

complete acceptance of the idea that God is the giver of all good things, that good things come from no one but him.

We are left then to look back on our past with deep thankfulness for all the mercies that have been shown us, and should endeavour to show our gratitude in return by further efforts to bring ourselves into line with his will. It does not do to be thinking of ourselves unless we are also thinking of God; not the misery of man so much as the mercy of God should engross our attention.

Sin, then, can be used afterwards so as to make the memory of it an inspiration towards a greater love of God. This is also the real act of sorrows, the perfect contrition that thinks of sin and is sorry for it because it has offended God who is infinitely good in himself. Here is true sorrow in which self is forgotten and God only remembered. It is not sorrow only, but sweet sorrow: it is love.

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