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“Constancy, that nothing can shake.”

Discouragement is an enemy of your perseverance. If you don't fight against discouragement you will become pessimistic first, and lukewarm afterwards. Be an optimist. (The Way, 988)

June 17

Constancy, that nothing can shake. That is what you need. Ask it of God and do what you can to obtain it: for it is a great safeguard against your ever turning from the fruitful way you have chosen. (The Way, 990)

You cannot 'rise'. It's not surprising: that fall! Persevere and you will 'rise'. Remember what a spiritual writer has said: your poor soul is like a bird whose wings are caked with mud. Suns of heaven are needed and personal efforts, small and constant, to shake off those inclinations, those vain fancies, that depression: that mud clinging to your wings. And you will see yourself free. If you persevere, you will 'rise'. (The Way, 991)

Give thanks to God who helped you, and rejoice in your victory. What deep joy you feel in your soul, after responding to grace! (The Way, 992)

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