

# **The Practice of the Presence of God**

Brother Lawrence's  
Conversations and Letters

## **PREFACE**

Brother Lawrence, a Carmelite lay brother, was born Nicholas Herman around 1610 in Herimenil, Lorraine, a Duchy of France. His birth records were destroyed in a fire at his parish church during the Thirty Years War, a war in which he fought as a young soldier. It was also the war in which he sustained a near fatal injury to his sciatic nerve. The injury left him quite crippled and in chronic pain for the rest of his life.

Experiencing the "trouble of mind" that often comes at mid-life, he entered a newly established monastery in Paris where he became a cook and then sandalmaker for the community which grew to over one hundred members.

In times as troubled as today, Brother Lawrence, discovered, then followed, a pure and uncomplicated way to walk continually in God's presence. For some forty years, he lived and walked with Our Father at his side. Yet, through his own words, we learn that Brother Lawrence's first ten years were full of severe trials and challenges.

A gentle man of joyful spirit, Brother Lawrence shunned attention and the limelight, knowing that outside distraction "spoils all." It was not until after his death that a few of his letters were collected. Joseph de Beaufort, representative and counsel to the local archbishop, first published the letters in a small pamphlet. The following year, in a second publication which he titled, 'The Practice of the Presence of God', de Beaufort included, as introductory material, the content of four conversations he had with Brother Lawrence.

In this small book, through letters and conversations, Brother Lawrence simply and beautifully explains how to continually walk with God -not from the head but from the heart. Brother Lawrence left the gift of a way of life available to anyone who seeks to know God's peace and presence; that anyone, regardless of age or circumstance, can practice -anywhere, anytime. Brother Lawrence also left the gift of a direct approach to living in God's presence that is as practical today as it was three hundred years ago.

Brother Lawrence died in 1691, having practiced God's presence for over forty years. His quiet death was much like his monastic life where each day and each hour was a new beginning and a fresh commitment to love God with all his heart.

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## **CONVERSATIONS**

**Introduction:** At the time of de Beaufort's interviews, Brother Lawrence was in his late fifties. Joseph de Beaufort later commented that the crippled brother, who was then in

charge of the upkeep of over one hundred pairs of sandals, was "rough in appearance but gentle in grace".

**First Conversation:** The first time I saw Brother Lawrence was upon the 3rd of August, 1666. He told me that God had done him a singular favor in his conversion at the age of eighteen. During that winter, upon seeing a tree stripped of its leaves and considering that within a little time the leaves would be renewed and after that the flowers and fruit appear, Brother Lawrence received a high view of the Providence and Power of God which has never since been effaced from his soul. This view had perfectly set him loose from the world and kindled in him such a love for God, that he could not tell whether it had increased in the forty years that he had lived since.

Brother Lawrence said he had been footman to M. Fieubert, the treasurer, and that he was a great awkward fellow who broke everything. He finally decided to enter a monastery thinking that he would there be made to smart for his awkwardness and the faults he should commit, and so he should sacrifice his life with its pleasures to God. But Brother Lawrence said that God had disappointed him because he met with nothing but satisfaction in that state.

Brother Lawrence related that we should establish ourselves in a sense of God's Presence by continually conversing with Him. It was a shameful thing to quit His conversation to think of trifles and fooleries. We should feed and nourish our souls with high notions of God which would yield us great joy in being devoted to Him.

He said we ought to quicken and enliven our faith. It was lamentable we had so little. Instead of taking faith for the rule of their conduct, men amused themselves with trivial devotions which changed daily. He said that faith was sufficient to bring us to a high degree of perfection. We ought to give ourselves up to God with regard both to things temporal and spiritual and seek our satisfaction only in the fulfilling of His will. Whether God led us by suffering or by consolation all would be equal to a soul truly resigned.

He said we need fidelity in those drynesses, or insensibilities and irksomenesses in prayer by which God tries our love to Him; that then was the time for us to make good and effectual acts of resignation, whereof one alone would oftentimes very much promote our spiritual advancement.

He said that as far as the miseries and sins he heard of daily in the world, he was so far from wondering at them, that, on the contrary, he was surprised there were not more considering the malice sinners were capable of. For his part, he prayed for them. But knowing that God could remedy the mischief they did when He pleased, he gave himself no further trouble.

Brother Lawrence said to arrive at such resignation as God requires, we should watch attentively over all the passions which mingle in spiritual things as well as those of a grosser nature. God would give light concerning those passions to those who truly desire to serve Him.

At the end of this first conversation Brother Lawrence said that if my purpose for the visit was to sincerely discuss how to serve God, I might come to him as often as I pleased

and without any fear of being troublesome. If this was not the case, then I ought visit him no more.

**Second Conversation:** Brother Lawrence told me he had always been governed by love, without selfish views. Since he resolved to make the love of God the end of all his actions, he had found reasons to be well satisfied with his method. He was pleased when he could take up a straw from the ground for the love of God, seeking Him only, and nothing else, not even His gifts.

He said he had been long troubled in mind from a certain belief that he should be damned. All the men in the world could not have persuaded him to the contrary. This trouble of mind had lasted four years during which time he had suffered much.

Finally he reasoned: I did not engage in a religious life but for the love of God. I have endeavored to act only for Him. Whatever becomes of me, whether I be lost or saved, I will always continue to act purely for the love of God. I shall have this good at least that till death I shall have done all that is in me to love Him. From that time on Brother Lawrence lived his life in perfect liberty and continual joy. He placed his sins between himself and God to tell Him that he did not deserve His favors yet God still continued to bestow them in abundance.

Brother Lawrence said that in order to form a habit of conversing with God continually and referring all we do to Him, we must at first apply to Him with some diligence. Then, after a little care, we should find His love inwardly excite us to it without any difficulty.

