“We see that death is a gain, life a loss. …What does Christ mean but to die in the body and receive the breath of life? Let us then die with Christ, to live with Christ. We should have a daily familiarity with death, a daily desire for death. By this kind of detachment, our soul must learn to free itself from the desires of the body. It must soar above earthly lusts to a place where they cannot come near, to hold it fast. It must take on the likeness of death to avoid the punishment of death. The law of our fallen nature is at war with the law of our reason and subjects the law of reason to the law of error. What is the remedy? “Who will set me free from this dead body? The grace of God, through Jesus Christ, Our Lord.”

― St. Ambrose1

And Thou, willing first to show me how Thou resistest the proud, but givest grace unto the humble, and by how great an act of Thy mercy Thou hadst traced out to men the way of humility, in that Thy Word was made flesh, and dwelt among men: Thou procuredst for me, by means of one puffed up with most unnatural pride, certain books of the Platonists, translated from Greek into Latin. And therein I read, not indeed in the very words, but to the very same purpose, enforced by many and divers reasons, that In the beginning was the Word, and the Word was with God, and the Word was God: the Same was in the beginning with God: all things were made by Him, and without Him was nothing made: that which was made by Him is life, and the life was the light of men, and the light shineth in the darkness, and the darkness comprehended it not. And that the soul of man, though it bears witness to the light, yet itself is not that light; but the Word of God, being God, is that true light that lighteth every man that cometh into the world. And that He was in the world, and the world was made by Him, and the world knew Him not. But, that He came unto His own, and His own received Him not; but as many as received Him, to them gave He power to become the sons of God, as many as believed in His name; this I read not there.

Again I read there, that God the Word was born not of flesh nor of blood, nor of the will of man, nor of the will of the flesh, but of God. But that the Word was made flesh, and dwelt among us, I read not there. For I traced in those books that it was many and divers ways said, that the Son was in the form of the Father, and thought it not robbery to be equal with God, for that naturally He was the Same Substance. But that He emptied Himself, taking the form of a servant, being made in the likeness of men, and found in fashion as a man, humbled Himself, and became obedient unto death, and that the death of the cross: wherefore God exalted Him

1 From a book on the death of his brother Satyrus. CSEL 73; see also Catechism of the Catholic Church 1010–1013.
from the dead, and gave Him a name above every name, that at the name of Jesus
every knee should bow, of things in heaven, and things in earth, and things under
the earth; and that every tongue should confess that the Lord Jesus Christ is in the
glory of God the Father; those books have not. For that before all times and above
all times Thy Only-Begotten Son remaineth unchangeable, co-eternal with Thee, and
that of His fulness souls receive, that they may be blessed; and that by participation
of wisdom abiding in them, they are renewed, so as to be wise, is there. But that in
due time He died for the ungodly; and that Thou sparedst not Thine Only Son, but
deliveredst Him for us all, is not there. For Thou hiddest these things from the wise,
and revealedst them to babes; that they that labour and are heavy laden might come
unto Him, and He refresh them, because He is meek and lowly in heart; and the
meek He directeth in judgment, and the gentle He teacheth His ways, beholding our
lowliness and trouble, and forgiving all our sins. But such as are lifted up in the lofty
walk of some would-be sublimer learning, hear not Him, saying, Learn of Me, for I
am meek and lowly in heart, and ye shall find rest to your souls. Although they
knew God, yet they glorify Him not as God, nor are thankful, but wax vain in their
thoughts; and their foolish heart is darkened; professing that they were wise, they
became fools.

And therefore did I read there also, that they had changed the glory of Thy
incorruptible nature into idols and divers shapes, into the likeness of the image of
corruptible man, and birds, and beasts, and creeping things; namely, into that
Egyptian food for which Esau lost his birthright, for that Thy first-born people
worshipped the head of a four-footed beast instead of Thee; turning in heart back
towards Egypt; and bowing Thy image, their own soul, before the image of a calf
that eateth hay. These things found I here, but I fed not on them. For it pleased
Thee, O Lord, to take away the reproach of diminution from Jacob, that the elder
should serve the younger: and Thou calledst the Gentiles into Thine inheritance. And
I had come to Thee from among the Gentiles; and I set my mind upon the gold
which Thou willedst Thy people to take from Egypt, seeing Thine it was,
wheresoever it were. And to the Athenians Thou saidst by Thy Apostle, that in Thee
we live, move, and have our being, as one of their own poets had said. And verily
these books came from thence. But I set not my mind on the idols of Egypt, whom
they served with Thy gold, who changed the truth of God into a lie, and worshipped
and served the creature more than the Creator.

—St Augustine²

² St Augustine, Confessions 7.9.13-15
“You are always dragging me down,” said I to my Body.
“Dragging you down!” replied my Body. “Well I like that! Who taught me to like tobacco and alcohol: You, of course, with your idiotic adolescent idea of being ‘grown-up’. My palate loathed both at first: but you would have your way. Who put an end to all those angry thoughts last night? Me, of course, by insisting on going to sleep. Who does his best to keep you from talking too much and eating too much by giving you dry throats and headaches and indigestion? Eh?”
“And what about sex?” said I.
“Yes, what about it?” retorted the Body. “If you and your wretched imagination would leave me alone, I’d give you no trouble. That’s Soul all over; you give me orders and then blame me for carrying them out.”

—C. S. Lewis

“Death was not a part of nature; it became part of nature. God did not decree death from the beginning; he prescribed it as a remedy. Human life was condemned because of sin to unremitting labor and unbearable sorrow and so began to experience this burden of wretchedness. There had to be a limit of evils; death had to restore what life had forfeited.”

—St. Ambrose

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4 Op cit.