**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:**

**Contrite:**  The Hebrew word for contrite means to be crushed, or sometimes to be thoroughly crushed; to be dejected; broken; beaten to pieces, or broken into pieces; to be bruised; to be humbled. (deseret.com)

**Psalm 51:17:** The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise.  
  
**Psalm 147:3:** He heals the brokenhearted And binds up their wounds.  
  
**Isaiah 66:2:** “For My hand made all these things, Thus all these things came into being,” declares the Lord. “But to this one I will look, To him who is humble and contrite of spirit, and who trembles at My word.  
  
**1 Peter 5:5:** You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with humility toward one another, for God is opposed to the proud, but gives grace to the humble.

**Quote:**

“When a man is perfectly contrite, the whole world is bitter and wearisome to him. A good man always finds enough over which to mourn and weep; whether he thinks of himself or of his neighbor he knows that no one lives here without suffering, and the closer he examines himself the more he grieves.”

**Discussion:**

There are two ways to develop a person’s character. One is based on pride and the other is based on humility. Pride is predicated on promoting a certain standard; whereas, humility is based on a person’s most inner desires. Why does God choose to build his temple on the desires of a person’s heart rather than a certain standard of behavior?

Relationships are built during the journey not the destination of relationship. We develop humility when we are on the journey not when we have arrived. When God gives grace to the humble, he is inviting them into a relationship, he is not giving them just a room in his mansion. How does the journey of life with God bring life to the spirit verses life without God that brings death to the soul?

Psalm 24:3-5, Isaiah 33:14-16