



A Short Road to Perfection

St. John Henry Newman

If you ask me what you are to do in order to be perfect, I say:

Do not lie in bed beyond the due time of rising;
Give your first thoughts to God;
Make a good visit to the Blessed Sacrament;
Say the Angelus devoutly;
Eat and drink to God's glory;
Say the Rosary well;
Be recollected and keep out bad thoughts;
Make your evening meditation well;
Examine yourself daily;
Go to bed in good time.

And you are already perfect.

YOUCAT

www.youcat.org