He expected after the pleasant days God had given him, he should have his turn of pain and suffering. Yet he was not uneasy about it. Knowing that since he could do nothing of himself, God would not fail to give him the strength to bear them.

When an occasion of practicing some virtue was offered, he addressed himself to God saying, "Lord, I cannot do this unless Thou enablest me". And then he received strength more than sufficient. When he had failed in his duty, he only confessed his fault saying to God, "I shall never do otherwise, if You leave me to myself. It is You who must hinder my falling and mend what is amiss." Then, after this, he gave himself no further uneasiness about it.

Brother Lawrence said we ought to act with God in the greatest simplicity, speaking to Him frankly and plainly, and imploring His assistance in our affairs just as they happen. God never failed to grant it, as Brother Lawrence had often experienced.

He said he had been lately sent into Burgundy to buy the provision of wine for the community. This was a very unwelcome task for him because he had no turn for business and because he was lame and could not go about the boat but by rolling himself over the casks. Yet he gave himself no uneasiness about it, nor about the purchase of the wine. He said to God, it was His business he was about, and that he afterwards found it very well performed. He mentioned he had been sent into Auvergne the year before upon the same account. He could not tell how the matter passed except that it proved very well.

So, likewise, in his business in the kitchen (to which he had naturally a great aversion), having accustomed himself to do everything there for the love of God and asking for His grace to do his work well, he had found everything easy during the fifteen years that he

had been employed there. He was very well pleased with the post he was now in. Yet he was as ready to quit that as the former, since he was always pleasing God in every condition, by doing little things for His love. With him the set times of prayer were not different from other times. He retired to pray according to the directions of his superior, but he did not want such retirement nor ask for it because his greatest business did not divert him from God.

Since he knew his obligation to love God in all things, and as he endeavored so to do, he had no need of a director to advise him, but he greatly needed a confessor to absolve him. He said he was very sensible of his faults but not discouraged by them. He confessed them to God and made no excuses. When he had so done, he peaceably resumed his usual practice of love and adoration.

In his trouble of mind, Brother Lawrence had consulted nobody. Knowing only by the light of faith that God was present, he contented himself with directing all his actions to Him. He did everything with a desire to please Him and let what would come of it.

He said that useless thoughts spoil all -that the mischief began there. We ought to reject them as soon as we perceived their impertinence and return to our communion with God. In the beginning he had often passed his time appointed for prayer in rejecting wandering thoughts and falling right back into them. He could never regulate his devotion by certain methods as some do. Nevertheless, at first he had meditated for some time, but afterwards that went off in a manner that he could give no account of. Brother Lawrence emphasized that all bodily mortifications and other exercises are useless unless they serve to arrive at the union with God by love. He had well considered this. He found that the shortest way to go straight to God was by a continual exercise of love and doing all things for His sake.

He noted that there was a great difference between the acts of the intellect and those of the will. Acts of the intellect were comparatively of little value. Acts of the will were all important. Our only business was to love and delight ourselves in God. All possible kinds of mortification, if they were void of the love of God, could not efface a single sin. Instead, we ought, without anxiety, to expect the pardon of our sins from the blood of Jesus Christ only endeavoring to love Him with all our hearts. And he noted that God seemed to have granted the greatest favors to the greatest sinners as more signal monuments of His mercy.

Brother Lawrence said the greatest pains or pleasures of this world were not to be compared with what he had experienced of both kinds in a spiritual state. As a result he feared nothing, desiring only one thing of God - that he might not offend Him. He said he carried no guilt. "When I fail in my duty, I readily acknowledge it, saying, I am used to do so. I shall never do otherwise if I am left to myself. If I fail not, then I give God thanks acknowledging that it comes from Him."

**Third Conversation:** Brother Lawrence told me that the foundation of the spiritual life in him had been a high notion and esteem of God in faith. When he had once well established his faith he had no other care but to reject every other thought so he might perform all his actions for the love of God. He said when sometimes he had not thought of God for a good while he did not disquiet himself for it. Having acknowledged his wretchedness to God, he simply returned to Him with so much the greater trust in Him.

He said the trust we put in God honors Him much and draws down great graces. Also, that it was impossible not only that God should deceive but that He should long let a soul suffer which is perfectly resigned to Him and resolved to endure everything for His sake.

Brother Lawrence often experienced the ready succors of Divine Grace. And because of his experience of grace, when he had business to do, he did not think of it beforehand. When it was time to do it, he found in God, as in a clear mirror, all that was fit for him to do. When outward business diverted him a little from the thought of God a fresh remembrance coming from God invested his soul and so inflamed and transported him that it was difficult for him to contain himself. He said he was more united to God in his outward employments than when he left them for devotion in retirement.

Brother Lawrence said that the worst that could happen to him was to lose that sense of God which he had enjoyed so long. Yet the goodness of God assured him He would not forsake him utterly and that He would give him strength to bear whatever evil He permitted to happen to him. Brother Lawrence, therefore, said he feared nothing. He had no occasion to consult with anybody about his state. In the past, when he had attempted to do it, he had always come away more perplexed. Since Brother Lawrence was ready to lay down his life for the love of God, he had no apprehension of danger.

He said that perfect resignation to God was a sure way to heaven, a way in which we have always sufficient light for our conduct. In the beginning of the spiritual life we ought to be faithful in doing our duty and denying ourselves and then, after a time, unspeakable pleasures followed. In difficulties we need only have recourse to Jesus Christ and beg His grace with which everything became easy.

