

The image features a vibrant, stylized illustration of a field of flowers. The central focus is the word "Welcome" written in a thick, green, cursive font. The background is filled with various types of flowers, including pink daisies with yellow centers, white daisies with yellow centers, and yellow daisies with red centers. There are also green buds and leaves scattered throughout. The bottom of the image is dominated by tall, thin green blades of grass. The overall style is bright and cheerful, with a soft, hazy background.



# **FRANCISCAN SPIRITUALITY**

**Imitating Christ  
in the Footsteps of**

**St. Francis  
of Assisi**

**Sharing: 1**



# 1. DETACHMENT



- **Francis was born in 1181 or 1182 , and he died in 1226. He lived to be only 44 or 45 years old. He was born — and he died — in Assisi, Italy, near Rome.**
- **He was born Giovanni (John) di Bernardone, but in his infancy, his father, Pietro (Peter), began calling him Francesco (“the Frenchman”). That is how he got the name Francis. His family was well-to-do, his father being a wealthy silk merchant.**
- **He founded the Franciscan Order with a Rule of Poverty. Today there are as many as 650,000 members of the Franciscan Order today, with around 35,000 Franciscan Friars and 60,000 cloistered Franciscan nuns. They are active in over 100 countries. They operate missions, community centers, and religious universities.**

- **The opposite of attachment / clinging is detachment. Francis of Assisi learnt the value of detachment at a very early age. When he saw a poor man, he gave all the money had. Let us train our children to give.**
- **When he got a vision where God told him “Repair my house”, he thought of repairing the chapel where he was praying. And so he got the clothes and possessions from his home, sold them and gave the money to the priest in charge of the chapel. His father got very angry. But the spirit of detachment got stronger.**



- **Francis' father, Peter of Bernardone, fiercely opposed his son's new behaviour of detachment and his decision to follow Christ.**
- **One day, not knowing what else to do to dissuade him from his intentions, he vehemently denounced him to the Bishop. But the wise Bishop advised Francis to come to his palace and answer his father's accusations. And so Francis did.**

- **On the appointed day, Francis presented himself to the Bishop. The young Francis went to a nearby room, stripped himself of his clothes and, returning to the room, deposited his clothing and all the money he had been carrying at his father's feet, as a sign of his complete break with the world. His father, astonished and enraged, took the belongings of his "mad" son and left without a word.**
- **Starting with this episode, St. Francis married "Lady Poverty" for life. He renounced his worldly possessions and embraced a life of poverty and simplicity, living in radical solidarity with the poor and marginalised.**

# 7 EXAMPLES FROM THE WORD OF GOD





# 1. RENOUNCE ALL

Luke 14:33

**Any one of you who does not  
renounce all that he has cannot  
be my disciple.**

**2. RENOUNCE  
WORLDLY  
PLEASURES**

**“Do not love the world or what is in the world. If anyone does love the world, the love of the Father finds no place in him, because everything there is in the world -- disordered **bodily desires**, disordered **desires of the eyes**, **pride** **in possession** -- is not from the Father but is from the world”**  
**(1 Jn 2:15-16).**



There are **positive pleasures** like the enjoyment of food, sports, seeing a beautiful sunset or engaging in an intellectually satisfying activity. The CCC calls such pleasures as **refreshments from God**, and as a beneficial good that shows God's kindness. But we should avoid **pleasures that take us away from God** such as pleasures involving **cruelty, alcohol, drugs, sadism, sexual perversions, or using illegitimate means to achieve pleasure**. We are exhorted to “give up everything contrary to true religion and all our **worldly passions**; we must be self-restrained and live upright and religious lives in this present world” (Titus 2:12).

# 3. RENOUNCE YOUR WEALTH

Matthew 19:21

**Jesus said to him, “If you would be perfect, go, sell what you possess and give to the poor, and you will have treasure in heaven; and come, follow me.”**

# 4. DETACHMENT FROM POSITIONS

**John 6:15**

**Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.**



# 5. DETACHMENT EVEN FROM APPRECIATION

**Luke 18:19**

**“Why do you call me good?” Jesus answered. “No one is good—except God alone.**

# 6. DETACHMENT EVEN FROM PERSONAL WILL

## Matthew 26:39

**And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.”**

# 7. DETACHMENT FROM FAMILY, EVEN LIFE

Luke 14:26

**“If anyone comes to me and does not hate his own father and mother and wife and children and brothers and sisters, yes, and even his own life, he cannot be my disciple.**



**LET US IMITATE**

**JESUS**

**IN THE**

**FOOTSTEPS OF**

**ST. FRANCIS**

## **1 Cor 11:1**

**Follow my example, as I follow the example of Christ.**

## **1 Peter 2:21**

***“For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps”***

# LET US LEARN THE VIRTUE OF DETACHMENT FROM FRANCIS

Today we are living in a world of  
**ADDICTION** – Drugs, alcohol,  
substance ...


**OBSESSION** – movies,  
entertainment, bodily pleasure ...

**OVER-ATTACHMENT** – friends,  
relationships, money, possessions..

**Lk 12:34**

**“Where your treasures are, there  
your hearts will be”**

**LET GOD  
BE OUR TREASURE,  
Amen.**



**GOD BLESS  
YOU!**

