St Francis Admonition Day 1:

Of the Lord's Body:

The Lord Jesus said to His disciples: "I am the Way, and the Truth, and the Life. No man comes to the Father, but by Me. If you had known Me you would, without doubt, have known My Father also: and from now on you shall know Him, and you have seen Him.

Philip said to Him: Lord, show us the Father, and it is enough for us. Jesus said to him: Have I been so long a time with you and have you not known Me? Philip, they that see Me, see the Father also.

How can you say, Show us the Father?" The Father "lives in inaccessible light," and "God is a spirit," and "no human has seen God at any time." Because God is a spirit, it is only by the spirit that He can be seen, for "it is the spirit that quickens; the flesh profits nothing."