Brother Lawrence said that many do not advance in the Christian progress because they stick in penances and particular exercises while they neglect the love of God which is the end. This appeared plainly by their works and was the reason why we see so little solid virtue. He said there needed neither art nor science for going to God, but only a heart resolutely determined to apply itself to nothing but Him and to love Him only.

**Fourth Conversation:** Brother Lawrence spoke with great openness of heart concerning his manner of going to God whereof some part is related already. He told me that all consists in one hearty renunciation of everything which we are sensible does not lead to God. We might accustom ourselves to a continual conversation with Him with freedom and in simplicity. We need only to recognize God intimately present with us and address ourselves to Him every moment. We need to beg His assistance for knowing His will in things doubtful and for rightly performing those which we plainly see He requires of us, offering them to Him before we do them, and giving Him thanks when we have completed them.

In our conversation with God we should also engage in praising, adoring, and loving him incessantly for His infinite goodness and perfection. Without being discouraged on account of our sins, we should pray for His grace with a perfect confidence, as relying upon the infinite merits of our Lord. Brother Lawrence said that God never failed offering us His grace at each action. It never failed except when Brother Lawrence's thoughts had wandered from a sense of God's Presence, or he forgot to ask His assistance. He said that God always gave us light in our doubts, when we had no other design but to please Him.

Our sanctification did not depend upon changing our works. Instead, it depended on doing that for God's sake which we commonly do for our own. He thought it was lamentable to see how many people mistook the means for the end, addicting themselves to certain works which they performed very imperfectly by reason of their human or selfish regards. The most excellent method he had found for going to God was that of doing our common business without any view of pleasing men but purely for the love of God.

Brother Lawrence felt it was a great delusion to think that the times of prayer ought to differ from other times. We are as strictly obliged to adhere to God by action in the time of action, as by prayer in its season. His own prayer was nothing else but a sense of the presence of God, his soul being at that time insensible to everything but Divine Love. When the appointed times of prayer were past, he found no difference, because he still continued with God, praising and blessing Him with all his might. Thus he passed his life in continual joy. Yet he hoped that God would give him somewhat to suffer when he grew stronger.

Brother Lawrence said we ought, once for all, heartily to put our whole trust in God, and make a total surrender of ourselves to Him, secure that He would not deceive us. We ought not weary of doing little things for the love of God, Who regards not the greatness of the work, but the love with which it is performed. We should not wonder if, in the beginning, we often failed in our endeavors, but that at last we should gain a habit which will naturally produce its acts in us without our care and to our exceeding great delight.

The whole substance of religion was faith, hope, and charity. In the practice of these we become united to the will of God. Everything else is indifferent and to be used as a means that we may arrive at our end and then be swallowed up by faith and charity. All things are possible to him who believes. They are less difficult to him who hopes. They are more easy to him who loves, and still more easy to him who perseveres in the practice of these three virtues. The end we ought to propose to ourselves is to become, in this life, the most perfect worshippers of God we can possibly be, and as we hope to be through all eternity.

Brother Lawrence said when we enter upon the spiritual we should consider and examine to the bottom what we are. We, then, would find ourselves worthy of all contempt and subject to all kinds of misery, and numberless accidents, which trouble us and cause perpetual vicissitudes in our health, in our humors, in our internal and external dispositions. Alas, we are persons whom God would humble by many pains and labors as well within as without.

After this, we should not wonder that troubles, temptations, oppositions, and contradictions happen to us from men. We ought, on the contrary, to submit ourselves to them and bear them as long as God pleases as things highly advantageous to us. The greater perfection a soul aspires after, the more dependent it is upon Divine Grace.

Being questioned by one of his own community (to whom he was obliged to open himself) by what means he had attained such an habitual sense of God, Brother Lawrence told him that, since his first coming to the monastery, he had considered God as the end of all his thoughts and desires, as the mark to which they should tend, and in which they should terminate.

He noted that in the beginning of his novitiate he spent the hours appointed for private prayer in thinking of God so as to convince his mind and impress deeply upon his heart the Divine existence. He did this by devout sentiments and submission to the lights of faith, rather than by studied reasonings and elaborate meditations. By this short and sure method he exercised himself in the knowledge and love of God, resolving to use his utmost endeavor to live in a continual sense of His Presence, and, if possible, never to forget Him more.

When he had thus, in prayer, filled his mind with great sentiments of that Infinite Being, he went to his work appointed in the kitchen (for he was then cook for the community). There having first considered severally the things his office required, and when and how each thing was to be done, he spent all the intervals of his time, both before and after his work, in prayer.

When he began his business, he said to God with a filial trust in Him, "O my God, since Thou art with me, and I must now, in obedience to Thy commands, apply my mind to these outward things, I beseech Thee to grant me the grace to continue in Thy Presence; and to this end do Thou prosper me with Thy assistance. Receive all my works, and possess all my affections." As he proceeded in his work, he continued his familiar conversation with his Maker, imploring His grace, and offering to Him all his actions.

When he had finished, he examined himself how he had discharged his duty. If he found well, he returned thanks to God. If otherwise, he asked pardon and, without being discouraged, he set his mind right again. He then continued his exercise of the presence of God as if he had never deviated from it. "Thus," said he, "by rising after my falls, and by frequently renewed acts of faith and love, I am come to a state wherein it would be as difficult for me not to think of God as it was at first to accustom myself to it."

As Brother Lawrence had found such an advantage in walking in the presence of God, it was natural for him to recommend it earnestly to others. More strikingly, his example was a stronger inducement than any arguments he could propose. His very countenance was edifying with such a sweet and calm devotion appearing that he could not but affect the beholders.

