



GOOD AND HOLY RESOLUTIONS



2026

JANUARY

*IN THE LIGHT OF THE EUCHARIST AND
CHARISM OF SAINT PETER JULIAN
EYMARD*



*PERSONAL NOTES OF
SAINT PETER JULIAN EYMARD
APOSTLE OF THE EUCHARIST*

*SOUL SEARCHING REFLECTIVE THOUGHTS TO
PRAY WITH AND BRING US INTO THE NEW YEAR*

*(Ap 12,12) "The Devil has come down to you, burning with anger,
knowing that his days are
numbered."*

*(Matth. 20) "Why are you staying here all day without working?"
[Mt 20,6]*

*(Qo 9,10) "All that your hand can do, then do it promptly, because
there will be neither work, nor
reflection [...] in the place of the dead where you are headed."*

*(Cor. 6, 2) "Now is the favorable time, now is the day of
salvation" [2Co 6,2].*

*(Ep 5,16) "[Be wise,] make the most of the present opportunity;
for these are evil days."*

*St Jerome: "Paul, the last in rank, but the first in merits, for he
has worked more than all."*

*(Ps 105) "They considered as nothing, a land of delights" [Ps
105,24].*

*(Lk 12, 13) "Seek first the Kingdom of God and his justice" [Mt
6,33].*

*(Pr 21,25) "The desires of the lazy bring on death." [Chap.] 13:
"The lazy man wants, and does not
want" [Pr 13,4].*

(1Th 4,3) "This is the will of God: our sanctification."

Relate everything to your salvation

(1Co 10,31) "Do everything for the glory of God."

(Jn 8,29) "I always do what is pleasing to him."

(He 11 et He 12) Examples of the saints in the Old Testament.

(1Tm 2,4) "He wants everyone to be saved."

St Augustine: "The one who made you without you, will not save you without you"

([Sermon 169,]

on the words of the apostle [Paul "Ph 3,3-16"; PL 38, 923]).

St Ambrose: He wants them to be saved, on condition that they themselves want it.

(1Tm 4,10) "He is the Savior of all, but especially of those who believe."

Council of Trent, ss. 6, c. 11:

B. 2. God does not ask the impossible, but when he asks, he requires that you do what you can, and

that you ask from him what you cannot do.

Idem, ss. 6, c. 3: Even though Christ died for all, all however do not receive the benefit of his death.

[French Transl. Alberigo p. 1369]

(Phil. 1, 12) "Work with fear and trembling to accomplish your salvation" [Ph 2,12].

Council of Trent, ss. 6, c. 12: Without a special revelation, we cannot know those whom God has chosen.

(Eccle.) "Whether love, or hatred, man does not know what he deserves" [Qo 9,1].

(1 Cor. 9, 29) "I discipline my own body and master it, for fear that after having preached to others, I

myself should be rejected" [1Co 9,27].

Perseverance

St Augustine: We can acquire this gift by asking for it.

B. 4. Council of Trent, ss. 6, c. 13: [Everyone must] place his greatest hope in the help of God. [French

Transl. Alberigo p. 1377]

B. 4. (Mt 10,22) "The one who has held out to the end, that one will be saved."

St Augustine: They will not excuse themselves by saying: Why are we damned, we who did not receive

[the gift of] perseverance? You will receive the answer: O man, from what you had heard and known,

you could have persevered if you had wanted. God does not abandon, unless he was abandoned.

(2P 3,9) "God is patient towards you, since he wants no one to perish, but that all arrive at repentance."