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# The Sacrament Of The Present Moment



## **Synopsis**

The Sacrament of the Present Moment is the three hundred-year-old classic of spiritual guidance and enlightenment by Jean-Pierre de Caussade, ordained member of the Society of Jesus. In this wise, hopeful, and powerfully stirring masterwork of Christian thought and daily practice, de Caussade encourages a selfless abandonment to God as a means of achieving grace and conquering pride and ego. Each day is a sacrament, the author assures us, and the lessons and wisdom of The Sacrament of the Present Moment can better enable us to hear Godâ™s voice as He speaks to us, always, with love.

## **Book Information**

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## **Customer Reviews**

Originally entitled SELF-ABANDONMENT TO DIVINE PROVIDENCE, Jean Pierre Caussade's brief, eighteenth-century, mystical-masterpiece consists of a series of enlightening lectures--on the pains and pleasures of surrendering one's will to God--that were first presented as spiritual direction to the Visitation nuns of Nancy, France, before finally being organized into this charming treatise on saintliness. Much like the earlier, prayerful guidance offered through the meditations of St. John of the Cross and St. Teresa of Avila, Father Caussade's study hails the virtue of 'utter self-surrender to the divine Center' as a requisite both to the authentic spiritual journey and true faith, but also as a prerequisite to conquering one's passions and to living a committed, religious life. The work contains enough reasoning to stand on its own as a spiritual guide, but fulfills its purpose more splendidly as a theological supplement to those engaged in the actual practice of mystical prayer. In this capacity,

it makes a faithful companion to Father Thomas Keating's book on the proper method of Christian contemplation called OPEN MIND OPEN HEART. For those souls bold enough to embark upon 'the road less travelled' it serves as an existential map to the highways and byways of orison--pointing the surest direction to the Eternal City--while at the same time faithfully highlighting many important psychological and philosophical landmarks along the way. Each chapter acts as its own spiritual beacon--illuminating vast portions of the divine path--allowing one to sail further along currents of stillness, into deeper oceans of interior-silence, faster!

Each moment is another opportunity to surrender your heart to God. The Holy Spirit is ever about and within us, and time is simply the unfolding of His grace. The Sacrament of the Present Moment. As another Jesuit, Fr. G.M. Hopkins, once wrote: "The world is charged with the Grandeur of God: it shines out like shining from shook foil, it gathers to a greatness like the ooze of oil crushed.." This book is a manifesto reminding us that it is God in whom we live & move and have our being. He is intimately with us always, unto all time. Peace, then. Cultivate awareness of His presence. You cannot be harmed. Neither death nor sin can separate us from the love of God. Only our eternal refusal to seek His mercy & embrace Him can do that. It's my theologumena that hell is simply the inescapable flame of that Love which the damned desperately wish to flee. Some might catch a whiff of quietism in this book. It's true that the Quietists were all the rage in France at the time, but it's unfair to tar Fr. Caussade with that brush. Because the essence of his teaching is cooperation with grace, infused action on behalf of Christ. Even if it is humble, even if you don't understand what the point of it is, even if it seems futile or inconsequential. If it is good, even the simplest things are sweet in the eyes of God. For it is not the act that makes us holy, but His grace. The act is simply our little gift to God, proof of our love for Him. Like a child doing something simple & inconsequential for her parent, anything we can do is likewise pleasing to Him. This, as I'm sure you know, is also the teaching of our Little Flower, Dear St. Therese, one of the most luminous saints of Carmel, and Doctor of the Church.

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