It was observed, that in the greatest hurry of business in the kitchen, he still preserved his recollection and heavenly-mindedness. He was never hasty nor loitering, but did each thing in its season with an even uninterrupted composure and tranquillity of spirit. "The time of business," said he, "does not with me differ from the time of prayer. In the noise and clutter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquillity as if I were upon my knees at the Blessed Supper."

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**LETTERS**

**Introduction:** Brother Lawrence's letters are the very heart and soul of what has become titled 'The Practice of the Presence of God'. All of these letters were written during the last ten years of his life. Many of them were to long-time friends, a Carmelite sister and a sister at a nearby convent, one or both who were from his native village, perhaps relatives. It is likely that the first letter was to the prioress of one of these convents. Note that the fourth letter is written in the third person, Brother Lawrence describing his own experience.

**First Letter:** Since you desire so earnestly that I should communicate to you the method by which I arrived at that habitual sense of God's presence, which our Lord, of His mercy, has been pleased to vouchsafe to me; I must tell you, that it is with great difficulty that I am prevailed on by your importunities. I do it only upon the terms that you show my letter to nobody. If I knew that you would let it be seen, all the desire that I have for your advancement would not be able to determine me to it.

The account I can give you is: Having found in many books different methods of going to God, and divers practices of the spiritual life, I thought this would serve rather to puzzle me, than facilitate what I sought after, which was nothing but how to become wholly God's. This made me resolve to give the all for the All. After having given myself wholly to God, to make all the satisfaction I could for my sins, I renounced, for the love of Him, everything that was not He, and I began to live as if there was none but He and I in the world.

Sometimes I considered myself before Him as a poor criminal at the feet of his judge. At other times I beheld Him in my heart as my Father, as my God. I worshipped Him the oftenest that I could, keeping my mind in His holy Presence, and recalling it as often as I found it wandered from Him. I found no small pain in this exercise, and yet I continued it, notwithstanding all the difficulties that occurred, without troubling or disquieting myself when my mind had wandered involuntarily.

I made this my business, as much all the day long as at the appointed times of prayer. At all times, every hour, every minute, even in the height of my business, I drove away from my mind everything that was capable of interrupting my thought of God. Such has been my common practice ever since I entered into religion. Though I have done it very imperfectly, I have found great advantages by it. These, I well know, are to be imputed to the mere mercy and goodness of God, because we can do nothing without Him; and I still less than any.

When we are faithful to keep ourselves in His holy Presence, and set Him always before us, this hinders our offending Him, and doing anything that may displease Him. It also begets in us a holy freedom, and if I may so speak, a familiarity with God, where, when we ask, He supplies the graces we need. In fine, by often repeating these acts, they become habitual, and the presence of God is rendered as it were natural to us.

Give Him thanks, if you please, with me, for His great goodness towards me, which I can never sufficiently admire, for the many favors He has done to so miserable a sinner as I am.

May all things praise Him. Amen.

**Second Letter:** Not finding my manner of life in books, although I have no difficulty about it, yet, for greater security, I shall be glad to know your thoughts concerning it. In a conversation some days since with a person of piety, he told me the spiritual life was a life of grace, which begins with servile fear, which is increased by hope of eternal life, and which is consummated by pure love; that each of these states had its different stages, by which one arrives at last at that blessed consummation.

I have not followed all these methods. On the contrary, from I know not what instincts, I found they discouraged me. This was the reason why, at my entrance into religion, I took a resolution to give myself up to God, as the best satisfaction I could make for my sins and, for the love of Him, to renounce all besides. For the first years, I commonly employed myself during the time set apart for devotion, with the thoughts of death, judgment, hell, heaven, and my sins. Thus I continued some years applying my mind carefully the rest of the day, and even in the midst of my business, to the presence of God, whom I considered always as with me, often as in me.

At length I came insensibly to do the same thing during my set time of prayer, which caused in me great delight and consolation. This practice produced in me so high an esteem for God, that faith alone was capable to satisfy me in that point. Such was my beginning. Yet I must tell you that for the first ten years I suffered much. The apprehension that I was not devoted to God as I wished to be, my past sins always present to my mind, and the great unmerited favors which God did me, were the matter and source of my sufferings.

During this time I fell often, and rose again presently. It seemed to me that all creatures, reason, and God Himself were against me and faith alone for me. I was troubled sometimes with thoughts, that to believe I had received such favors was an effect of my presumption, which pretended to be at once where others arrive with difficulty. At other times that it was a willful delusion, and that there was no salvation for me.

When I thought of nothing but to end my days in these troubles (which did not at all diminish the trust I had in God, and which served only to increase my faith), I found myself changed all at once; and my soul, which till that time was in trouble, felt a profound inward peace, as if she were in her center and place of rest. Ever since that time I walk before God simply, in faith, with humility and with love; and I apply myself diligently to do nothing and think nothing which may displease Him. I hope that when I have done what I can, He will do with me what He pleases.

As for what passes in me at present, I cannot express it. I have no pain or difficulty about my state, because I have no will but that of God, which I endeavor to accomplish in all things, and to which I am so resigned, that I would not take up a straw from the ground against His order, or from any other motive but purely that of love for Him.

I have quitted all forms of devotion and set prayers but those to which my state obliges me. I make it my business only to persevere in His holy presence, wherein I keep myself by a simple attention and a general fond regard to God, which I may call an actual presence of God; or, to speak better, an habitual, silent, and secret conversation of the soul with God, which often causes in me joys so great that I am forced to use means to moderate them and prevent their appearance to others. In short, I am assured beyond all doubt that my soul has been with God above these thirty years. I pass over many things,

that I may not be tedious to you, yet I think it proper to inform you after what manner I consider myself before God, whom I behold as my King.

