

## ***That Vain Hope and Elation of Mind Are to be Fled and Avoided***

Thomas à Kempis

He is vain who puts his trust in man or in any created thing. Be not ashamed to serve others for the love of Jesus Christ, and to be poor in this world for His sake. Trust not in yourself, but set all your trust in God: do all in your power to please Him and He will well assist your good will. Trust not in your own wisdom or in the wisdom or plans of any living creature, but instead, in the grace of God who helps humble persons and allows those who presume of themselves to fall until they are humbled. Glory not in your riches, or in your worldly friends, because they are mighty; let all your glory be in God only, who gives all things and desires to give Himself above all things.

Exult not in the strength or fairness of your body, for by a little sickness it may soon be disfigured. Rejoice not in your ability or readiness of wit, lest you displease God, of whose free gift comes all that you have. Do not think yourself better than others, lest perhaps you be thereby belittled in the sight of God who knows all that is in man. Be not proud of your good deeds, for the judgments of God are different from the judgments of man, and what pleases man often displeases God. If you have any goodness or virtue, believe firmly that there is much more goodness and virtue in others, so that you may always keep yourself worse than any other, though it may not in truth be so, but much harm results if you prefer yourself above any other, even if he is ever so great a sinner. Great peace is with the humble man, but in the heart of a proud man are always envy and anger.

From *The Imitation of Christ*