Imitation of Christ

By Thomas À Kempis

TABLE OF CONTENTS

Introduction

The Chapters of the First Book

Counsels on the Spiritual Life

- 1. On the Imitation of Christ
- 2. On Personal Humility
- 3. On the Teaching of Truth
- 4. On Prudence in Action
- 5. On Reading the Holy Scriptures
- 6. On Control of the Desires
- 7. On Avoiding Vain Hope and Conceit
- 8. On Guarding Against Familiarity
- 9. On Obedience and Discipline
- 10. On Avoiding Talkativeness
- 11. On Peace, and Spiritual Progress
- 12. On the Uses of Adversity
- 13. On Resisting Temptation
- 14. On Avoiding Rash Judgments
- 15. On Deeds Inspired by Love
- 16. On Bearing with the Faults of Others
- 17. On the Monastic Life
- 18. On the Examples of the Holy Fathers
- 19. On the Practices of a Good Religious
- 20. On the Love of Solitude and Silence
- 21. On Contrition of Heart
- 22. On Human Misery
- 23. A Meditation on Death
- 24. On Judgment, and the Punishment of Sinners
- 25. On the Zealous Amendment of Our Life

The Chapter of the Second Book

Counsels on the Inner Life

- 1. On the Inner Life
- 2. On Humble Submission to God
- 3. On the Good and Peaceful Man
- 4. On Purity of Mind and Simplicity of Purpose
- 5. On Knowing Ourselves

- 6. On the Joys of a Good Conscience
- 7. On Loving Jesus Above All Things
- 8. On Close Friendship with Jesus
- 9. On the Lack of All Comfort
- 10. On Gratitude for God's Grace
- 11. On the Few Lovers of the Cross of Jesus
- 12. On the Royal Road of the Holy Cross

The Chapters of the Third Book

On Inward Consolation

- 1. How Christ Speaks Inwardly to the Soul
- 2. How Truth Instructs us in Silence
- 3. On Humble Attention to God's Word
- 4. On Truth and Humility
- 5. On the Wonderful Effect of Divine Love
- 6. On the Proof of a True Lover
- 7. On Concealing Grace Under Humility
- 8. On Humility in the Sight of God
- 9. How God Alone is our True End
- 10. On the Joy of God's Service
- 11. On Control of the Heart
- 12. On Learning Patience
- 13. On Obedience after the Example of Christ
- 14. On the Secret Judgments of God
- 15. On the Ordering of Our Desires
- 16. How True Comfort is to be Sought in God Alone
- 17. How We Must Put Out Whole Trust in God
- 18. How Sorrows are to be Borne Patiently
- 19. On Enduring Injuries, and the Proof of Patience
- 20. On our Own Weakness, and the Trials of This Life
- 21. How We Must Rest in God Alone Above All Things
- 22. On Being Mindful of God's Blessings
- 23. On Four Things that Bring Peace
- 24. On the Evils of Curiosity
- 25. On Lasting Peace and true Progress
- 26. On the Excellence of a Free Mind
- 27. How Self-Love Hinders Our Search for God
- 28. Against Slander
- 29. How We Should Bless God in all Trouble
- 30. On Asking God's Help, and the Certainty of His Grace
- 31. On Forsaking Creatures to Find the Creator
- 32. On Self-Denial, and Renunciation of our Desires
- 33. On Inconstancy of Heart
- 34. On God's Graciousness to Those Who Love Him
- 35. How There is No Security from Temptation

- 36. Against the Vain Judgments of Men
- 37. How Surrender of Self Brings Freedom of Heart
- 38. On the Right Ordering of our Affairs
- 39. How We Should not be Over Anxious
- 40. How Man has no Personal Goodness of Which to Boast
- 41. On Contempt for Worldly Honors
- 42. That Our Peace Cannot Depend on Man
- 43. A Warning against Vain and Worldly Learning
- 44. On Avoiding Distractions
- 45. How we should not Believe all we Hear
- 46. On Putting our Entire Trust in God
- 47. How Burdens must be Borne to win Eternal Life
- 48. On Eternity, and the Limitations of This Life
- 49. On the Desire for Eternal Life, and the Wonder of God's Promise
- 50. On trust in God in all Trouble
- 51. How when we Lack strength for Higher Work we should Undertake Humble Tasks
- 52. How no Man is Worthy of God's Comfort
- 53. How God's Grace is not Granted to the Worldly-Minded
- 54. On the Contrary workings of Nature and Grace
- 55. On the Corruption of Nature, and the Power of Grace
- 56. How we must Follow Christ's Way of the Cross in Self-Denial
- 57. That we should never Despair
- 58. How we may not Inquire into the unsearchable Judgments
- 59. That we should Hope and Trust in God Alone

The Chapters of the Fourth Book

On the Blessed Sacrament

- 1. On the Deep Reverence with which Christ Should be Received
- 2. On the Great Goodness and Love of God in this Sacrament
- 3. On the Value of Frequent Communion
- 4. On the Many Blessings Granted to the Devout Communicant
- 5. On the Dignity of the sacrament, and of the Priestly Office
- 6. On Preparation for Communion
- 7. On Self-Examination, and the Purpose of Amendment
- 8. On the Offering of Christ on the Cross
- 9. How we must Offer Ourselves wholly to God, and Pray for all Men
- 10. That Holy Communion is not to be Lightly Foregone
- 11. How the Body of Christ and the Holy Scriptures are Most Necessary to the Faith Soul
- 12. On the Need for Careful Preparation to Receive Christ in Holy Communion
- 13. How the Devout Soul should Sincerely Desire Union with Christ in his Sacrament
- 14. On Ardent Desire for the Body of Christ
- 15. How Devotion is Won by Humility and Self-Denial
- 16. How we should Declare our Needs to Christ, and Ask his Grace
- 17. On Ardent Love and Eager Desire to Receive Christ
- 18. How we should Approach Christ's Sacrament Humbly, Submitting Reason to Holy Faith