I consider myself as the most wretched of men, full of sores and corruption, and who has committed all sorts of crimes against his King. Touched with a sensible regret I confess to Him all my wickedness. I ask His forgiveness. I abandon myself in His hands that He may do what He pleases with me. This King, full of mercy and goodness, very far from chastising me, embraces me with love, makes me eat at His table, serves me with His own hands, gives me the key of His treasures. He converses and delights Himself with me incessantly, in a thousand and a thousand ways, and treats me in all respects as His favorite. It is thus I consider myself from time to time in His holy presence.

My most usual method is this simple attention, and such a general passionate regard to God to whom I find myself often attached with greater sweetness and delight than that of an infant at the mother's breast. If I dare use the expression, I should choose to call this state the bosom of God, for the inexpressible sweetness which I taste and experience there. If sometimes my thoughts wander from it by necessity or infirmity, I am presently recalled by inward emotions so charming and delicious that I cannot even describe them.

I desire your reverence to reflect rather upon my great wretchedness, of which you are fully informed, than upon the great favors which God does me, all unworthy and ungrateful as I am. As for my set hours of prayer, they are only a continuation of the same exercise. Sometimes I consider myself there, as a stone before a carver, whereof he is to make a statue. Presenting myself thus before God, I desire Him to make His perfect image in my soul, and render me entirely like Himself. At other times, when I apply myself to prayer, I feel all my spirit and all my soul lift itself up without any care or effort of mine. It continues as if my spirit were suspended and firmly fixed in God as in its center and place of rest.

I know that some charge this state with inactivity, delusion, and self-love. I confess that it is a holy inactivity, and would be a happy self-love, if the soul in that state were capable of it; because in effect, while she is in this repose, she cannot be disturbed by such acts as she was formerly accustomed to, and which were then her support, but would now rather hinder than assist her.

Yet I cannot bear that this should be called delusion; because the soul which thus enjoys God desires herein nothing but Him. If this be delusion in me, it belongs to God to remedy it. Let Him do what He pleases with me. I desire only Him and to be wholly devoted to Him.

You will, however, oblige me in sending me your opinion, to which I always pay a great deference, for I have a singular esteem for your reverence, and am yours.

**Third Letter:** We have a God who is infinitely gracious and knows all our wants. I always thought that He would reduce you to extremity. He will come in His own time, and when you least expect it. Hope in Him more than ever. Thank Him with me for the favors He does you, particularly for the fortitude and patience which He gives you in your afflictions. It is a plain mark of the care He takes of you. Comfort yourself with Him, and give thanks for all.

I admire also the fortitude and bravery of M--. God has given him a good disposition, and a good will; but there is in him still a little of the world and a great deal of youth. I hope the affliction which God has sent him will prove a wholesome remedy to him and make him enter into himself. It is an accident very proper to engage him to put all his trust in Him who accompanies him everywhere. Let him think of Him the oftenest he can, especially in the greatest dangers.

A little lifting up the heart suffices. A little remembrance of God, one act of inward worship, though upon a march, and sword in hand, are prayers which, however short, are nevertheless very acceptable to God. And far from lessening a soldier's courage in occasions of danger, they best serve to fortify it. Let him then think of God the most he can. Let him accustom himself, by degrees, to this small but holy exercise. Nobody perceives it, and nothing is easier than to repeat often in the day these little internal adorations. Recommend to him, if you please, that he think of God the most he can, in the manner here directed. It is very fit and most necessary for a soldier, who is daily exposed to dangers of life, and often of his very salvation.

I hope that God will assist him and all the family, to whom I present my service, being theirs and yours.

**Fourth Letter:** I have taken this opportunity to communicate to you the sentiments of one of our society concerning the admirable effects and continual assistances which he receives from the presence of God. Let you and me both profit by them.

For the past forty years his continual care has been to be always with God; and to do nothing, say nothing, and think nothing which may displease Him. All this without any other view than purely for the love of Him and because He deserves infinitely more.

He is now so accustomed to that Divine presence that he receives from it continual succors upon all occasions. For about thirty years, his soul has been filled with joys so continual, and sometimes so great, that he is forced to use means to moderate them and hinder their appearing outwardly.

If sometimes he is a little too much absent from that Divine presence, God presently recalls Himself by a stirring in his soul. This often happens when he is most engaged in his outward business. He answers with exact fidelity to these inward drawings, either by an elevation of his heart towards God, or by a meek and fond regard to Him, or by such words as love forms upon these occasions. For instance, he may say "My God, here I am all devoted to You. Lord, make me according to Your heart." It seems to him (as in effect he feels it) that this God of love, satisfied with such few words, reposes again, and rests in the depth and center of his soul. The experience of these things gives him such an assurance that God is always in the depth or bottom of his soul that it renders him incapable of doubting it on any account whatever.

Judge by this what content and satisfaction he enjoys. While he continually finds in himself so great a treasure he is no longer in an anxious search after it. He now has it open before him and may take what he pleases of it. He complains much of our blindness; and cries often that we are to be pitied who content ourselves with so little. God, says he, has infinite treasure to bestow, and we take up with a little sensible devotion which passes in a moment. Blind as we are, we hinder God, and stop the current of His graces. But when He finds a soul penetrated with a lively faith, He pours

into it His graces and favors plentifully. There they flow like a torrent, which, after being forcibly stopped against its ordinary course, when it has found a passage, spreads itself with impetuosity and abundance. Yet we often stop this torrent by the little value we set upon it. Let us stop it no more. Let us enter into ourselves and break down the bank which hinders it. Let us make way for grace. Let us redeem the lost time, for perhaps we have but little left. Death follows us close. Let us be well prepared for it, for we die but once, and a mistake there is irretrievable.

