

## (1.6) Inordinate Attachments

When a person desires anything inordinately serenity dissipates. The proud man does not have peace while *the covetous provokes disputes*,<sup>1</sup> and causes turmoil. One finds true peace in Jesus: *Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*<sup>2</sup>

If a man is not free of worldly attachments, he is among the seeds that fell into thorns, this is people who have heard, but as they go on their way they are choked by the worries and riches and pleasures of life and never produce any crops.<sup>3</sup>

Those who are weak in spirit have difficulty in changing and of these Jeremiah speaks: *And you, can you do right, being so accustomed to wrong?*<sup>4</sup> Sadness accompanies their efforts to change and they even are angered easily if anyone blocks their wrong ways. And when they succumb to lustful passions, grief is eventually experienced through pangs of conscience.

*Stick to the advice your own heart gives you, no one can be truer to you than that; since a person's soul often gives a clearer warning than seven watchmen perched on a watchtower.*<sup>5</sup> True peace of heart is found in resisting temptations *for the grace of God has appeared, saving all and training us to reject godless ways and worldly desires and to live temperately, justly, and devoutly in this age.*<sup>6</sup>



Peace comes to the zealous spiritual man but the heart of the carnal man has many tribulations because of involvement in worldly things.

*Do not love the world or the things of the world. If anyone loves the world, the love of the Father is not in him.*<sup>7</sup>

This article is based on Book 1, Chapter 6 of Thomas of Kempis' writing, "Imitation of Christ." It is not a translation, and there are many of those, but a personal (layperson's) reflection on his writing; if any of it helps give credit to Thomas of Kempis; if any of it fails the responsibility is mine. ( rfm)

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<sup>1</sup> Proverbs 28:25

<sup>2</sup> Matt 11:29

<sup>3</sup> Luke 8:14

<sup>4</sup> Jeremiah 13:23b

<sup>5</sup> Sirach 37:13-14

<sup>6</sup> Titus 2:11-12

<sup>7</sup> 1John 2:15