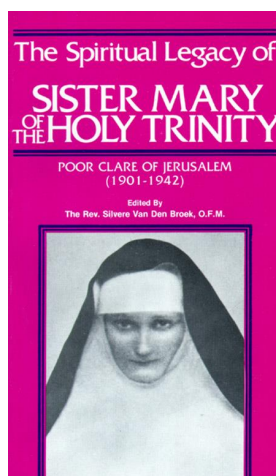


# SISTER MARY OF THE HOLY TRINITY

- DIARY -



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Reference: [http://www.ourchurch.com/member/e/eucharistic/index.php?p=1\\_4](http://www.ourchurch.com/member/e/eucharistic/index.php?p=1_4)

## Selections from the diary of Sister Mary of the Holy Spirit

- #21, page 86 . If you love Me, you will guess My desires.
- 25, 87 . I long to see you happy. I love you because I have given My Life for you.
- 29, 88 . Apart from Me you are nothing but rebellion, refusal, negation. I am as inseparable from you as your breathing. It is I who incline you to be patient, gentle, to accept things. It is My joy to answer! I always answer.
- 33, 90 . There must be a profound silence, because My Voice is soft.
- 35, 90 . You have too many little things; give them away, simplify your belongings. #37 . ō Simplify, reduce your necessities as My mother did. You must make calm and wise decisions with a calm mind. Do not worry about the result of your work; it is I who give it growth and fruitfulness in the measure in which it is entrusted to Me.
- 55, 98 . Do not get agitated; do not be anxious. Everything passes away, except your God.
- 56, 98 . Do not complain. I grant the desires of each soul: affection, approbation of creatures, material prosperities.
- 59, 100 . When you hope for something from Me, I never refuse it, but so seldom do I receive what I hope from you!
- 64, 102 . As soon as you call Me, I answer. I am always present. What do you lack? I am always more sensitive, more active where there is suffering, because there I am welcomed, I am listened to
- 65, 104 . It will not be a cross that you will be voluntarily nailed; you will be riveted to My Heart so that nothing may again separate you from Me. And if you consent to it with love, I will increase your love and I will fill your whole being.
- 66, 104 . I enforce nothing, I am powerless before your liberty. It is I who beg for your love.
- 67, 105 . You must reveal God. That is charity.
- 78, 109 . Each soul has her own missionsō she must be helped to fulfill it and to use the unknown reserves of love and generosity that God hides in each soul.
- 79, 109 . When a trial befalls you, seek the cause *within yourselves*: what wrong have you done? What good are you neglecting to do?
- 81, 110 - ō you are responsible for the souls you know, whose difficulties you know . and their lack of faith- and their ignorance of your Jesus. You are responsible in the
- measure you understandō it is the duty of those who see to come to their aid, cost what it may.
- 85, 112 . The more a soul serves the Spirit, the more does she simplify and regulate material work, business, making it easy . she dominates it. If Matter (world) crushes her, it is because she is neglecting the Spirit. Seek always first the Kingdom of God andō all things else shall be added unto you+
- 88, 113 . Oh, if you knew what love is! And how I long for you to have confidence in it!
- 92, 114 . My enemies are: lying, ignorance due to laziness, agitation, disorder, noise, noise of words, the noise that men invent to distract themselves and to forget Me.
- 93,114 . You should believe what I say; why do you doubt? Have I ever deceived you on one single occasion? Yes, believe Me, in spite of all appearances; then your soul will be free and happy.
- 95,144 . Those who love Me a little, have a little confidence in Meō Those who love Me much, have a great confidence in Me. Those who place no limit to their love have a confidence in Me without bounds or limit. I cannot disappoint them. You honor Me more by the confidence you show Me by all that you could give Meō I respond at once by putting joy into the heart that honors Me with confidence.
- 96, 115 . As I am happy to show you the marks of My Passion . see how your God has loved you!- will you not also be happy to show Me the marks of your loveō ? Oh, if you knew how I long for you! Not to reproach you, but to overwhelm you with joy in showing you the marks of My loveō I long for you to prove your loveō as your God proved that He loved you.
