

# The Day of Eternity and the Distresses of This Life

by Thomas a Kempis

---

*The sermon encourages listeners to long for the day of eternity, where they will experience joy and security, and to seek to rise above the distractions and evils of this life.*

**Scripture:** Psalm 84:10, Matthew 6:21, Romans 7:22, Galatians 5:17, Colossians 3:2

**Topics:** "Spiritual Struggle", "Eternal Life"

---

## Description

Thomas a Kempis, in 'The Disciple', reflects on the longing for the eternal joy and peace of heaven amidst the struggles and distractions of earthly life. He expresses the desire to be freed from the slavery of sin, to fully rejoice in God, and to experience true liberty and peace in the presence of the Lord. The inner conflict between the spirit and the flesh is highlighted, as the disciple yearns for a deeper connection with God while being weighed down by worldly concerns and temptations.

---

## Transcript

### THE DISCIPLE

O MOST happy mansion of the city above! O most bright day of eternity, which night does not darken, but which the highest truth ever enlightens! O day, ever joyful and ever secure, which never changes its state to the opposite! Oh, that this day shine forth, that all these temporal things come to an end! It envelops the saints all resplendent with heavenly brightness, but it appears far off as through a glass to us wanderers on the earth. The citizens of heaven know how joyful that day is, but the exiled sons of Eve mourn that this one is bitter and tedious.

The days of this life are short and evil, full of grief and distress. Here man is defiled by many sins, ensnared in many passions, enslaved by many fears, and burdened with many cares. He is distracted by many curiosities and entangled in many vanities, surrounded by many errors and worn by many labors, oppressed by temptations, weakened by pleasures, and tortured by want.

Oh, when will these evils end? When shall I be freed from the miserable slavery of vice? When, Lord, shall I think of You alone? When shall I fully rejoice in You? When shall I be without hindrance, in true liberty, free from every grievance of mind and body? When will there be solid peace, undisturbed and secure, inward peace and outward peace, peace secured on every side? O good Jesus, when shall I stand to

gaze upon You? When shall I contemplate the glory of Your kingdom? When will You be all in all to me? Oh, when shall I be with You in that kingdom of Yours, which You have prepared for Your beloved from all eternity?

I am left poor and exiled in a hostile land, where every day sees wars and very great misfortunes. Console my banishment, assuage my sorrow. My whole desire is for You. Whatever solace this world offers is a burden to me. I desire to enjoy You intimately, but I cannot attain to it. I wish to cling fast to heavenly things, but temporal affairs and unmortified passions bear me down. I wish in mind to be above all things, but I am forced by the flesh to be unwillingly subject to them. Thus, I fight with myself, unhappy that I am, and am become a burden to myself, while my spirit seeks to rise upward and my flesh to sink downward. Oh, what inward suffering I undergo when I consider heavenly things; when I pray, a multitude of carnal thoughts rush upon me!

O my God, do not remove Yourself far from me, and depart not in anger from Your servant. Dart forth Your lightning and disperse them; send forth Your arrows and let the phantoms of the enemy be put to flight. Draw my senses toward You and make me forget all worldly things. Grant me the grace to cast away quickly all vicious imaginings and to scorn them. Aid me, O heavenly Truth, that no vanity may move me. Come, heavenly Sweetness, and let all impurity fly from before Your face.

Pardon me also, and deal mercifully with me, as often as I think of anything besides You in prayer. For I confess truly that I am accustomed to be very much distracted. Very often I am not where bodily I stand or sit; rather, I am where my thoughts carry me. Where my thoughts are, there am I; and frequently my thoughts are where my love is. That which naturally delights, or is by habit pleasing, comes to me quickly. Hence You Who are Truth itself, have plainly said: "For where your treasure is, there is your heart also." If I love heaven, I think willingly of heavenly things. If I love the world, I rejoice at the happiness of the world and grieve at its troubles. If I love the flesh, I often imagine things that are carnal. If I love the spirit, I delight in thinking of spiritual matters. For whatever I love, I am willing to speak and hear about.

Blessed is the man who for Your sake, O Lord, dismisses all creatures, does violence to nature, crucifies the desires of the flesh in fervor of spirit, so that with serene conscience he can offer You a pure prayer and, having excluded all earthly things inwardly and outwardly, becomes worthy to enter into the heavenly choirs.

---

Source: <https://sermonindex.net/speakers/thomas-a-kempis/the-day-of-eternity-and-the-distresses-of-this-life/>

# *Grow in Your Walk with Christ*

---

Listen and read messages that will stir your heart for Christ and point you to deeper repentance and devotion.

- 50,000+ Sermons from speakers past and present
- 3,900+ Classic Christian Books freely readable online
- 1,200+ Bible Translations and Commentaries
- Over 450k forum posts — Join our vibrant online Christian forum

**[www.sermonindex.net](http://www.sermonindex.net)**