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

**BOOK TWO:** THE INTERIOR LIFE

**Chapter 1:** Meditation

**Quote:**

"THE kingdom of God is within you," says the Lord. Turn, then, to God with all your heart. Forsake this wretched world and your soul shall find rest. Learn to despise external things, to devote yourself to those that are within, and you will see the kingdom of God come unto you, that kingdom which is peace and joy in the Holy Spirit, gifts not given to the impious. Christ will come to you offering His consolation, if you prepare a fit dwelling for Him in your heart, whose beauty and glory, wherein He takes delight, are all from within. His visits with the inward man are frequent, His communion sweet and full of consolation, His peace great, and His intimacy wonderful indeed"

**Definition and Scriptures:**

**Impious:** not pious:lacking in reverence or proper respect (as for God or one's parents):[IRREVERENT](https://www.merriam-webster.com/dictionary/irreverent)

**Matthew 12:31:** This is why I tell you that men may find forgiveness for every other sin and impious word, but that for impious speaking against the Holy Spirit they shall find no forgiveness.

**2 Timothy 2:16:** But avoid worldly and empty chatter, for it will lead to further ungodliness,

**Romans 1:28:** And just as they did not see fit to acknowledge God any longer, God gave them over to a depraved mind, to do those things which are not proper,

**Discussion:**

Why doesn’t God give his peace and joy to the impious?

Why does God not forgive the impious speaking against the Holy Spirit?

How does empty chatter lead to ungodliness?

**Definition and Scriptures:**

**Consolation:** Comfort; alleviation of misery, or distress of mind; refreshment of mind or spirits; a comparative degree of happiness in distress or misfortune, springing from any circumstance that abates the evil, or supports and strengthens the mind, as hope, joy, courage and the like.

**2 Corinthians 1:3-4:** Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, **4**who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

**John 16:7:** Nevertheless, I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you.

**John 16:13:** But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.

**Discussion:**

How would history been different if Jesus would have physically overthrown Rome?

What does it mean to have the indwelling of the Holy Spirit within you?

How does the Holy Support and strengthen the mind with hope, joy, and courage?

How does the comfort of the Holy Spirit bring the kingdom of God within us?

**Concepts:**

Prepare a fit dwelling for Him in your heart

Be Still

Be still and know I am God (Psalm 46:10)

Admit that we have made other things or other people a higher priority than God being first in our lives

“For where your treasure is, there your heart will be also,” (Matthew 6:21)

Welcome God into your heart

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. (Revelation 3:20)

**Discussion**

What does it mean to be still and know that he is God?

How does Satan influence us to make other things or other people a higher priority than God being first in our lives?

What does it mean to welcome God into your heart?