I say again, let us enter into ourselves. The time presses. There is no room for delay. Our souls are at stake. I believe you have taken such effectual measures that you will not be surprised. I commend you for it. It is the one thing necessary. We must, nevertheless, always work at it, because not to advance, in the spiritual life, is to go back. But those who have the gale of the Holy Spirit go forward even in sleep. If the vessel of our soul is still tossed with winds and storms, let us awake the Lord, who reposes in it, and He will quickly calm the sea.

I have taken the liberty to impart to you these good sentiments that you may compare them with your own. They will serve again to kindle and inflame them, if by misfortune (which God forbid, for it would be indeed a great misfortune) they should be, though never so little, cooled. Let us then both recall our first favors. Let us profit by the example and the sentiments of this brother, who is little known of the world, but known of God, and extremely caressed by Him.

I will pray for you. Please pray also for me, as I am yours in our Lord.

**Fifth Letter:** I received this day two books and a letter from Sister M--, who is preparing to make her profession. She desires the prayers of your holy society, and yours in particular. I perceive that she reckons much upon them. Pray do not disappoint her. Beg of God that she may make her sacrifice in the view of His love alone, and with a firm resolution to be wholly devoted to Him. I will send you one of those books which treat of the presence of God; a subject which, in my opinion, contains the whole spiritual life. It seems to me that whoever duly practices it will soon become spiritual.

I know that for the right practice of it, the heart must be empty of all other things; because God will possess the heart alone. As He cannot possess it alone, without emptying it of all besides, so neither can He act there and do in it what He pleases unless it be left vacant to Him. There is not in the world a kind of life more sweet and delightful than that of a continual conversation with God. Only those can comprehend it who practice and experience it. Yet I do not advise you to do it from that motive. It is not pleasure which we ought to seek in this exercise. Let us do it from a principle of love, and because God would have us.

Were I a preacher, I should above all other things preach the practice of the presence of God. Were I a director, I should advise all the world to do it, so necessary do I think it, and so easy too. Ah! knew we but the want we have of the grace and assistance of God, we would never lose sight of Him, no, not for a moment.

Believe me, make immediately a holy and firm resolution never more willfully to forget Him. Resolve to spend the rest of your days in His sacred presence, deprived of all consolations, for the love of Him if He thinks fit. Set heartily about this work, and if you do it sincerely, be assured that you will soon find the effects of it.

I will assist you with my prayers, poor as they are. I recommend myself earnestly to you and those of your holy society.

**Sixth Letter:** I have received from M-- the things which you gave her for me. I wonder that you have not given me your thoughts on the little book I sent to you and which you must have received. Pray set heartily about the practice of it in your old age. It is better late than never.

I cannot imagine how religious persons can live satisfied without the practice of the presence of God. For my part I keep myself retired with Him in the depth and center of my soul as much as I can. While I am with Him I fear nothing; but the least turning from Him is insupportable. This exercise does not much fatigue the body. It is, however, proper to deprive it sometimes, nay often, of many little pleasures which are innocent and lawful. God will not permit a soul that desires to be devoted entirely to Him to take pleasures other than with Him. That is more than reasonable.

I do not say we must put any violent constraint upon ourselves. No, we must serve God in a holy freedom. We must do our business faithfully without trouble or disquiet, recalling our mind to God mildly and with tranquillity as often as we find it wandering from Him. It is, however, necessary to put our whole trust in God. We must lay aside all other cares and even some forms of devotion, though very good in themselves, yet such as one often engages in unreasonably. Those devotions are only means to attain to the end. When by this exercise of the practice of the presence of God we are with Him who is our end, it is useless to return to the means. We may simply continue with Him in our commerce of love, persevering in His holy presence by an act of praise, of adoration, or of desire or by an act of resignation, or thanksgiving, and in all manner which our spirit can invent.

Be not discouraged by the repugnance which you may find in it from nature. You must sacrifice yourself. At first, one often thinks it lost time. But you must go on and resolve to persevere in it to death, notwithstanding all the difficulties that may occur.

I recommend myself to the prayers of your holy society, and yours in particular. I am yours in our Lord.

**Seventh Letter:** I pity you much. It will be of great importance if you can leave the care of your affairs to M-- and spend the remainder of your life only in worshipping God. He requires no great matters of us; a little remembrance of Him from time to time, a little adoration: sometimes to pray for His grace. Sometimes to offer Him your sufferings, and sometimes to return Him thanks for the favors He has given you, and still gives you, in the midst of your troubles. Console yourself with Him the oftenest you can. Lift up your heart to Him at your meals and when you are in company. The least little remembrance will always be acceptable to Him. You need not cry very loud. He is nearer to us than we are aware.

It is not necessary for being with God to be always at church. We may make an oratory of our heart wherein we retire from time to time, to converse with Him in meekness, humility, and love. Every one is capable of such familiar conversation with God, some more, some less. He knows what we can do. Let us begin then. Perhaps He expects but one generous resolution on our part. Have courage.

We have but little time to live. You are near sixty-four, and I am almost eighty. Let us live and die with God. Sufferings will be sweet and pleasant to us while we are with Him. The greatest pleasures will be, without Him, a cruel punishment to us. May He be blessed for all. Amen.

Use yourself then by degrees thus to worship Him, to beg His grace, to offer Him your heart from time to time, in the midst of your business, even every moment if you can. Do not always scrupulously confine yourself to certain rules or particular forms of devotion; but act with a general confidence in God with love and humility.

You may assure M-- of my poor prayers, and that I am their servant, and yours particularly.