- 98, 115 . As soon as a soul knows Me, she is happyō to find Me, know Me, receive Meō that is the only meaning of everyday life.
- 99,116. You oppose Me by your desiresō your resistanceō My Omnipotent love is limited by the limit of your generosity.
- 105,118. It is those whom I love most that I honor with trials
- 111, 120 . I give fullness of joy to the soul who has really met Me and who receives Meō Ah, to help souls to discover Me and to receive Me is the most urgent charity.
- 112, 120 . Let go of the joys of earth, do not think of them; let them be indifferent to you . and I will make you know other, better joys. I will fill your day, work, heart. Let Me also reign in the whole of your mind.

- 113, 120 . Happiness lies in a hidden life. Happiness is to live in the friendship of the Holy Trinity.
- 118, 122 . As soon as you listen within you, you find Me again.
- 121,123 . Yes, I am the Almighty. My miraculous aid would be shown to you more often if you had confidence in Me, without neglecting any of the means I have placed at your disposal. You become discouraged before you have tired at all. I send you natural means, and it is only when you have faithfully exhausted them that you can count on My infallible supernatural intervention. But I always help you and first of all through the use of natural means.
- 124, 124 . It is lost time, whatever may be the occupation that fills it, that does not serve to bring you nearer to Me.
- 125, 124 . It is not sufficient to say, my God, I have confidence in You! You must make the interior act of freeing yourself from all anxiety and rest on My Heart.
- 126, 124 . I lavish My gifts, and you do not desire them, and you do not prepare yourselves to receive them!
- 132, 127 . The means which appear to be employed for one specific end, I use at the same time for a multitude of other causesō Everything is a means in My Hands; I make all work together to fulfill My willō
- 135, 128 . You will be judged by your response to My calls, by the love you have had for Me in all circumstancesō
- 137, 129 . I speak to each soulō I invite themō Many do not hear; many do not listen. I who never disappoint you am unceasingly disappointed.
- 138, 129 . When you have consolation of creatures, I hide Myself and am silent. When creatures make you suffer, you have My consolation, My support, My intimacy.
- 139, 129 . Giveō invisibly, in My way, so that those who benefit by the gift, not knowing whence it comes, thank God. Then I reward you at once by increasing your love.
- 140, 129 . Those who seek, find, and I give to those who ask of Me. But I have the joy of satisfying beyond all her expectations the soul who does not express any desire and who awaits Meō When you ask graces of Me for yourself or for others, your capacity for receiving is limited to your requests. When you await Me, asking for nothing but Myself, there is no limit in your heart. As soon as a soul awaits Me, I come to her. I have innumerable ways of approaching and speaking to herō It is love that will make her discover My language.
- 142, 130 . They nailed Me to the wood. Obedience will also nail your hands, feet, heart. Butō it is to My Heart that they crucify you, so that nothing may separate you from Meō Keep it in mind when any anguish seizes you.
- 157, 135 . At the least sign of repentance, My Heart is aflame with joy, and I wait with inexpressively love for the sinner to turn towards Meō For terrible is the condition of an impenitent heart, I cannot penetrate it. It is not I who condemn it, it is he who willfully repels Me.
- 158,135 . It is not dogmas that will lead Protestants back to the Church; it is the actions of the children of the Church. You are responsible for those whom you rob of the truth when you scandalize them, by your inconsistencies.
- 161, 136 . It is not what you give Me that glorifies Me, it is when, by your confidence, you give Me the opportunity of showing you what My love is capable of devising for you.
- 164, 137 . There is not a single superfluous suffering in your life.
- 168, 138 . ō As a mother interests herself in all that concerns her newborn infant, I interest in all that affects you.
- 169, 138 . ō I am so near you as your own breath, and you seek Me so far away in formulas and attitudes outside of you! ō I am love, I who answer as soon as I am called.
- 170, 139 . As soon as [something that costs is] made, I reward with My own presents which enrich for all eternity.
