

“In The Four First Things, Joseph S. Reel breathes fresh life into the timeless wisdom of spiritual masters like Dom Lorenzo Scupoli, translating insights on trust, prayer, and surrender into language that speaks directly to contemporary ears. With clarity and warmth, Reel guides readers through four foundational pillars of the spiritual life – confidence in God, self-surrender, continual prayer, and supernatural love – showing anew how these orientations and practices remain the surest path to transcendent peace out of an increasingly distracted and anxious culture. Drawing on Scripture, the lives of the saints, and the best of the Catholic intellectual tradition, this book serves both as a catalyst for those new to faith and a welcome port of return for believers seeking renewed inspiration.”

Alex E. Lessard, Ph.D., MSFS, Founder & President, Adeodatus

"Joseph S. Reel has given us an easy-to-read account of how to deepen our Christian life through prayer and Christ-like self-offering to God. He encourages the reader to take up the challenge of living for God first and foremost. He cites the example given by saints who struggled to be holy and did great things with the grace of God. This book will help all those who seek to be united to Christ here and now, and for all eternity in Heaven."

Fr. Gerald E. Murray, Pastor, St. Joseph of Yorkville Church, New York, NY and EWTN television and radio personality

“We all need to learn to keep first things first in life. Keeping the end in mind is important, but we can’t get there unless we start in the right spot and have the right tools. Joseph Reel has done us a great service in The Four First Things. He reflects on the basic elements we need in order to develop our spiritual lives and unpack our God-given potential.

Amidst all the busy distractions of life, we can easily lose sight of our goals and our progress towards them. This book helps us to refocus and deepen our relationship with God and learn better how to be blessings to one another.”

Very Reverend Joseph R. Johnson, Rector, Cathedral of Saint Paul (MN),
National Shrine of the Apostle Paul