



Outline Meditations

Madame Cecilia, Brother Hermengild TOSF

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These Outlines are published in the hope that they may be useful for the purpose of private meditation or for instructions to sodalities. Those who are accustomed to meditate daily are sometimes glad to have a subject outlined, rather than fully developed. Many nuns have charge of different sodalities and, possibly, they might find these Outlines useful, when press of work prevents them from preparing an instruction for their sodalities. The subjects are grouped according to the ecclesiastical seasons. In the different sections most of the outlines bear directly upon the mysteries of the respective seasons; a few, however, bear only indirectly upon them. This work is divided into the various liturgical seasons, Advent, Christmas, Lent, Easter and Pentecost or Whitsun. Then meditations are given on the Trinity, the Holy Eucharist and the Blessed Virgin Mary. There are a hundred meditations in all. Let us consider this one: "It is now the hour for us to rise from sleep, for now our salvation is nearer than when we became believers." (Rom. xiii. 11.) **INTRODUCTION:** Sleep is an image of death. There is a spiritual "sleeping-sickness" which attacks the soul; we call it tepidity. **THE KEY-NOTE OF ADVENT IS "AWAKE!"** This includes watchfulness and fervor: In preparation for the coming festival of Christmas. In preparation for the coming death and judgment. **MOTIVES FOR AROUSING OURSELVES FROM SPIRITUAL SLOTH OR TEPIDITY IN GOD'S SERVICE:** We are so naturally inclined to slacken down. We have slept too long already in the past. Our span of life is so short, so uncertain. Every hour brings duties and responsibilities. Our own soul offers such a wide field of labor. Earth's pleasures are enticing; they deaden the perceptions of the soul to eternal realities. We must help to arouse other souls, and this implies being spiritually awake ourselves. Satan is ever on the alert, "seeking whom he may devour." The reward of vigilance exceeds man's conceptions and is eternal. **SIGNS OF FERVOR OR SPIRITUAL ACTIVITY:** A sincere desire to be fervent. A firm will never to be discouraged, to die "climbing." This leads us to take bravely all the necessary means for advancing in virtue. A real zeal for spreading the knowledge of the Faith. **HINDRANCES TO FERVOR:** Indifference and apathy as regards religion. Attachment to worldly things; e.g., pleasures, ease, comfort, inordinate love of creatures. Wilful negligence in little things. Attachment to some particular fault or imperfection. Being too much absorbed by work or cares. **APPLICATION:** How do I stand as regards watchfulness? Wherein do I fail the oftenest?

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