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

**BOOK ONE:** THOUGHTS HELPFUL IN THE LIFE OF THE SOUL

**Chapter 21: Sorrow of Heart**

**Definition and Scriptures:**

**Favor:** Favor means God stepping into one's situation to make a worthwhile difference. ... Favor is the highway to connect your destiny. When you are connected to favor, you are connected to good and grace. (vanguardngr.com)

**Isaiah 58:11:** The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

**Matthew 5:8:** Blessed are the pure in heart, for they will see God.

**Ephesians 2:8-9:** For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast

**Matthew 6:31-33:** So, do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

**Quote:**

"If you do not enjoy the favor of men, do not let it sadden you; but consider it a serious matter if you do not conduct yourself as well or as carefully as is becoming for a servant of God and a devout religious.”

**Discussion:**

When you are connected to God’s favor, you are connected to good and grace. The word good implies a higher standard. An example is that we value a good thing over a bad thing. Is purity of heart a higher standard or is it a frame of mind and why is God’s blessings connected to a pure heart?

A part of enjoying the favor of other people is to enjoy with them what they eat, drink, and wear. To be religious is to value devotion over enjoyment. Why is God more concerned about what you are devoted to rather than what you enjoy?