- 173, 139 . God is more simple than youō You encumber yourselves with so many anxieties! Seek Me within yourself; I am so near you, so close: you always seek too far away. And listen, and receive My grace. When a soul receives it with great joy, I give it to her in abundance. It is My joy to give! ō My gifts are inexhaustible and always new. But I cannot give them as I would wish because they are not received; men do not pay attention to them; they do not know how to desire themō
- 174, 141 . ō It is in interior silence that I speakō The great omissions against charity are to forget to love your neighbor and to forget Me. Ah, yes, to forget Me. Me!
- 182, 144 . Gratitude for the smallest graces received irresistibly attracts others.
- 183, 144 . I do not speak like you, using phrases; I am Spirit and action; I speak in actions.
- 184, 144 . I wish each soul to understand that she is dear to Me in a special way . that she has her own place in My Heart which no one else can replace. That she has her own mission which no one else can fulfill like herself. If she refuses, then that which only herself could have done, will not be done. My Omnipotent love transforms that which you give Me, working wonders with it for eternity. But if you don't give Me that which is left to your free generosity, I, who can create worlds, cannot do that which was entrusted to your initiative, if you refuse Me your human cooperation. I wish each soul to understand how great and unique is her own destiny. If each

- religious soul understood that My love *has need* of her, that I am waiting for her in the shadow and silence of her soul, to live a secret and wholly interior life within her, her happiness would be complete. There would no longer be any weariness, sadness, irritation, boring monotony, or routine in My service. I make Myself so small, I am so near youō but they do not want to believe that My Divinity hides herself under the appearances which I have chosen; and while the soul passes by My side without seeing Me, she suffers from her isolation; she seeks in creatures the happiness she cannot do without, and which creatures cannot fully give her.
- 190, 148 . As parents are happy in showing their love to their children, so it is My joy to make My love felt, to reveal it; I do it in a reserved manner, perceptible to those who are attentive to My Presence and who seek itō I am so near you!
- 192, 148 . It is I who do all imperceptibly, gradually.
- 194, 149 . ō I am within reach of every soul. There is not a single soul to whom I do not appeal, and to whom I do not respond in one way or another. My love is ceaselessly inviting them in the way that is most favorable to eachō But those who seek to find Me, discover Me.
- 195, 149 . It is I who give interior joy, but never without your cooperation. It begins in a very small way, like a senna seed; if you nourish it by accepting every occasion of joy that I send you, I make it fruitful; it may flourish exceedingly.
- 196, 150 . ō Pray for rebellious hearts whom the Holy Spirit alone can pacify.
- 199, 151 . ō I have confined to you the care of making Me known.
- 204, 152 . I never refuse love to someone who asks for it . but it is your will; your actions that will develop it in you. In the same way, Faith depends on your will. He who wishes to believe, receives Faith. Then Faith grows; it is stronger than your will.
- 207, 153 . When I seem to you to be hidden very far away, seek Me in gentleness (towards others, yourself, Me)ō Where gentleness reigns, there your Jesus smiles.
- 211, 154 . Concentrate all the effort of your mind on arriving at a true understanding of what I am, what I desire, of what I valueō I do not tell you what you should know. I only tell you a tiny part; you must find out and understand for yourself; that is life. Oh, if you knew how much I need your cooperation.
- 215, 156 . You ask Me for graces because you think of My omnipotence . why do you forget that My action depends on yours?... Your measure will be My measure. When you ask for a grace, make yourselves able to bear the consequencesō then with what joy I can immediately
- give it to you! I cannot resist those who ask with humility. I always end by yielding to those who ask with perseverance. To those who ask with love . with unlimited confidence- I cannot prevent Myself from granting even more, far more than what is asked.
- 222, 158 . In order to hear My voice, you must silence all other voices in your soulō I never intrude Myself on anyone; it is with gentleness that I offer My Spiritō I simply offer you the choice: Myself or others.
- 225, 159 . ō Direct souls towards Me; show Me to them.
- 227, 160 . The time that you have spent in praying and loving has been the most useful time of your lifeō all that is done apart from Me, apart from love, is wasted.
- 228, 160 . Each time that you strengthen mutual confidence and union among you, you advance My Kingdomō all your activitiesō interests must be subordinate to it. #232: encourage good understanding between youō mutual supported and help.
