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

**BOOK THREE:** INTERNAL CONSOLATION

**Chapter 52:** A Man Ought Not to Consider Himself Worthy of Consolation, But Rather Deserving of Chastisement

**Quote:**

“The Disciple

LORD, I am not worthy of Your consolation or of any spiritual visitation. Therefore, You treat me justly when You leave me poor and desolate. For though I could shed a sea of tears, yet I should not be worthy of Your consolation. Hence, I deserve only to be scourged and punished because I have offended You often and grievously, and have sinned greatly in many things. In all justice, therefore, I am not worthy of any consolation.

But You, O gracious and merciful God, Who do not will that Your works should perish, deign to console Your servant beyond all his merit and above human measure, to show the riches of Your goodness toward the vessels of mercy. For Your consolations are not like the words of men.

What have I done, Lord, that You should confer on me any heavenly comfort? I remember that I have done nothing good, but that I have always been prone to sin and slow to amend. That is true. I cannot deny it. If I said otherwise You would stand against me, and there would be no one to defend me. What have I deserved for my sins except hell and everlasting fire?

In truth, I confess that I am deserving of all scorn and contempt. Neither is it fitting that I should be remembered among Your devoted servants. And although it is hard for me to hear this, yet for truth's sake I will allege my sins against myself, so that I may more easily deserve to beg Your mercy. What shall I say, guilty as I am and full of all confusion? My tongue can say nothing but this alone: "I have sinned, O Lord, I have sinned; have mercy on me and pardon me. Suffer me a little that I may pour out my grief, before I go to that dark land that is covered with the shadow of death."

What do you especially demand of a guilty and wretched sinner, except that he be contrite and humble himself for his sins? In true sorrow and humility of heart hope of forgiveness is born, the troubled conscience is reconciled, grace is found, man is preserved from the wrath to come, and God and the penitent meet with a holy kiss.

To You, O Lord, humble sorrow for sins is an acceptable sacrifice, a sacrifice far sweeter than the perfume of incense. This is also the pleasing ointment which You would have poured upon Your sacred feet, for a contrite and humble heart You have never despised. Here is a place of refuge from the force of the enemy's anger. Here is amended and washed away whatever defilement has been contracted elsewhere.”

**Definition:**

Contrite and Humble Heart – One that is broken by the weight of sin and has been humbled by a sense of guilt, is teachable, and is willing to submit to God's will

**Scripture:**

Psalm 51:17

My sacrifice, O God, isa broken spirit; a broken and contrite heart you, God, will not despise.

James 4:6

God opposes the proud but gives grace to the humble.

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Psalm 95:6-7

Come, let us bow down in worship, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care.

**Concept:**

A contrite and humble heart is one that acknowledges its sins and weaknesses before God leading to a sincere desire for repentance and transformation through God’s grace and mercy.

**Discussion:**

What does it mean to have a broken and contrite humble heart, according to Psalm 51:17?

How does guilt and the awareness of sin lead to a contrite and humble heart?

How does a contrite and humble heart influence your approach to worship? Reflect on Psalm 95:6-7. What does it mean to “bow down” and “kneel” before the Lord in a humble spirit?