

Day 15 of Basic Training in Holiness - Fear of the Lord



DAY 15 - VIRGIN MOST PRUDENT, PRAY THAT WE
RECEIVE THE GIFT OF FEAR OF THE LORD!
GOD'S WORD

"Serve the Lord in fear, and exult in him with trembling." (Psalm 2:11)

"The fear of the Lord is the beginning of wisdom, and knowledge of holiness is prudence." (Proverbs 9:10)

"His mercy extends to those who fear him, from generation to generation." (Luke 1:50)

HEROES' WORDS

"For I have learnt for a fact that nothing so effectively obtains, retains, and regains grace, as that we should always be found not

high-minded before God, but filled with holy fear.” -St. Bernard

“We must fear God out of love, not love him out of fear.” -St. Francis de Sales

MEDITATION

Gift of Fear: Infused gift of the Holy Spirit that confirms the virtue of hope and inspires a person with profound respect for the majesty of God. Its corresponding effects are protection from sin through dread of offending the Lord, and a strong confidence in the power of his help. The fear of the Lord is not servile but filial. It is based on the selfless love of God, whom it shrinks from offending. Whereas in servile fear the evil dreaded is punishment; in filial fear it is the fear of doing anything contrary to the will of God. The gift of fear comprises three principal elements: a vivid sense of God’s greatness, a lively sorrow for the least faults committed, and a vigilant care in avoiding occasions of sin. It is expressed in prayer of the Psalmist, “My whole being trembles before you, your ruling fills me with fear” (Ps 119:120). One of its salutary effects is to induce a spirit of deep humility in dealing with others, especially with inferiors, since it makes a person aware that he or she stands constantly before the judgment of God. (Fr. John Hardon, Modern Catholic Dictionary)

MENTAL PRAYER (15+ Minutes)

[Guide to Mental Prayer](#)

PRAY A ROSARY

[Miraculous 54 Day Rosary Novena](#)