

# The Imitation of Christ - Thomas à Kempis

## Book One – Thoughts Helpful in the Life of the Soul

- Imitating Christ and Despising All Vanities on Earth
- Having a Humble Opinion of Self
- The Doctrine of Truth
- Prudence in Action
- Reading the Holy Scripture
- Unbridled Affections
- Avoiding False Hope and Pride
- Shunning Over-Familiarity
- Obedience and Subjection
- Avoiding Idle Talk
- Acquiring Peace and Zeal for Perfection
- The Value of Adversity
- Resisting Temptation
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- Avoiding Rash Judgment
- Works Done in Charity
- Bearing with the Faults of Others
- Monastic Life
- The Example Set Us by the Holy Fathers
- The Practices of a Good Religious
- The Love of Solitude and Silence
- Sorrow of Heart
- Thoughts on the Misery of Man
- Thoughts on Death
- Judgment and the Punishment of Sin
- Zeal in Amending Our Lives

## Book Two – The Interior Life

- Meditation
- Humility
- Goodness and Peace in Man
- Purity of Mind and Unity of Purpose
- Ourselves
- The Joy of a Good Conscience
- Loving Jesus Above All Things
- The Intimate Friendship of Jesus
- Wanting No Share in Comfort
- Appreciating God's Grace
- Few Love the Cross of Jesus
- The Royal Road of the Holy Cross

## Book Three – Internal Consolation

- The Inward Conversation of Christ
- With the Faithful Soul
- Truth Speaks Inwardly Without the Sound of Words
- Listen Humbly to the Words of God
- Many Do Not Heed Them
- We Must Walk Before God in Humility and Truth
- The Wonderful Effect of Divine Love
- The Proving of a True Lover
- Grace Must Be Hidden Under the Mantle of Humility
- Self-Abasement in the Sight of God
- All Things Should Be Referred to God as Their Last End
- To Despise the World and Serve God Is Sweet
- The Longings of Our Hearts Must Be Examined and Moderated
- Acquiring Patience in the Fight Against Concupiscence
- Strength Against Slander
- How We Must Call Upon and Bless the Lord When Trouble Presses
- The Quest of Divine Help and Confidence in Regaining Grace
- To Find the Creator, Forsake All Creatures
- Self-Denial and the Renunciation of Evil Appetites
- Restlessness of Soul — Directing Our Final Intention Toward God
- God Is Sweet Above All Things and in All Things to Those Who Love Him
- There Is No Security from Temptation in This Life
- The Vain Judgments of Men
- Pure and Entire Resignation of Self to Obtain Freedom of Heart
- The Right Ordering of External Affairs; Recourse to God in Dangers
- A Man Should Not Be Unduly Solicitous About His Affairs
- Man Has No Good in Himself and Can Glory in Nothing
- Contempt for All Earthly Honor

- The Obedience of One Humbly Subject to the Example of Jesus Christ
- Consider the Hidden Judgments of God
- Lest You Become Proud of Your Own Good Deeds
- How One Should Feel and Speak on Every Desirable Thing
- True Comfort Is to Be Sought in God Alone
- All Our Care Is to Be Placed in God
- Temporal Sufferings Should Be Borne Patiently
- After the Example of Christ
- True Patience in Suffering
- Confessing Our Weakness in the Miseries of Life
- Above All Goods and All Gifts We Must Rest in God
- Remember the Innumerable Gifts of God
- Four Things Which Bring Great Peace
- Avoiding Curious Inquiry About the Lives of Others
- The Basis of Firm Peace of Heart and True Progress
- The Excellence of a Free Mind, Gained Through Prayer Rather Than by Study
- Self-Love Is the Greatest Hindrance to the Highest Good
- Strength Against Slander
- Peace Is Not to Be Placed in Men
- Beware Vain and Worldly Knowledge
- Do Not Be Concerned About Outward Things
- All Men Are Not to Be Believed, for It Is Easy to Err in Speech
- Trust in God Against Slander
- Every Trial Must Be Borne for the Sake of Eternal Life
- The Day of Eternity and the Distresses of This Life
- The Desire of Eternal Life; The Great Rewards Promised to Those Who Struggle
- How a Desolate Person Ought to Commit Himself into the Hands of God
- When We Cannot Attain to the Highest, We Must Practice the Humble Works
- A Man Ought Not to Consider Himself Worthy of Consolation, But Rather Deserving of It
- God's Grace Is Not Given to the Earthly Minded
- The Different Motions of Nature and Grace
- The Corruption of Nature and the Efficacy of Divine Grace
- We Ought to Deny Ourselves and Imitate Christ Through Bearing the Cross
- No Man Should Not Be Too Downcast When He Falls into Defects
- High Matters and the Hidden Judgments of God Are Not to Be Scrutinized
- All Hope and Trust Are to Be Fixed in God Alone

## Book Four – An Invitation to Holy Communion

- The Great Reverence with Which We Should Receive Christ
- God's Great Goodness and Love Is Shown to Man in This Sacrament
- It Is Profitable to Receive Communion Often
- Many Blessings Are Given Those Who Receive Communion Worthily
- The Dignity of the Sacrament and of the Priesthood
- An Inquiry on the Proper Thing to Do Before Communion
- The Examination of Conscience and the Resolution to Amend
- The Offering of Christ on the Cross; Our Offering
- We Should Offer Ourselves and All That We Have to God, Praying for All
- Do Not Lightly Forego Holy Communion
- The Body of Christ and Sacred Scripture Are Most Necessary to a Faithful Soul
- The Communicant Should Prepare Himself for Christ with Great Care
- With All Her Heart the Devout Soul Should Desire Union with Christ in the Sacrament
- The Ardent Longing of Devout Men for the Body of Christ
- The Grace of Devotion Is Acquired Through Humility and Self-Denial
- We Should Show Our Needs to Christ and Ask His Grace
- The Burning Love and Strong Desire to Receive Christ
- Man Should Not Scrutinize This Sacrament in Curiosity, But Humbly Imitate Christ