

## Julian of Norwich

### *Revelations of Divine Love (1373)*

We pray to God to know his passion, death, and resurrection—which come from the goodness of God. We pray to God for the strength that comes from his Cross—which also comes from the goodness of God. We pray to God with all the help of the saints who have gone before us—which, again, comes from the goodness of God. All of the strength that may come through prayer comes from the goodness of God, for he is the goodness of everything.

For the highest form of prayer is to the goodness of God. It comes down to us to meet our humblest needs. It gives life to our souls and makes them live and grow in grace and virtue. It is near in nature and swift in grace, for it is the same grace which our souls seek and always will.

Just as our flesh is covered by clothing, and our blood is covered by our flesh, so are we, soul and body, covered and enclosed by the goodness of God. Yet the clothing of the flesh will pass away, but the goodness of God will always remain and will remain closer to us than our own flesh.

God only desires that our souls cling to him with all of its strength, in particular, that it clings to his goodness. For of all of the things our minds can think about God, it is thinking upon his goodness that pleases him most and brings the most profit to our soul.

For we are so precious loved by God that we cannot even comprehend it. No created being can ever know how much and how sweetly and tenderly God loves them. It is only with the help of his grace that we are able to persevere in spiritual contemplation with endless wonder at his high, surpassing, immeasurable love which our Lord in his goodness has for us.

Therefore we may ask from our Lover to have all of him that we desire. For it is our nature to long for him, and it is his nature to long for us. In this life we can never stop loving him.

I learned a great lesson of love in this blessed vision. For of all things, contemplating and loving the Creator made my soul seem less in its own sight and filled it full with reverent fear and true meekness and with much love for my fellow Christians.