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Daily spiritual reading is beneficial for everyone, for as St. Bernard tells us, “Reading instructs us at once in prayer and in the practice of virtue.” The knowledge we obtain from reading influences our thoughts, so that they become more spiritual. This will help us to lift our mind and heart to God in prayer.



It will also assist us in the practice of virtue. To read, for example, about the sufferings of Our Lord or the Blessed Mother encourages us to bear our own crosses. An inspiring book about the life of a saint can motivate us to imitate his virtues or show us how to deal with trials. St. Augustine writes that good books are, as it were, so many letters of love which the Lord sends us, in which He warns of our dangers, teaches us the way of salvation, animates us to suffer adversity, enlightens us, and inflames us with divine love.

