



The Holy See

BENEDICT XVI

GENERAL AUDIENCE

Saint Peter's Square
Wednesday, 24 October 2007

Saint Ambrose of Milan

Dear Brothers and Sisters,

Holy Bishop Ambrose - about whom I shall speak to you today - died in Milan in the night between 3 and 4 April 397. It was dawn on Holy Saturday. The day before, at about five o'clock in the afternoon, he had settled down to pray, lying on his bed with his arms wide open in the form of a cross. Thus, he took part in the solemn Easter Triduum, in the death and Resurrection of the Lord. "*We saw his lips moving*", said Paulinus, the faithful deacon who wrote his *Life* at St Augustine's suggestion, "but we could not hear his voice". The situation suddenly became dramatic. Honoratus, Bishop of Vercelli, who was assisting Ambrose and was sleeping on the upper floor, was awoken by a voice saying again and again, "Get up quickly! Ambrose is dying...". "Honoratus hurried downstairs", Paulinus continues, "and offered the Saint the Body of the Lord. As soon as he had received and swallowed it, Ambrose gave up his spirit, taking the good Viaticum with him. His soul, thus refreshed by the virtue of that food, now enjoys the company of Angels" (*Life*, 47). On that Holy Friday 397, the wide open arms of the dying Ambrose expressed his mystical participation in the death and Resurrection of the Lord. This was his last catechesis: in the silence of the words, he continued to speak with the witness of his life.

Ambrose was not old when he died. He had not even reached the age of 60, since he was born in about 340 A.D. in Treves, where his father was Prefect of the Gauls. His family was Christian. Upon his father's death while he was still a boy, his mother took him to Rome and educated him for a civil career, assuring him a sound instruction in rhetoric and jurisprudence. In about 370 he

was sent to govern the Provinces of Emilia and Liguria, with headquarters in Milan. It was precisely there that the struggle between orthodox and Arians was raging and became particularly heated after the death of the Arian Bishop Auxentius. Ambrose intervened to pacify the members of the two opposing factions; his authority was such that although he was merely a catechumen, the people acclaimed him Bishop of Milan.

Until that moment, Ambrose had been the most senior magistrate of the Empire in northern Italy. Culturally well-educated but at the same time ignorant of the Scriptures, the new Bishop briskly began to study them. From the works of Origen, the indisputable master of the "Alexandrian School", he learned to know and to comment on the Bible. Thus, Ambrose transferred to the Latin environment the meditation on the Scriptures which Origen had begun, introducing in the West the practice of *lectio divina*. The method of *lectio* served to guide all of Ambrose's preaching and writings, which stemmed precisely from *prayerful listening* to the Word of God. The famous introduction of an Ambrosian catechesis shows clearly how the holy Bishop applied the Old Testament to Christian life: "Every day, when we were reading about the lives of the Patriarchs and the maxims of the Proverbs, we addressed morality", the Bishop of Milan said to his catechumens and neophytes, "so that formed and instructed by them you may become accustomed to taking the path of the Fathers and to following the route of obedience to the divine precepts" (*On the Mysteries* 1, 1). In other words, the neophytes and catechumens, in accordance with the Bishop's decision, after having learned the art of a well-ordered life, could henceforth consider themselves prepared for Christ's great mysteries. Thus, Ambrose's preaching - which constitutes the structural nucleus of his immense literary opus - starts with the reading of the Sacred Books ("the Patriarchs" or the historical Books and "Proverbs", or in other words, the Wisdom Books) in order to live in conformity with divine Revelation.

It is obvious that the preacher's personal testimony and the level of exemplarity of the Christian community condition the effectiveness of the preaching. In this perspective, a passage from St Augustine's *Confessions* is relevant. He had come to Milan as a teacher of rhetoric; he was a sceptic and not Christian. He was seeking the Christian truth but was not capable of truly finding it. What moved the heart of the young African rhetorician, sceptic and downhearted, and what impelled him to definitive conversion was not above all Ambrose's splendid homilies (although he deeply appreciated them). It was rather the testimony of the Bishop and his Milanese Church that prayed and sang as one intact body. It was a Church that could resist the tyrannical ploys of the Emperor and his mother, who in early 386 again demanded a church building for the Arians' celebrations. In the building that was to be requisitioned, Augustine relates, "the devout people watched, ready to die with their Bishop". This testimony of the *Confessions* is precious because it points out that something was moving in Augustine, who continues: "We too, although spiritually tepid, shared in the excitement of the whole people" (*Confessions* 9, 7).

