

abrupt examples: prophet David  
psalm 50

2. Ninevites - Jonah
3. St. Paul - road to Damascus -  
efficacious grace.
4. St. Mary of Egypt

Familiarity with the lives of the saints  
gives us patterns.

often catalyst is TRAUMA - e.g.

- near death experience
- serious accident.

- unexpected death of loved one

- saints recuperating in hospital  
(e.g. got hit by canon ball)

- II
- awareness of shortness of life
  - remember death
  - remember God.