- 235, 163 . When you are in pain, do you not feel that I am there, that is it I who sustain, carry you?
- 237, 163 . **To love is to have confidence in Me, not to doubt Me; it is to rely on Me. Wherein lies the limit of My power over you? In your confidence.**
- 240, 164 . Because I love you, I interest Myself in all that concerns you; yes, as you see, even in details. Ah, if you knew how the Holy Trinity watches over you!
- 243, 165 . You have never seen Me, but you hear Me. My voice is so hidden in the depth of your being that it seems to you as if it were you who speak. I am so immersed in you that I agree to become you in order to win you entirely. But I am also outside youō Your confidence consoles Me for the little confidence given Me by so many othersō Overcome evil by good.
- 247, 168 . When I see that a soul listens to Me and will keep My words, then I speak to her.
- 248, 169 . ō I wait until I am truly welcomedō Ah, how I need your human cooperation!
- 252, 171 . When you doubt My kindness or My Omnipotence, I cannot manifest it to you.
- 253, 171 . Do not doubt the conversion of your relatives . I have My time, and My means are not your means.
- 258, 173 . Sadness and melancholy find no place in the heart that loves Me; I will fill it with My Cross and with joy
- 257, 173 . Time filled with love is time well filled. Love multiplies time. He who loves finds means of doing many things from the outpouring of his heart. Try todayō

- 262, 174 . I have said that if you believe, you shall see the power and mercy of God.
- 265, 175 . Iō am hurt when you do not dare to rely on Me. Rely on Me with closed eyes, without anxiety, content. ...Yes, like a babe sleeping in its mother's arms.
- 266, 175 . Loveō is the source of al happiness. You love as soon as you cease to think of yourself.
- 267, 175 . There are many souls in the world who give Me whatō My Spouses refuse Me. Manyō even without knowing it, share My tastes, fulfill My desires, reproduce My actions. Therefore I find in them a Welcome, and My Spirit silently becomes their servant.
- 269, 176 . When in confession you have clearly shown your faults, omissions, mediocrity, you make Me as happy as if you were confiding a treasure to Me! As soon as a soul opens herself, My Spirit takes possession of her, quietly but victoriously. And what is there that I cannot repair when I am allowed to do it?
- 276, 179 . **When a soul asks of Me what to human eyes is impossible, she honors Me.**
- 278, 180 . With ruinsō I can build magnificently. It gives Me joy to use that which has humbled itself before Me.
- 280, 181 . I attract souls imperceptibly . but in a manner that is as sure as it is slow. All real action is deep, hidden within you. It escapes the senses. When you act, you believe you know why, but you do not know what has prompted your understanding and your decisions. It is My imperceptible work in the depths of your soul. It is I who have inspired, suggested, begged the cooperation of your free will. There lies your responsibility; to receive My grace, to correspond to it.
- 281, 182 . ō At death, before God, and for eternity, this alone will remain in your being: your love.
- 284, 184 . The more a soul is Mine, the more I can speak to her without restraint . that is My joy!
- 289, 185 . There are sacrifices which I desire, but for which I do not ask . so as to leave to souls the joy of offering them to Me of themselves. These souls are hidden in the depths of My Heart, they embrace its suggestionsō
- 293, 187 . I do not hide Myself, I am very near you, within youō I am very simple. You seek Me too far away, as an inaccessible Godō Because you seek Me too far off, you pass beside Me without seeing Me, and you no longer feel the infinite sweetness that My presence brings in your soul.
- 295, 188 . Trailsō borne with loveō obtain eternal gloryō
- 298, 189 . The Blessed Sacramentō I hide Divinityō My Gloryō My power. The sight of them would crush you.
- 300, 190 . ō Avariceō kills Me in souls: earthly goods are preferred to Me.
- 301, 191 . My Spirit waits for you to pray before answering your requests. As soon as you invoke Him, He is there.
- 304, 192 . You give Me more joy through the quality of your offerings than through the quantity . it is the quality which honors Me.
- 305, 193 . One sees nothing: a thin Host, a white discō Yet nevertheless I am there, yes, I JESUS, My Divinity . I have annihilated Myself that you may be able to approach Me, that My Divinity may penetrate you and transform you without acknowledging it. It is I who do the workō I ask only your consent.