**Eighth Letter:** You tell me nothing new. You are not the only one that is troubled with wandering thoughts. Our mind is extremely roving. But as the will is mistress of all our faculties, she must recall them and carry them to God as their last end. When the mind, for want of being sufficiently reduced by recollection, at our first engaging in devotion, has contracted certain bad habits of wandering and dissipation, they are difficult to overcome. Our mind can draw us, even against our wills, to the things of the earth. I believe one remedy for this is to confess our faults and to humble ourselves before God.

I do not advise you to use multiplicity of words in prayer. Many words and long discourses are often the occasions of wandering. Hold yourself in prayer before God, like a dumb or paralytic beggar at a rich man's gate. Let it be your business to keep your mind in the presence of the Lord. If your mind sometimes wanders, and withdraws itself from Him, do not much disquiet yourself for that. Trouble and disquiet serve rather to distract the mind than to re-collect it. The will must bring it back in tranquillity. If you persevere in this manner, God will have pity on you. One way to re-collect the mind easily in the time of prayer, and preserve it more in tranquillity, is not to let it wander too far at other times.

Keep your mind strictly in the presence of God. Then being accustomed to think of Him often, you will find it easy to keep your mind calm in the time of prayer, or at least to recall it from its wanderings. I have told you already of the advantages we may draw from this practice of the presence of God. Let us set about it seriously and pray for one another.

**Ninth Letter:** The enclosed is an answer to that which I received from M--. Pray deliver it to her. She seems to me full of good will, but she would go faster than grace. One does not become holy all at once. I recommend her to you. We ought to help one another by our advice, and yet more by our good examples. Please let me hear of her from time to time and whether she is very fervent and obedient.

Let us thus think often that our only business in this life is to please God, that perhaps all besides is but folly and vanity. You and I have lived over forty years in the monastic life. Have we employed them in loving and serving God, who by His mercy has called us to this state and for that very end? I am filled with shame and confusion, when I reflect on the one hand upon the great favors which God has done and incessantly continues to do me; and on the other, upon the ill use I have made of them and my small advancement in the way of perfection.

Since by His mercy He gives us still a little time, let us begin in earnest, let us repair the lost time, let us return with a full assurance to that Father of mercies, who is always ready to receive us affectionately. Let us renounce, let us generously renounce, for the love of Him, all that is not Himself. He deserves infinitely more.

Let us think of Him perpetually. Let us put all our trust in Him. I doubt not but we shall soon find the effects of it by receiving the abundance of His grace, with which we can do all things, and without which we can do nothing but sin. We cannot escape the dangers which abound in life without the actual and continual help of God. Let us then pray to Him for it continually. How can we pray to Him without being with Him? How can we be with Him but in thinking of Him often? And how can we often think of Him, but by a holy habit which we should form of it?

You will tell me that I am always saying the same thing. It is true, for this is the best and easiest method I know. I use no other. I advise all the world to do it. We must know before we can love. In order to know God, we must often think of Him. And when we come to love Him, we shall then also think of Him often, for our heart will be with our treasure.

**Tenth Letter:** I have had a good deal of difficulty bringing myself to write to M.--. I do it now purely because you desire me to do so. Pray write the directions and send it to him. I am very well pleased with the trust which you have in God. I wish that He may increase it in you more and more. We cannot have too much trust in so good and faithful a Friend who will never fail us in this world nor in the next.

If M.-- takes advantage of the loss he has had and puts all his confidence in God, He will soon give him another friend more powerful and more inclined to serve him. He disposes of hearts as He pleases. Perhaps M.-- was too attached to him he has lost. We ought to love our friends, but without encroaching upon the love of God, which must be the principal.

Pray remember that I have recommended you think often of God, by day, by night, in your business, and even in your diversions. He is always near you and with you. Leave Him not alone. You would think it rude to leave a friend alone who came to visit you: why then must God be neglected? Do not forget Him but think on Him often. Adore Him continually. Live and die with Him. This is the glorious employment of a Christian; in a word, this is our profession. If we do not know it we must learn it.

I will endeavor to help you with my prayers, and am yours in our Lord.

**Eleventh Letter:** I do not pray that you may be delivered from your pains; but I pray earnestly that God would give you strength and patience to bear them as long as He pleases. Comfort yourself with Him who holds you fastened to the cross. He will loose you when He thinks fit. Happy are those who suffer with Him. Accustom yourself to suffer in that manner, and seek from Him the strength to endure as much, and as long, as He judges necessary for you.

The men of the world do not comprehend these truths. Nor is it to be wondered at, since they suffer like what they are and not like Christians. They consider sickness as a pain to nature and not as a favor from God. Seeing it only in that light, they find nothing in it but

grief and distress. But those who consider sickness as coming from the hand of God, as the effects of His mercy and the means which He employs for their salvation, commonly find in it great sweetness and sensible consolation.

I pray that you see that God is often nearer to us and more effectually present with us in sickness than in health. Rely upon no other Physician because He reserves your cure to Himself. Put all your trust in Him, and you will soon find the effects of it in your recovery, which we often retard, by putting greater confidence in physic than in God. Whatever remedies you make use of, they will succeed only so far as He permits. When pains come from God, He only can cure them. He often sends diseases of the body to cure those of the soul. Comfort yourself with the sovereign Physician both of soul and body.

I foresee that you will tell me that I am very much at my ease, that I eat and drink at the table of the Lord. You have reason. But think how painful it would be to the greatest criminal in the world to eat at the king's table and be served by him yet be without assurance of pardon? I believe he would feel great uneasiness, such as nothing could moderate, but only his trust in the goodness of his sovereign.

So I assure you, that whatever pleasures I taste at the table of my King, my sins, ever present before my eyes, as well as the uncertainty of my pardon, torment me, though in truth that torment itself is pleasing. Be satisfied with the condition in which God places you. However happy you may think me, I envy you. Pain and suffering would be a paradise to me, if I could suffer with my God. The greatest pleasure would be hell to me if I could relish them without Him. All my consolation would be to suffer something for His sake.

