

MY SPIRITUAL READING

Br Jean Pierre Lauby

- Necessary nourishment for my spiritual life
- Indispensable basis for my meditation
- A frequent pause to be ensured at all costs

MY SPIRITUAL READING MUST NOURISH AND SUSTAIN

- **My life of FAITH**
 - To enlighten my intelligence (teach me something)
 - so that it seeks to know Jesus the Truth better
 - through books on doctrine (strong food)
- **My life of PRAYER**
 - To kindle my heart (to burn more for the Lord)
 - and seek to love Jesus the Life more
 - through the reading of spritual books (hot food)
- **My life of CHARITY**
 - To stimulate my WILL (make me act)
 - to seek to imitate and follow Jesus the Way better
 - by reading biographies; lives of saints, examples from life (appetising food)

SAINT JOHN BAPTIST DE LA SALLE GIVES ME THE FOLLOWING ADVICE:

- * "Do not start reading without first putting yourself into the presence of God. By means of some short prayer, ask him to give you grace and light to enable you to understand and practise what you are about to read...Stop from time to time to savour what you are reading...Ask yourself what prevents you from practising what you have read. When you can practise it, discover why you do not do so".
- * "Read your book as you would a letter that Jesus Christ himself had sent you to make known his holy will to you".
- * "Go over often in your mind what you have most savoured in your reading and try to engrave it on your heart".
- * "When you finish reading, do not forget to thank God for the truths you have most savoured and remembered. Ask him to help you put them into practice" (Collection, Complete Works p.97).
- * "Curiosity and negligence are the two main obstacles which prevent drawing the benefit one should from reading or hearing the Word of God. Have you not often been guilty of one or other of them"? (Collection, Complete Works p.110)
- * "Recognise the difference between reading for study purposes and spiritual reading, and ask yourself whether you observe this distinction carefully" (Collection, id. p.111).

"Open your mouth wide and I shall fill it" (*Psalm*)
"The hungry he has filled with good things,
the rich he has sent empty away" (*Lk 1, 53*).

- **THE AUTHOR:** what I know about him (very briefly)
- **THE WORK ITSELF:** (form and contents)
 - Date published or of subsequent edition
 - Its position in the overall work of the author (where possible)
 - **MOTIVATION:** intention, aim (who was it written for and why?)
 - **TYPE** of work: doctrinal, spiritual, pastoral, catechetical, historical...
 - Place occupied in it by Holy Scripture and the Vatican Council II.
 - Its connection with Lasallian spirituality or the history of the FSC Institute.
 - Its **PLAN:** it is often a good idea to check the table of contents to see the general layout of the book.
 - A short **SUMMARY:** summarise in a few short sentences **THE BASIC IDEA** of the book and what is original about it.

- **MY REACTIONS ON READING THIS BOOK**
 - Date when I read it.
 - On what occasion?
 - **DOES IT CONTRIBUTE ANYTHING NEW?**
WHAT DOES IT THROW LIGHT ON, OR SHOW IN A MORE STRIKING LIGHT?
 - in the way of guidelines, points of view, formulation on the doctrinal, spiritual, catechetical, pastoral level.
 - Pick out some of its main ideas.
 - Note the problems it raises...what it questions..
 - **WHAT I FIND DIFFICULT TO UNDERSTAND**
 - and that needs further study
 - or a word of explanation
 - **WHAT I DO NOT APPRECIATE**
 - a debatable point of view or statement
 - something missing or that should have been explained in greater detail
 - weaknesses:
difficult style or vocabulary, too theoretical, unpleasant tone, excessively personal opinion.

- **HOW TO BENEFIT IN A CONCRETE WAY FROM READING THIS BOOK?**

(This is the most important part! Don't be afraid of going into great detail)

 - What it suggests I should correct or change in my way of thinking and acting (on the doctrinal, spiritual, catechetical, pastoral level), but also on the personal and community level.
 - What it invites me to undertake or continue doing
 - Is there anyone I could usefully advise to read this book?
 - Where could I find this book?