- 307, 195 Ë Walk as if holding Me by the hand. You have dark hours to pass through, but I will be with you, as if holding you by the hand.**
- 309, 195 . No soul will enter My Paradise without having forgiven at least once.
- 322, 199 . Do you believe that in the Sacred Host where I seem to be doing nothing, I am working? I work by the immolation of Myself to the Father's Will. I work imperceptibly but efficaciously on souls!
- 323, 199 . When I say that you must forgive one another, it is not a duty that I impose of you . can one impulse love?- it is a joy that I offer you.
- 325, 201 . Little children do not have great temptations . their self abandonment preserves them from great evilsō Oh, if you knew how to live like little children, holding My handō !
- 326, 201 . Be kind . render your sisters every possible service, but strive to do it without appearing to be useful or necessaryō The prayers of My saints obtained miracles, and they loudly attributed them to others. My Spirit does good invisiblyō I purify, by suffering, souls who devote themselves in a too visible manner.
- 327, 201 . When you do not think of yourself, My grace visits you and I provide what is necessary for you. When you try to do it yourself, I leave you to your own care.
- 328, 202 . Trials should produce a definite result in your souls; if you see that the trial ceases, lay hold of the virtue that it came to teach you, and practice it.
- 330, 203 . I desire a great multitude of victim souls. But I do not confide the same mission to all of them. Nevertheless all must reproduce something of the life of the Man of Sorrows so that it may be kept alive and passed on among you.

- 337, 206 . I never refuse the comfort and consolation you seek in Me. The misfortune is that you too easily seek natural, human consolationsō You ought to find light and help in creatures to lead you to Me.
- 345, 209 . When suffering comes, do not think % I will expiate the sins of others-; say %ay God, I thank You for sending me the opportunity to expiate my sins-+
- 348, 209 . In becoming Man, I submitted Myself to the laws of your human life. And to live in souls I submit Myself in the same way to the laws of the spiritual life [those laws are]: silenceō the joy of giving, patience, loveō adhesion to the divine willō I need all that in order to live in a soul, to grow there, to reign there. Then the grace flowing from My sacraments works visibly, increases and radiatesō
- 353, 213 . Let each one develop her talents by using them. I have distributed My gifts in diverse ways so that you are all necessary to one another, so that you may complete each other.
- 356, 214 . Consider as lost a day on which you have given nothing away.
- 360, 216 . They are My witnesses who sacrifice their interests to act accordingly to My teachingō very often no one sees their sacrifices.
- 361, 216 . I am not known and because I am not known, people do not know how to love Me, I who have so loved men. Make Me known . make Me lovedō The obedient soul ō yields immediately to what I say to her. When she has placed herself in this state of abandonment, of silence and calm it is as if she were unable to detach herself from Me, and nothing disturbs her serenity. The soul that resists, suffers and exhausts herself by resisting, and because she is not rooted in Me, her suffering is not the kind which expiates and produces an increase of love. So much suffering is misdirected and lost! It remains shut up in your human limitations. I am *the* Vine and you are the branches; bring everything back to Me; with that which you give Me, I will work miracles for eternal life!
- 362, 217 Ę The world is in sadness, in anguish, in grief, because it lives in sin.**
- 363, 217 . I desire an army of apostolic souls consecrated to Me by the Vow of Victim, not to expiate the sins of others by extraordinary trials; no, that is not what I desire. I desire a great army of victim souls who will join Me in the Apostolate of My Eucharistic Life, who will bind themselves by the Vow of Victim to choose the methods I choose: silence . immolation-ō to be servants of allō I desire these victims to be everywhere; in the world and the cloistersō fields, factories, schools, stores, familiesō business, art, everywhereō so that My fidelity may bear witness to My wordsō I can ask of them . and I can give to themō
- 365, 219 . I ask of souls who are dearest to Meō where injustice existsō you are called to overcome evil by good.