Augustine learned from the life and example of Bishop Ambrose to believe and to preach. We can refer to a famous sermon of the African, which centuries later merited citation in the conciliar

Constitution on Divine Revelation, *Dei Verbum*: "Therefore, all clerics, particularly priests of Christ and others who, as deacons or catechists, are officially engaged in the ministry of the Word", *Dei Verbum* recommends, "should immerse themselves in the Scriptures by constant sacred reading and diligent study. For it must not happen that anyone becomes" - and this is Augustine's citation - "'an empty preacher of the Word of God to others, not being a hearer of the Word in his own heart'" (n. 25). Augustine had learned precisely from Ambrose how to "hear in his own heart" this perseverance in reading Sacred Scripture with a prayerful approach, so as truly to absorb and assimilate the Word of God in one's heart.

Dear brothers and sisters, I would like further to propose to you a sort of "patristic icon", which, interpreted in the light of what we have said, effectively represents "the heart" of Ambrosian doctrine. In the sixth book of the *Confessions*, Augustine tells of his meeting with Ambrose, an encounter that was indisputably of great importance in the history of the Church. He writes in his text that whenever he went to see the Bishop of Milan, he would regularly find him taken up with *catervae* of people full of problems for whose needs he did his utmost. There was always a long queue waiting to talk to Ambrose, seeking in him consolation and hope. When Ambrose was not with them, with the people (and this happened for the space of the briefest of moments), he was either restoring his body with the necessary food or nourishing his spirit with reading. Here Augustine marvels because Ambrose read the Scriptures with his mouth shut, only with his eyes (cf. *Confessions*, 6, 3). Indeed, in the early Christian centuries reading was conceived of strictly for proclamation, and reading aloud also facilitated the reader's understanding. That Ambrose could scan the pages with his eyes alone suggested to the admiring Augustine a rare ability for reading and familiarity with the Scriptures. Well, in that "reading under one's breath", where the heart is committed to achieving knowledge of the Word of God - this is the "icon" to which we are referring -, one can glimpse the method of Ambrosian catechesis; it is Scripture itself, intimately assimilated, which suggests the content to proclaim that will lead to the conversion of hearts.

Thus, with regard to the magisterium of Ambrose and of Augustine, catechesis is inseparable from witness of life. What I wrote on the theologian in the *Introduction to Christianity* might also be useful to the catechist. An educator in the faith cannot risk appearing like a sort of clown who recites a part "by profession". Rather - to use an image dear to Origen, a writer who was particularly appreciated by Ambrose -, he must be like the beloved disciple who rested his head against his Master's heart and there learned the way to think, speak and act. The true disciple is ultimately the one whose proclamation of the Gospel is the most credible and effective.

Like the Apostle John, Bishop Ambrose - who never tired of saying: "*Omnia Christus est nobis!* To us Christ is all!" - continues to be a genuine witness of the Lord. Let us thus conclude our Catechesis with his same words, full of love for Jesus: "*Omnia Christus est nobis!* If you have a wound to heal, he is the doctor; if you are parched by fever, he is the spring; if you are oppressed by injustice, he is justice; if you are in need of help, he is strength; if you fear death, he is life; if you desire Heaven, he is the way; if you are in the darkness, he is light.... Taste and see how good

is the Lord: blessed is the man who hopes in him!" (*De Virginitate*, 16, 99). Let us also hope in Christ. We shall thus be blessed and shall live in peace.

To special groups

I am happy to greet the Sisters of the Sorrowful Mother who are gathered in Rome for their 20th General Chapter. I also cordially welcome an ecumenical pilgrimage of Catholics and Evangelical Lutherans from the United States of America. Upon all the English-speaking visitors and pilgrims I invoke God's abundant Blessings of peace and joy.

Lastly, I address the *young people*, the *sick* and the *newly-weds*. Today, the liturgy recalls for us the Bishop, St Anthony Mary Claret, who worked with constant generosity for the salvation of souls. May his glorious Gospel witness sustain you, dear *young people*, in seeking every day to be faithful to Christ; may it encourage you, dear *sick people*, to follow the Lord with trust in times of suffering; may it help you, dear *newly-weds*, to make your family a place of growing love for God and for the brethren.

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