

## **Abstract**

The centre of S. Francis of Sales's spirituality is love. In my thesis, first of all, I deal with formative influences which formed his personality. This is the starting point in the discourse about Francis's theological optimism, its roots and its influence on the conception of God. For S. Francis God is essentially the God in Trinity, who share love in the highest manner also with a man through the mystery of Incarnation.

Francis's conception of love that has its seat in the heart of a human being is connected with that conviction. In the very top of a heart there is the will which is called up to make decisions according to love that gives the true motivation. On the way of the growth of love the highest aim is the holy indifference, which enables God to act in a human heart according to His intentions. For S. Francis love to God is closely connected with love to a man who is the image of God. During his direction of souls to love S. Francis recommends first of all kindness and as the main means a prayer and sacraments. The heart which has become fully pervaded with love, which loves and is loved, we can best contemplate at Virgin Mary.