I must, in a little time, go to God. What comforts me in this life is that I now see Him by faith. I see Him in such a manner as might make me say sometimes, I believe no more, but I see. I feel what faith teaches us, and, in that assurance and that practice of faith, I will live and die with Him.

Continue then always with God. It is the only support and comfort for your affliction. I shall beseech Him to be with you.

I present my service.

**Twelfth Letter:** If we were well accustomed to the exercise of the presence of God all bodily diseases would be much alleviated. God often permits that we suffer a little to purify our souls and oblige us to continue with Him.

Take courage. Offer Him your pains incessantly, pray to Him for strength to endure them. Above all, gain a habit of entertaining yourself often with God, and forget Him the least you can. Adore Him in your infirmities. Offer yourself to Him from time to time. And, in the height of your sufferings, beseech Him humbly and affectionately (as a child his Father) to make you conformable to His holy will. I shall endeavor to assist you with my poor prayers.

God has many ways of drawing us to Himself. He sometimes seems to hide Himself from us. But faith alone ought to be our support. Faith is the foundation of our confidence which must be all in God who will not fail us in time of need. I know not how God will

dispose of me. I am always happy. All the world suffers and I, who deserve the severest discipline, feel joys so continual and so great that I can scarce contain them.

I would willingly ask of God a part of your sufferings. I know my weakness, which is so great, that if He left me one moment to myself, I should be the most wretched man alive. And yet I know not how He can leave me alone, because faith gives me as strong a conviction as sense can do. He never forsakes us until we have first forsaken Him. Let us fear to leave Him. Let us be always with Him. Let us live and die in His presence.

Do pray for me, as I pray for you.

**Thirteenth Letter:** I am in pain to see you suffer so long. What gives me some ease and sweetens the feeling I have of your griefs, is that they are proof of God's love towards you. See your pains in that view and you will bear them more easily. As your case is, it is my opinion that you should leave off human remedies and resign yourself entirely to the providence of God. Perhaps He waits only for that resignation and a perfect trust in Him to cure you. Since, in spite of all your cares, physic has so far proved unsuccessful and your malady still increases, it will not be tempting God to abandon yourself in His hands and expect all from Him.

I told you in my last letter that He sometimes permits bodily diseases to cure the distempers of the soul. Have courage. Make a virtue of necessity. Ask of God, not deliverance from your pains, but strength to bear resolutely, for the love of Him, all that He should please, and as long as He shall please. Such prayers, indeed, are a little hard to nature, but most acceptable to God, and sweet to those that love Him. Love sweetens pains. And when one loves God, one suffers for His sake with joy and courage. Do so, I beseech you. Comfort yourself with Him, who is the only Physician of all our maladies. He is the Father of the afflicted, always ready to help us. He loves us infinitely more than we imagine. Love Him then, and seek not consolation elsewhere. I hope you will soon receive it. Adieu.

I will help you with my prayers, poor as they are, and shall be, always, yours in our Lord.

**Fourteenth Letter:** I render thanks to our Lord, for having relieved you a little, according to your desire. I have been often near expiring, though I was never so much satisfied as then. Accordingly I did not pray for any relief, but I prayed for strength to suffer with courage, humility, and love. How sweet is it to suffer with God! However great the sufferings may be, receive them with love. It is paradise to suffer and be with Him. If in this life we would enjoy the peace of paradise, we must accustom ourselves to a familiar, humble, affectionate conversation with Him.

We must hinder the wandering of our spirits from Him on all occasions. We must make our heart a spiritual temple, wherein to adore Him incessantly. We must watch continually over ourselves, that we may not do, nor say, nor think anything that may displease Him. When our minds are thus employed about God, suffering will become full of unction and consolation.

I know that to arrive at this state, the beginning is very difficult because we must act purely in faith. But though it is difficult, we know also that we can do all things with the grace of God, which He never refuses to them who ask it earnestly. Knock, persevere in

knocking, and I answer for it that He will open to you His graces in His due time, and grant you all at once what He has deferred during many years. Adieu.

Pray to Him for me, as I pray to Him for you. I hope to see Him quickly.

**Fifteenth Letter:** God knows best what is needful for us. All that He does is for our good. If we knew how much He loves us, we should be always ready to receive equally and with indifference from His hand the sweet and the bitter. All would please that came from Him. The sorest afflictions never appear intolerable except when we see them in the wrong light. When we see them in the hand of God who dispenses them, when we know that it is our loving Father who abases and distresses us, our sufferings will lose their bitterness and become even a source of consolation.

Let all our employment be to know God. The more one knows Him, the more one desires to know Him. Knowledge is commonly the measure of love. The deeper and more extensive our knowledge shall be, the greater will be our love. If our love of God were great we should love Him equally in pains and pleasures.

Let us not amuse ourselves to seek or to love God for any sensible favors (however elevated) which He has or may do us. Such favors, no matter how great, cannot bring us so near to God as faith does in one simple act. Let us seek Him often by faith. He is within us. Seek Him not elsewhere. Are we not rude and deserve blame, if we leave Him alone to busy ourselves about trifles which do not please Him and perhaps offend Him? It is to be feared these trifles will one day cost us dearly. Let us begin to be devoted to Him in good earnest. Let us cast everything besides out of our hearts. He would possess them alone. Beg this favor of Him. If we do what we can on our parts, we shall soon see that change wrought in us which we aspire after.

I cannot thank Him sufficiently for the relaxation He has vouchsafed you. I hope to see Him within a few days.

Let us pray for one another.

Brother Lawrence died a few days after this last letter.