**The Imitation of Christ by Thomas A. Kempis**

**BOOK THREE:** INTERNAL CONSOLATION

### **Chapter 27:** Self-Love is the Greatest Hindrance to the Highest Good

**Quote:**

"The Voice of Christ

MY CHILD, you should give all for all, and in no way belong to yourself. You must know that self-love is more harmful to you than anything else in the world. In proportion to the love and affection you have for a thing, it will cling to you more or less. If your love is pure, simple, and well ordered, you will not be a slave to anything. Do not covet what you may not have. Do not possess anything that can hinder you or rob you of freedom.

It is strange that you do not commit yourself to Me with your whole heart, together with all that you can desire or possess. Why are you consumed with foolish sorrow? Why are you wearied with unnecessary care? Be resigned to My will and you will suffer no loss.

If you seek this or that, if you wish to be in this place or that place, to have more ease and pleasure, you will never rest or be free from care, for some defect is found in everything and everywhere someone will vex you. To obtain and multiply earthly goods, then, will not help you, but to despise them and root them out of your heart will aid. This, understand, is true not only of money and wealth, but also of ambition for honor and desire for empty praise, all of which will pass away with this world.

The place matters little if the spirit of fervor is not there; nor will peace be lasting if it is sought from the outside; if your heart has no true foundation, that is, if you are not founded in Me, you may change, but you will not better yourself. For when occasion arises and is accepted, you will find that from which you fled and worse.

A Prayer for Cleansing the Heart and Obtaining Heavenly Wisdom

Strengthen me by the grace of Your holy spirit, O God. Give me the power to be strengthened inwardly and to empty my heart of all vain care and anxiety, so that I may not be drawn away by many desires, whether for precious things or mean ones. Let me look upon everything as passing, and upon myself as soon to pass away with them, because there is nothing lasting under the sun, where all is vanity and affliction of spirit. How wise is he who thinks thus!

Give me, Lord, heavenly wisdom to learn above all else to seek and find You, to enjoy and love You more than anything, and to consider other things as they are, as Your wisdom has ordered them. Grant me prudence to avoid the flatterer and to bear patiently with him who disagrees with me. For it is great wisdom not to be moved by the sound of words, nor to give ear to the wicked, flattering siren. Then, I shall walk safely in the way I have begun."

**Definition:**

Self-love - The inclination towards selfish desires and self-centeredness that seeks personal gain, comfort, or advantage in all things and hinders spiritual growth, devotion to God and being in relationship with other people.

**Scripture:**

Matthew 6:19-21

Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Matthew 16:24-26

Then Jesus said to his disciples, 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul?

1 John 2:15-17

Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever

Colossians 3:2-3

Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.

**Concept:**

Overcoming self-love and prioritizing love for God above all else.

**Discussion:**

Why does Jesus emphasize the importance of selflessness and detachment from worldly possessions and desires?

How does excessive self-love contrast with genuine love?

In what ways does surrendering to God and detaching from earthly attachments lead to lasting peace and contentment?