



Hold fast to God, the one true good

Where a man's heart is, there is his treasure also.

God is not accustomed to refusing a good gift to those who ask for one. Since he is good, and especially to those who are faithful to him, let us hold fast to him with all our soul, our heart, our strength, and so enjoy his light and see his glory and possess the grace of supernatural joy. [...]

Let us take refuge from this world.

*You can do this in spirit, even if you are kept here in the body.
You can at the same time be here and present to the Lord.
Your soul must hold fast to him,
you must follow after him in your thoughts,
you must tread his ways by faith, not in outward show.
You must take refuge in him.
He is your refuge and your strength.
David addresses him in these words:
I fled to you for refuge, and I was not disappointed.*

Saint Ambrose, bishop