

## INTRODUCTION TO MAXIMS

During the mid 17th century very few women received education. Only 2 of the 6 founding Sisters of St. Joseph could read and write. With this in mind the Jesuit founder, Jean-Pierre Medaille developed 100 maxims based on the values and virtues contained in the gospel. They were memorized by both the sisters and the laity as a means of deepening their spirituality. Today they continue to be a source of inspiration for many. Below you will find the “short version” of the corresponding original 100 maxims.

### BRIEF INTERPRETATIONS OF VARIOUS MAXIMS OF THE SISTERS OF SAINT JOSEPH

2. Seek what pleases God most.
4. Let your life be a continuous act of love.
6. Show love for your neighbor at all times.
7. There is nothing God cannot do.
8. Be strengthened in your resolutions by your firm trust in God.



11. Always speak positively of others and affirm their good qualities.
15. Give God the credit God deserves when you succeed in any good work.
16. Seek only God's presence, God's desire, and God's glory and ignore everything else.
17. Entrust yourself in peace and confidence to the loving providence of God.
20. Concentrate on carrying out what God wants you to do at the present moment and do it as perfectly as possible.

21. Do not expect any praise or reward for your good works in this life.
22. Be satisfied that God alone is aware of your good deeds.
26. Seek in everything you do that God be content and nothing else.
34. Take care that God alone be the end and the beginning of all your undertakings.
49. Show as much attention, love, and kindness to your neighbor as if he/she were Jesus Christ Himself.



51. Try to show the most kindness to those people who show you the least.
52. Give everything the best possible interpretation.
55. Always serve your neighbor out of pure love, without looking for any reward.
58. Be appalled that you resist God's grace far more frequently than you follow it.
60. Value interior composure and work to attain it.
61. Joy is appropriate in your Institute.

- 63 Remember that nothing happens to you by chance and that God permits everything for your benefit and not your harm.
- 69. Never worry about the future unless it is definitely connected with the present.
- 73. Have only one desire: to be what God wants you to be.
- 80a. Only God can discern true holiness for it is something quite hidden from us.
- 80b. Sanctity is a hidden gift known to God alone.



- 82. Unless you desire God's glory in utter peace and unselfishness, your apostolic works are meaningless.
- 84. Wait until God is ready to give you God's grace, and do not be unduly anxious to hasten this moment.
- 85. Work at a project with all your heart until it is practically finished. Then, if possible, let someone else take over who will get all the credit.
- 94. Be constantly alert to discern evil masquerading as good.
- 95. Entrust yourself totally to God's providence.
- 99. God gives us as much grace as we are willing to accept.