



MY CHILD A Eucharistic Meditation

[Jesus speaking:] MY CHILD, you need not know much in order to please Me; only love Me dearly. Speak to Me as you would talk to your mother, if she had taken you in her arms.

WHAT people are on your mind? Tell Me the names of your family members, relatives and friends; after each name add what you wish Me to do for them. Ask a great deal: I love generous hearts that forget themselves for others.

TELL me about the poor whom you want to help, the sick whom you have seen suffer, the sinner whom you want converted, the persons who are alienated from you, and whose affections you wish to win back. Recite a fervent prayer for all of them. Remind Me that I have promised to grant every prayer that comes from the heart; and surely the prayers are heartfelt which we say for those whom we love, and who love us.

DO you have any favors to ask for yourself? Write, if you like, a long list of all your wishes — all the needs of your soul — and come and read it to Me. Tell Me simply how self-indulgent you are, how proud, how touchy,

how selfish, how cowardly, how idle; ask Me to help you to improve. I really want to hear from you. There are in heaven many saints who had the same faults as you; they prayed to Me and, little by little, they were cured.

DO not hesitate to ask for the goods of body and mind—for health, for memory, for success. I can give everything, and I always give when the gifts would make souls more holy. What do you want today, My child? Oh, if you knew how I long to do you good!

DO you have some plans that interest you? Tell Me all about them. Do they concern your vocation? What do you think about? What would you like? Are you planning some good for a parent, for your family, for your guardian? What do you wish to do for them?

DO you have any thoughts of zeal for Me? Are you excited to do a little good for the souls of your friends, for those whom you love, and who, perhaps, forget Me? Tell Me who interests you, what motives urge you, what means you wish to take.

CONFIDE to Me your failures; I will show you the cause. Whom do you wish to see interested in your work? I am the Master of all hearts, My child, and I lead them gently where I please. I will place about you those who are necessary to you; never fear.

WHAT annoys you? My child, tell Me your annoyances, with every detail. Who has pained you? Who has treated you disrespectfully? With My help, begin to forgive them. When things don't go your way, I am trying to teach you about the Cross and train you in virtue. When people treat you wrongly, you can respond with charity, patience, and humility. I will bless you.

DO you dread something painful? Is there in your soul a vague fear that seems unreasonable and yet torments you? Trust fully in My providence. I am here, I see everything; I will not leave you.

DO you have friends that seem less kind than formerly, who neglect you through indifference or forgetfulness, without Your having consciously done anything to wound them? Pray for them, and I will restore them to you, if their companionship is good for you.

DO you have any joys to tell Me? Tell Me what has happened since yesterday to console you, to make you look happy, to give you joy. An unexpected visit has done you good; a fear has been suddenly dispelled; you have met with unlooked-for success; you have received some mark of affection—a text message, an email, a letter, a present; some trial has left you stronger than you supposed. All these things, My child, I obtained for you. Are you grateful? You grow in many virtues when you say “Thank you.” Gratitude draws benefits. You grow into a positive disposition and fulfill justice when you thank a benefactor.

DO you have any promises to make to Me? You know that I read the very bottom of your heart. People are deceived, but not God. Be direct and honest.

WILL you make the time to enlighten the gift of your intellect by meditating on My Word, the Catholic Catechism, and the holy writings of My saints? Daily spiritual reading will increase your faith and feed your prayer life. It will conform you to Me—the Way, the Truth, and the Life. Your mind was made for the truth. Read so that you may think, and think so that you may love.

ARE you resolved to avoid that occasion of sin that leads you away from My love and My teachings? Will you avoid things that excite your imagination, taking “space” away from Me in your heart? Will you avoid spending unnecessary time gaming, playing on the computer or phone, watching TV? Will you avoid viewing and listening to unclean things? Will you withdraw your friendship from that person who is irreligious, wastes your time from more important matters, or whose presence disturbs the peace of your soul?

WELL, My child, go now and resume your daily work. Be silent, be honest, be patient, be charitable. Love My Mother, who is also yours, the Blessed Virgin, and return again tomorrow with the most loving heart, more surrendered to My service. In My heart you will find—every day!—new love, new benefits, and new comforts. Amen.

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Forgive me my sins, O Lord, forgive me my sins: the sins of my youth, the sins of my age, the sins of my soul, the sins of my body, my idle sins, my serious voluntary sins, the sins I know, the sins I do not know, the sins I have concealed so long and which are now hidden from my memory. I am truly sorry for every sin, mortal and venial, for all the sins of my childhood up to the present hour. I know my sins have wounded Thy tender Heart. O my Savior, let me be freed from the bonds of evil through the most bitter passion of my Redeemer. Amen.

