

Contents

To Begin	vii
The First Meditation: On Our Creation	1
The Second Meditation: On the End for Which We Were Created.....	13
The Third Meditation: On God's Benefactions	33
The Fourth Meditation: On Sin	47
The Fifth Meditation: On Death	67
The Sixth Meditation: On Judgment	83
The Seventh Meditation: On Hell	97
The Eighth Meditation: On Paradise	107
The Ninth Meditation: The Election and Choice of Heaven	117
The Tenth Meditation: The Election and Choice the Soul Makes of a Devout Life	127
Conclusion	135
Acknowledgments	139
Appendix: St. Francis de Sales's Original Meditations	141
Notes	169