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

**BOOK TWO:** THE INTERIOR LIFE

**Chapter 11 Part 1:** Few Love the Cross of Jesus

**Quote:**

 "Jesus has always many who love His heavenly kingdom, but few who bear His cross. He has many who desire consolation, but few who care for trial. He finds many to share His table, but few to take part in His fasting. All desire to be happy with Him; few wish to suffer anything for Him. Many follow Him to the breaking of bread, but few to the drinking of the chalice of His passion. Many revere His miracles; few approach the shame of the Cross. Many love Him as long as they encounter no hardship; many praise and bless Him as long as they receive some comfort from Him. But if Jesus hides Himself and leaves them for a while, they fall either into complaints or into deep dejection. Those, on the contrary, who love Him for His own sake and not for any comfort of their own, bless Him in all trial and anguish of heart as well as in the bliss of consolation. Even if He should never give them consolation, yet they would continue to praise Him and wish always to give Him thanks. What power there is in pure love for Jesus– love that is free from all self-interest and self-love!"

**Definition:**

Fasting: [Denying the flesh](https://amzn.to/3baDaRa) in order to find a more powerful connection with the Holy Spirit

**Scripture:**

Matthew 4:1-2

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry.

1 Corinthians 7:5

Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

Exodus 34:28

Moses was there with the LORD forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments.

Matthew 6:16-18

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.
But when you fast, put oil on your head and wash your face,
so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

**Concept:**

God uses feasting and fasting as well as conflict and peace to mold and shape our character.

**Discussion:**

What is it like to experience God’s presence in your life?

What does it mean to bear the cross of Christ?

How do we suffer for Christ?

Why do people grumble and complain when they do not feel the presence of God?