

The way of perfection passes by way of the Cross. There is no holiness without renunciation and spiritual battle. (*cf. 2Tim.4*) Spiritual progress entails the asceticism and mortification that gradually lead to living in the peace and joy of the Beatitudes.

CCC > 2015

You must follow him along the way of the cross, choosing to be crucified in his way, not yours.

St Catherine of Sienna > Letter T354

Union with Jesus on the Cross is essential ...every Christian is called to understand, live and bear witness to with his life... The Crucifixion, as I wrote in the Encyclical *Deus Caritas Est*, "is the culmination of that turning of God against himself in which he gives himself in order to raise man up and save him. This is love in its most radical form."

Benedict XVI > Homily, 26 March 2006; Deus Caritas Est > 12.

In the Gospel, even Peter who confessed Jesus as Christ, says to Him: "You are the Messiah, the Son of the living God. I will follow you but let's not talk about the Cross. That doesn't have anything to do with it... I'll follow you, without the Cross." But, when we walk without the Cross, when we build without the Cross, when we profess a Christ without the Cross.. we aren't disciples of the Lord. We are worldly, we are bishops, priests, cardinals, popes, but not disciples of the Lord."

Pope Francis > Homily to the Cardinals in Sistine Chapel

O my Jesus, I understand well that, just as illness is measured with a thermometer, and a high fever tells us of the seriousness of the illness, so also, in the spiritual life, suffering is the thermometer which measures the love of God in a soul.

St Faustina > Life > Point 774

Look at the great difference between the natural and the supernatural way of acting. The first begins well, but later ends up slackening. The latter begins equally well... and later struggles to become even better.

Furrow > The Will > Number 771

We can do nothing by ourselves, my children; but we can do everything with the help of the good God...

St. John Vianney > The little catechism of the Cure of Ars

Live in the presence of God and you will have supernatural life.

The Way > Presence of God > Number 278

My children, if you desire perseverance, be devout to our Blessed Lady.

St Philip Neri

You are very welcome to take this copy away with you if you would like to.