

You build up your strength by prayer and holy humility. God has promised that He *opposes the proud but gives grace to the humble*; that those who *watch and pray* will not enter into temptation. (L2 500 & 501)

It is true that God's power triumphs over everything, but humble and suffering prayer prevails over God Himself. (L2 505)

Humility, contrition and prayer abolish the distance between man and God, bring God down to our level and raise man up to God by causing the immense distance of which the royal prophet sang to disappear: *Because you have made the Lord your refuge, you have made the Most High your habitation.* (L2 505 & 506)

Humble yourself beneath the powerful hand of the heavenly physician ... Jesus will have you sit in the first place at the banquet table, for God has promised that whoever humbles himself will be exalted. (L2 519)

The soul's greatest misery is when it doesn't feel weak, but feels strong; when it trusts in itself; when it is over-confident. Oh! If only all souls could experience such a holy weakness, we would not see so many souls fall at every instant. (L3 72)

Don't lose heart at the weakness you feel, because the soul that fears does not trust (itself) but stays awake and prays because of its weakness, and thus it becomes strong. (L3 72 & 73)

I am a creature who serves the Lord through His mercies. (P 68)



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