



St. Francis de Sales on Peace, Confidence, and Your Cross

As Bishop of Geneva, St. Francis de Sales (1567-1622) labored untiringly to convert Protestants and to teach and defend our holy Faith. He helped St. Jane Frances de Chantal found the Visitation Nuns. St. Francis de Sales is the patron of the Catholic Press, educators, writers, journalists, and deaf persons.

Be at Peace

Do not look forward in fear to the changes in life; rather, look to them with full hope that as they arise, God, whose very own you are, will lead you safely through all things; and when you cannot stand it, God will carry you in His arms.

Do not fear what may happen tomorrow; the same understanding Father who cares for you today will take care of you then and every day.

He will either shield you from suffering or will give you unfailing strength to bear it. Be at peace, and put aside all anxious thoughts and imaginations.

Confidence in God

It is good to mistrust ourselves, but how would that advantage us were we not to throw all our confidence on God and to wait on His mercy? If you feel no such confidence, cease not on that account from making these acts and from saying to Our Lord: "Yet, O Lord, though I have no feeling of confidence in You, nevertheless, I know that You are my God, that I am all Yours, and that I have no hope but in Your goodness, so I abandon myself entirely into Your Hands." It is always in our power to make these acts; although we have difficulty in performing them, still there is no impossibility. Thus we testify faithfulness to Our Lord.

Your Cross

The everlasting God has in His wisdom foreseen from eternity the cross that He now presents to you as a gift from His inmost heart. This cross He now sends you He has considered with His all-knowing eyes, understood with His divine mind, tested with His wise justice, warmed with loving arms and weighed with His own hands to see that it be not one inch too large and not one ounce too heavy for you. He has blessed it with His holy Name, anointed it with His consolation, taken one last glance at you and your courage, and then sent it to you from heaven, a special greeting from God to you, an alms of the all-merciful love of God.