



## **Introduction to the Devout Life by St. Francis de Sales**

Written over 400 years ago, the *Introduction to the Devout Life* is still one of the most popular books for those pursuing holiness. St. Francis de Sales explains how to turn that desire for sanctity into resolutions that yield grace-filled results.

### Themes include:

Pursuing a devout life whole-heartedly  
Incorporating prayer and sacraments into a busy schedule  
Growing in virtue  
Battling wisely against temptation  
Making spiritual progress through daily, monthly, and yearly exercises  
Whether you are just beginning your spiritual journey or are more advanced in the spiritual life, you'll be able to apply this timeless wisdom immediately. Let St. Francis de Sales illumine the path to holiness and strengthen your desire to walk that road with the Lord.

St. Francis de Sales (1567–1622) was the Bishop of Geneva and a renowned spiritual director. Preaching during the Counter-Reformation, he is estimated to have converted 70,000 Calvinists in his lifetime. He was a fervent proponent of the universal call to holiness and spent much of his time guiding lay people on the road to sanctity. Declared a Doctor of the Church by Pope Pius IX in 1877, St. Francis is still helping to form saints through his many writings, of which *Introduction to the Devout Life* is the most famous.

***We'll study this book together over eleven sessions. I hope to see you there!***