

CREDO OF THE INTERIOR LIFE

"This Credo of the interior life, once it has become for my soul the whole foundation of its existence, guarantees to it, even here below, a participation in the joys of heaven. The interior life is the life of the elect." SOUL OF THE APOSTOLATE

First Truth: Supernatural life is the life of Jesus Christ *in my soul*, by Faith, Hope and Charity; for Jesus is the meritorious, exemplary, and final cause of sanctifying grace and with the Father and the Holy Ghost, He is its *efficient* cause in our souls.

Second Truth: Jesus imparts to me His Holy Spirit in order to have this interior life in my soul. The soul is *withdrawn* from all that opposes the supernatural life and is *drawn up* to union with God.

Third Truth: I must strive to make this interiority not just present within my life, but an *extremely vital reality*, where I am entirely dependent on Christ as my light, my virtue, my strength, and my healer. Jesus is the Lord of my life.

Fourth Truth: In proportion to the intensity of my love for God, my supernatural life may increase at *every* moment by a *new* infusion of the grace of the active presence of Jesus in me.

Fifth Truth: The triple concupiscence caused by original sin and increased by my actual sins are *elements of death* that militate against the life of Jesus within me *in exact proportion* that I cooperate with sin, they diminish the supernatural life within me.

Sixth Truth: If I am not faithful in fighting these elements of death, and insofar as the supernatural life diminishes within me, I will fall into *tepidity of the will*. I won't want the things of God and will start hating them.

Seventh Truth: I must always thirst for more intimacy with Christ. But this thirst will cease if I don't use the means to keep it going: morning mental prayer, Mass, Sacraments, examinations of conscience, and spiritual reading. If I don't keep watch over my heart throughout the day, soon my heart will be *crawling with venial sins* and I will be in self-delusional piety.

Eighth Truth: My interior life will be no better than my custody over my own heart. *Where am I going and why?* Frequent recollection allows my soul to govern all my actions and thoughts, but souls without an interior life are incapable of this custody.

Ninth Truth: Jesus Christ reigns in a soul that aspires to imitate Him seriously, wholly, lovingly. This consists in the soul becoming indifferent to creatures so that it can accomplish the Lord's will, and in the soul striving after Christ's poverty, sufferings, and humiliations.

Tenth Truth: No matter what my condition may be, if I am only willing to pray and become faithful to grace, Jesus offers me every means of returning to an inner life that will restore to me my intimacy with Him, and will enable me to develop His life in myself.

Eleventh Truth: If God calls me to good works, I must establish this firm conviction in my mind: Jesus has got to be, and wishes to be, the life of these works. My efforts, by themselves, are *nothing*, absolutely nothing. But when united to Jesus Christ's life-giving action these efforts will become *all-powerful*.

In him you also, who have heard the word of truth, the gospel of your salvation, and have believed in him, were sealed with the promised holy Spirit, which is the first installment of our inheritance toward redemption as God's possession, to the praise of his glory.

EPHESIANS 1:14