- 366, 219 . I ask four things of the souls who bind themselves more closely to Me by the Vow of Victim: (1) listen to Me more than to speak to Me, (2) to strive to produce My actions . My way of acting rather than My words, (3) to be before men as they are before God in a state of poverty that begs . not in a state of spiritual wealth that gives alms of its superfluityō victim souls will beg more than they will give; (4) to confine their efforts to spreading My Spirit, My gentleness, My kindness which does not dwell on evil, but overcomes evil by good.
- 370, 221 . In Heaven you will understand what you owe to the prayers of others.
- 374, 223 . A tinny sin of no importance, but if willfully committed, causes Me immense pain.
- 378, 224 . I am nearly always disappointed: every day I await acts of generosity on the part of souls who are consecrated to Me, it is the only means they have of proving their love for Me and of making it grow. They pass by the opportunities I give you without seeing themō Be very vigilant, be great and magnanimous and open in all your actions, in imitation of My manner of acting. Let there be an effort in each of your days.
- 380, 226 . A soul that will give herself to Me without reserve, how I would use her for the glory of God and of the Church, for the salvation of other souls, to a degree that you cannot imagine!
- 381, 226 . The masterpiece of creationō is the creation of souls.
- 383, 226 . Serve Me with joy, give Me much joy . it bears witness to My Presenceō I am always in a joyous heart. Sadness reigns where I have not been welcomed.
- 388, 229 . The manifestation of My divine rewards awaits your heroic charity.
- 389, 229 . Be charitable, above all in your *thoughts*, the rest will follow spontaneously by itself. You will never regret having being mistaken in judging a person to be better than she is, because you must see in others what they are capable of becoming with My Grace, and not stamp them according to what they are at the time.
- 390, 229 . Yes, it is I who speak to you, even though you doubt it . I have already given you several proofs; I will give you more if you obey Me in all that I tell you . blindly-ō You deprive yourself of graces when you do not listen to what I say to you. I have My own reasons which I do not always tell you.
- 391, 230 . I do not waste My gifts; when a soul receives My smallest gifts with gratitude and respect, then I can

- confer more on her. Gratitude is a special mark of those who are Mine.
- 392, 230 . At whatever moment I may surprise you, I wish to find you in joy . hope- generosity.
- 393, 230 . If you love Me, you will listen to Me. If you love Me much, you will unceasingly listen to Me. ð Pray to the Holy Spirit that His joy may grow in you, that His joy may spread in the worldð
- 394, 232 . When I wish to attract a soul to Myself, I begin by giving her a few consolations that will detach her from those of creatures . but I give little and delicately, and only give more when she, of herself, seeks My intimacy and leaves creatures. If I give little, it is so that her responsibility may not be increased.
- 395, 232 . I am more human than you. My kindness and indulgence are immense: if you could see their extent, you would be crushed because it would overthrow your limited ideas of justiceð
- 396, 232 - ð I am not insensible to the quality of your offerings. And that which has cost you much becomes also a present of value to Me.
- 400, 235 . I wish My apostles and My disciples to be detached from everything . apart from Me.
- 401, 235 . When I ask for your heart, I ask at the same time for your thoughts.
- 402, 326 . ð My Mother and Ið bore suffering without rebellion and without bitterness. Love never left our souls. Is it too difficult to do as we did? In whatever situation you may find yourselves?
- 406, 237 . ð Each one is called to sanctity, and I never deprive anyone of the means of attaining it. You can use everything for that end.
- 407, 237 . Sanctity is to allow Me to live in you, and it is I who bring it to pass within you. It is to give Me your human nature so that I may live on among you.
- 409, 238 . You must make religion loved, at all costs. Souls must attach themselves spontaneously to My Church through love . otherwise this practice of religion will be in vain. It is only that which soul experience and live through love that procures God's glory and their own salvation.
- 410, 239 . ð Nothing, apart from willful sin, can separate you from Me, because the Father has given you to Me. I have bought you at a great price: you are Mine in the immensity of Love.
- 411, 239 . I am not satisfied with the gift of your workð The affection of your heartð that you should give Me your best thoughts. I want to penetrate into the whole
- realm of your thought, to fill the whole of your heart; I desire your . entire being with its most slender and its most secret roots- in order that My Life may pass into you; it is only then that I will live in you with a continuous and progressive life, with a life that produces fruit. Then that which was difficult to you becomes easy; that which was bitter becomes sweet, and light what was heavy; because you share in the Strength, Peace and Order which has regulated all things in an infinite perfection.
