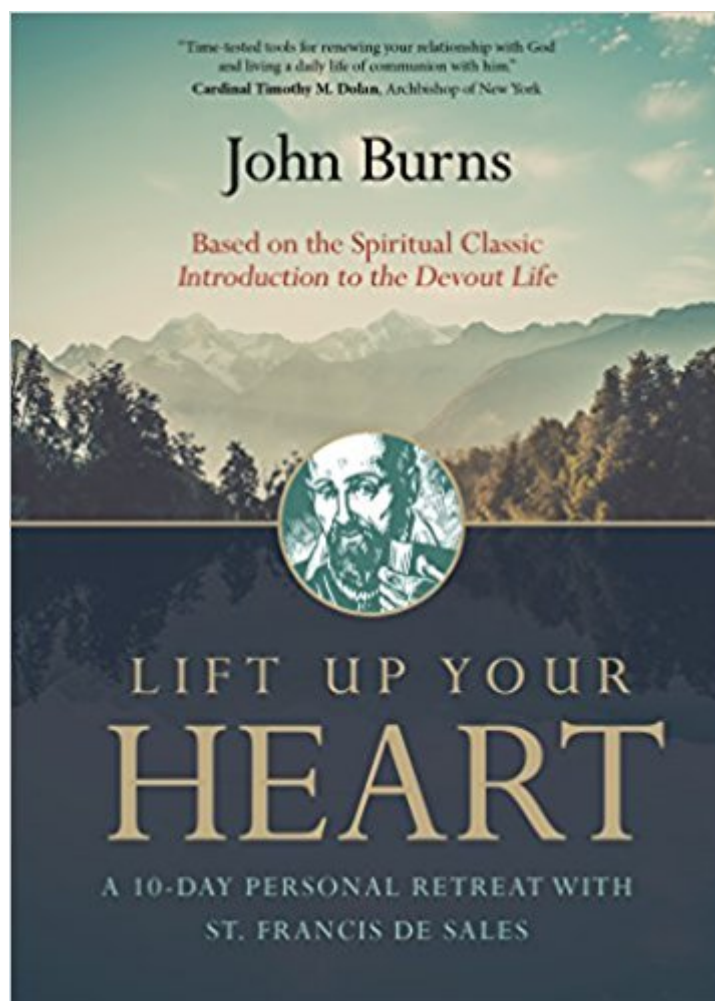


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# Lift Up Your Heart: A 10-Day Personal Retreat With St. Francis De Sales



## Synopsis

For more than four-hundred years, *Introduction to the Devout Life* by Doctor of the Church St. Francis de Sales has been regarded as the essential guide to holiness and loving God. This spiritual classic takes on new life in *Lift Up Your Heart*, where Rev. John Burns has interpreted ten meditations for the modern reader and distilled them into a ten-day mini-retreat that can easily be completed in the midst of a busy life. This practical book goes right to the heart of helping you kick the habit of floating along on your spiritual journey to start actively pursuing holiness and devotion to God. During the course of the retreat, you'll learn the basics of forming a daily prayer routine, including how to offer yourself to God, meditate on his love, and maintain peace in the face of suffering and clarity in the midst of temptation. The meditations will help you: Adopt gratitude as a daily prayer practice. Examine and reorder your priorities and relationships to better reflect your love for God. Discern between good and evil in your life. Desire to love and serve as Jesus did. In a very real sense, Burns helps you take St. Francis de Sales as your spiritual director for ten days. As you do so, you'll feel God's fatherly love and restart your faith life, equipped with the tools to connect with God and live for heaven now.

## Book Information

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## Customer Reviews

"After reading this book, you'll crave holiness in a whole new way and find yourself equipped with time-tested tools for renewing your relationship with God and living a daily life of communion with him." --Cardinal Timothy M. Dolan, Archbishop of New York "Reading this book is a true retreat--it quickly drew my prayer life to new depths. Fr. John takes us through the timeless wisdom of St.

