therefore, we are in a state in which we must expect more of the bread of bitterness than honey, with the assurance, nevertheless, that He for Whom we suffer, and for Whom we have resolved to nourish holy patience, will in due season bestow on us the consolation of His Holy Spirit.

Behold, your cross has come to you; embrace it for the love of Him Who sends it to you. The afflicted David said to God: "I was dumb and I opened not my mouth, because You have done it," as if he should say, "If any one else, O my God, had sent me this affliction, I would not like it; I would resent it. But since You have sent it, I say not a word; I accept it; I receive it; I honor it." May Our Lord be pleased to give us His Holy Spirit to do and suffer all things according to His Holy Will.

"My eyes are always on the Lord, for He will free my feet from pits and snares" (Psalm XXIV.). Have you fallen into the snares of trials? Regard not your misfortune; look only to God; He will have care of you. "Cast Your solicitude on Him and He will provide for you." Why trouble yourself by sighing or pining about the accidents of this world, since you know not what you ought to wish

Spiritual Maxims

OF ST. FRANCIS DE SALES

Be patient with everyone, but above all with yourself.

Do all by love and nothing by force; love obedience rather than fear disobedience.

Charity is an ascending humility, and humility is a descending charity.

You can only give God what you have.

What we are in God's sight, that we are and no more.

We are sometimes so occupied with being good angels that we neglect to be good men and women.

Our victory does not lie in our not feeling imperfections, but in not consenting to them.

Love virtue rather than fear sin.

Do not desire crosses, save in proportion to the measure wherewith you have borne those that have already been sent you.