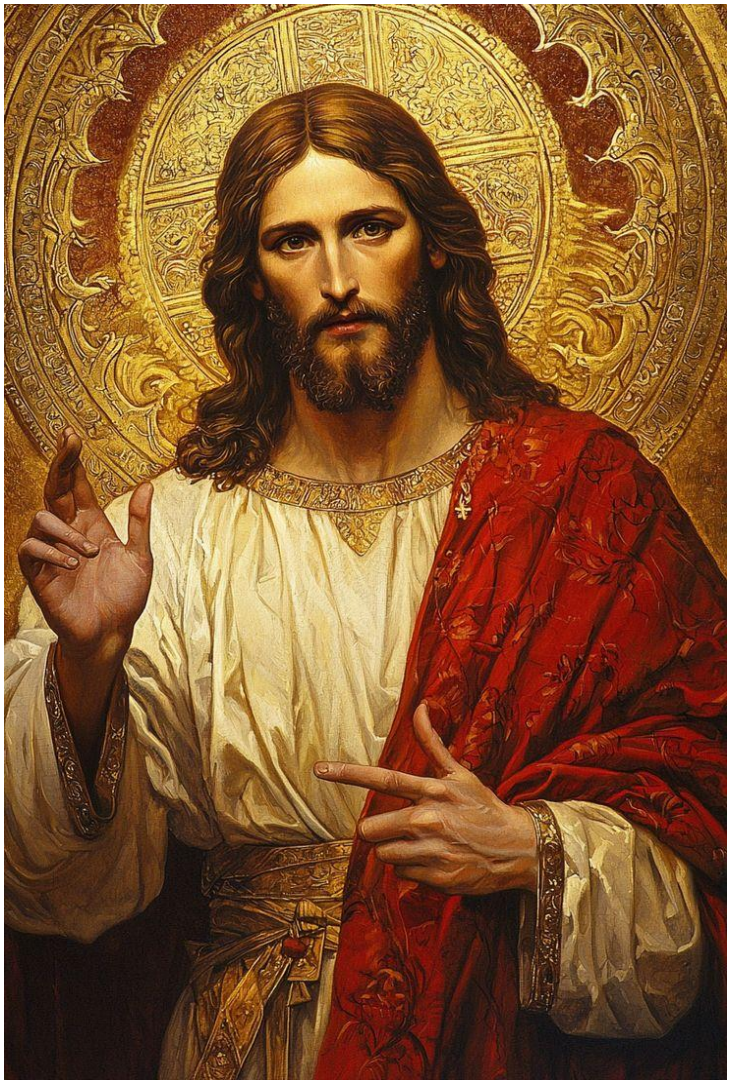


The Virtues of Jesus Christ

For this is the will of God, your sanctification (1 Thessalonians 4:3). Sanctity means holiness of life. “What is the nature of holiness? … It is something that is proper to God alone. Men are not holy by nature; the source of holiness is not to be found within us. Because holiness is something that belongs properly to God and not to creatures, it can never be a human achievement; it can never be the result of our own unaided efforts. Holiness is something that must be received as a gift. The root of all holiness lies in the grace of Baptism, when the divine life was poured into our souls through no merit of our own. But the grace of Baptism is like a seed that must be nourished and cultivated in order to grow and, of course, that will require effort on our part, especially as we respond to the lights and graces God gives us.”

How do we achieve holiness? A most sure way is to imitate Christ, to “ponder in our minds the words and actions of Our Lord; when, in prayer, or in meditation, we contemplate His virtues; above all, when we associate with the Church in the celebration of His mysteries; when we unite ourselves to Him in each of our actions, whether we eat or work, or do any action indifferent in itself in union with the actions that He Himself accomplished when He lived here below.” Our every action should be Jesus , the Son of God, working in us. We should strive to say with St. Paul, *And I live, now not I; but Christ liveth in me* (Galatians 2:20).

(Sources and Quotations: Christ the Life of the Soul, Maronite Monks of Adoration Newsletter, Nov. 2026)