Francis de Sales in a way that is accessible and applicable for anyone at any age. A must-read and a real gift!" --Sarah Swafford, Author of Emotional Virtue "This is an altogether beautiful book filled with wholesome and attractive spiritual wisdom. It presents the spirituality of St. Francis de Sales in a lively, accessible style that is utterly sincere. It should gain the widest possible readership, and may very well endure as a small, portable classic in its own right. Highly recommended." --John C. Cavadini, Professor of theology and director of the Institute for Church Life, University of Notre Dame "In this book, Fr. John Burns helps us access the famous meditations of St. Francis de Sales in order to put ourselves in the presence of God. This is a gift that ultimately speaks to our salvation and cultivates the daily decisions that help us choose God now and in everything we do. This book is for all who take their faith seriously but somewhere along the way dismissed the notions of heaven and hell. Through his commentary on St. Francis deSales's themes of judgment and death, heaven and hell, Fr. John Burns reminds us of their centrality to our eternal life and implications for our time here on earth." --Carolyn Woo, President and CEO of Catholic Relief Services

Rev. John Burns is pastor of St. Mary's Parish in Menomonee Falls, Wisconsin. A 2003 graduate of the University of Notre Dame, Fr. Burns studied theology at the Pontifical North American College in Rome. He was ordained a priest of the Archdiocese of Milwaukee in 2010 and completed a licentiate in moral theology from the Pontifical University of Santa Croce in 2011. Fr. Burns is a speaker at Franciscan University of Steubenville's annual conferences, archdiocesan engaged enrichment conferences, and Theology on Tap. He works in multiple capacities with both the Men of Christ and Women of Christ annual conferences, and contributes to the young adult renewal ministries of ARISE and Cor Jesu. He also serves as adjunct professor of moral theology at Sacred Heart School of Theology in Hales Corners, Wisconsin. Fr. Burns is a regular guest on Relevant Radio's The Inner Life. He works extensively with Mother Teresa's sisters, the Missionaries of Charity, and has given retreats, conferences, and spiritual direction for the sisters in Romania, Armenia, Kenya, Italy, England, Spain, Portugal, and the United States.

Praying with "Lift Up Your Heart" while sitting quietly in church after morning Mass, I have been deeply inspired. I love St. Francis de Sales and Fr. John Burns has brought the best of the saint's writings to light. I didn't realize the staying power that his words had on me until I neared the end of the book and read the description of the Kingdom of Love. That evening I encountered someone who was in despair due to an unplanned pregnancy. Without hesitation I was able to share what the Kingdom of Love looks like, living for others, caring for others as the only way to find meaning and

joy in life and eternity. I felt that those words made sense in this situation and brought comfort and some assistance in making a difficult decision and wondered how I could have ever come up with something that actually would console another and then realized that I had just read about them and prayed with them earlier that day! Thank you, Fr. John, for this wonderful, classic book. What a friend we have in you and in St. Francis de Sales, two great men who lead many souls to heaven!

A very Thought Provoking book from Fr. John Burns. This amazing devotional is a Mini-Retreat that you can carry with you. It can be Read at Adoration, on the beach, during your lunch break. Fr. Burns is a gifted writer. My first copy, given by Ave Maria Press for a fair and honest review - I LOST. However, only 1/2 way through the book and absolutely loving it - I went and BOUGHT my another copy for myself! Learning the proceeds help support seminarians was also a good reason to spend the money for another copy! I had to finish! And I KNOW it is one I will pick up every year and RE-READ!!

Buying this book for myself and loved ones is one of the most profound decisions I have ever made (I am sure the Holy Spirit led me to make my purchase). Words such as life changing don't quite seem like enough. A deepening awareness of God's love for us, a deeper understanding of how to live a better life, trust in God, live in gratitude and open oneself to God's grace and mercy are but a few of the gifts I received from this read. As Father John and St. Francis De Sales remind us, "Live Jesus! Welcome to the adventure of the rest of your life!" Open yourself more fully to truly understanding heaven and the gifts we are given! I pray that you will find joy in the journey of this 10 day meditation! I am so excited to share this book with my family and friends!

I loved the original masterpiece, having read and referenced it many times, and really think this new book's perspective on it is brilliant, with Fr. Burns applying fresh new commentary, direction, and practical steps to make the wisdom of this Saint real to all of us. Excellent read and broken down into very digestible components - perfect for small faith sharing groups at your parish or amongst family/friend book club circles. You will love it!

A wonderful read - especially for those looking to be deeper in their faith. Thank you Fr John Burns for this book!

Whether you regularly read spiritual literature as I try to or not this book will speak to your soul!

Articulately written to allow for readers to relate it to their world. It really will open your eyes to help divide and conquer many areas of faith that can be a struggle to understand!

Wonderful book, thank you Fr Burns for sharing this uplifting book. It makes you think about your life and what our main purpose of living is for.

Thank you father burns, I needed to find a beautiful, inspirational book and it filled my need!

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