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

**BOOK THREE:** INTERNAL CONSOLATION

### **Chapter 18:** Temporal Sufferings Should Be Borne Patiently, After the example of Christ

**Quote:**

#### “The Voice of Christ

#### MY CHILD, I came down from heaven for your salvation and took upon Myself your miseries, not out of necessity but out of love, that you might learn to be patient and bear the sufferings of this life without repining. From the moment of My birth to My death on the cross, suffering did not leave Me. I suffered great want of temporal goods. Often I heard many complaints against Me. Disgrace and reviling I bore with patience. For My blessings I received ingratitude, for My miracles blasphemies, and for My teaching scorn.

#### The Disciple

#### O Lord, because You were patient in life, especially in fulfilling the design of the Father, it is fitting that I, a most miserable sinner, should live patiently according to Your will, and, as long as You shall wish, bear the burden of this corruptible body for the welfare of my soul. For though this present life seems burdensome, yet by Your grace it becomes meritorious, and it is made brighter and more endurable for the weak by Your example and the pathways of the saints. But it has also more consolation than formerly under the old law when the gates of heaven were closed, when the way thereto seemed darker than now, and when so few cared to seek the eternal kingdom. The just, the elect, could not enter heaven before Your sufferings and sacred death had paid the debt.

#### Oh, what great thanks I owe You, Who have shown me and all the faithful the good and right way to Your everlasting kingdom! Your life is our way and in Your holy patience we come nearer to You Who are our crown. Had You not gone before and taught us, who would have cared to follow? Alas, how many would have remained far behind, had they not before their eyes Your holy example! Behold, even we who have heard of Your many miracles and teachings are still lukewarm; what would happen if we did not have such light by which to follow You?"

#### **Definition:**

Role model - In the Bible, a good role model is a person who shows us how to live, choose well, face suffering (in some cases), and act wisely in this complicated and difficult world.

**Scripture:**

Romans 8:29

For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.

John 8:12

When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”

John 12:36a

Believe in the light while you have the light, so that you may become children of light.”

Psalm 119:105

Your word is a lamp for my feet,   
    a light on my path.

Hebrews 13:8

Jesus Christ is the same yesterday and today and forever.

**Concept:**

The effort we make to embody the values and principles of Jesus will ultimately empower us to make a meaningful difference in our lives and the lives of those around us.

**Discussion:**

How has the values and principles of Jesus made a difference in your life?

How has the values and principles of Jesus made a difference in the world around us?

How has media and technology caused society to drift away from traditional role models?