

Up Now, Slight Man

Up now, slight man! flee, for a little while, your occupations; hide yourself, for a time, from your disturbing thoughts. Cast aside, now, your burdensome cares, and put away your toilsome business. Yield room for some little time to God; and rest for a little time in him. Enter the inner chamber of your mind; shut out all thoughts save that of God, and such as can aid you in seeking him; close your door and seek him. Speak now, my whole heart! speak now to God, saying, I seek your face; your face, Lord, will I seek (Psalms xxvii. 8). And come you now, O Lord my God, teach my heart where and how it may seek you, where and how it may find you.

St. Anselm

Proslogion, ch. 1 — translated by S. N. Deane, 1903