- 412, 240 . I wish your little life to be an illustration of this point in My teaching: %am meek and humble of Heart+
- 413, 240 . ð Striveð that My Spirit may be spread.
- 414, 241 . It is I who love in you... The love that you must have for creatures is not an end in itself; it is the consequence of your love for Með You need the love of others in order to develop.
- 416, 242 . It is love that honors Me and that I reward.
- 421, 244 . Do you not believe that I am able to come to your help now?... Do you believe that I am always ready to second your efforts and render them fruitful?
- 424, 246 . ð The greatest act of love you can offer Með is when you make an act of pure faith.
- 425, 246 . After having loved you so much in My earthly life I cannot stop loving you. My gifts are without regret . do you understand how ready I am to help you, to give you My grace? You can ask everything of Me; come to Me!
- 426, 246 . It is My joy to pardon. If pride prevents you from being sorry for your sins for your own sake, be sorry for them for Me, so that I may have the joy of forgivingð
- 427, 246 . Never appear alone before the Most Holy Trinity, but always with Me who prays within you, and with My Mother.
- 429, 247 . ð I really have to send trials to those whom I love in order to wrench them out of the network of habits, or of errors wherein you run the risk of burying yourself.
- 432, 248 . Not one of those who have trusted in Me has ever been disappointed.
- 438, 252 . Does one refuse anything to one's friends? That may happen among you perhaps, never with Me, when that which is asked of Me is worthy, according to what is good.
- 444, 257 . ð When I send you trials, I oblige you also to carry the crosses which you would not willingly have accepted of yourselvesð It is for your glory when I honor you with sufferings. Accept them all as coming from Me. And remember that all I say to you, as all I send you . it is always because I love you and wish to you to be altogether Mineð

- 447, 259 . When you ask for graces for souls, I grant them as infallibly as I do crosses, but they are less invisible I grant you so many graces by which you benefit without even seeing them! You should say: %God answers every good and generous prayer+
- 450, 260 . ō You glorify Me, not before the eyes of men, but before My Angels and the whole Court of Heaven.
- 451, 260 . I repay you in a divine way for the little earthly advantages that you sacrifice to others.
- 452, 260 . Obey Me in everything . with meekness.
- 453, 260 . ō I am not passive within you, but living your life and all your difficulties with you, striving with you so that good may overcome evil<sup>ō</sup> I triumph with you, you can therefore act with greater strength. I have overcome evil. The victory and those who are Mine belong definitely to Me!
- 456, 262 . It is not My Voice alone that must captivate you?
- 457, 262 . The state of victim is to bear without defending oneself as I did in My Passion, insults, slander, mockery, brutality . to allow yourself to be stripped, yes, even to nakedness. You will never have all that; but accept the act of self-stripping that solicit your generosity.
- 459, 263 . My sufferings in My Passion surpassed all that you could ever imagine. They were necessary. There is not a single one of your moral or physical pains that I have not known and for which I do not have compassion. Ah, if you knew what a Friend you have in Heaven!
- 460, 264 . I have promised you the grace of certain conversions . because they have not already taken place, do you doubt My Word<sup>ō</sup> ? Love does not doubt.
- 462,265. Spare no trouble in order to lead others to love Me
- 463, 265 . I give back in a divine way, what you give Me.
- 476, 269 . When I meet with that delicacy in a soul that attributes to herself none of the graces that I have given her, but recognizes that they come from God, I am able to confer other graces on her<sup>ō</sup> Everything comes to you from God.
- 477, 270 . I desire that all those around you should be happy; you can contribute to that.
- 480, 271 . It is for Me you are working.
- 481, 271 . It is when you keep silent that My Spirit can work; you give It room.
- 481, 271 . You have a good deal of pride, much more than you realize. I recommend as a remedy this prayer that I have such joy in granting, %Jesús, manso y humilde de
- Corazón, haz mi corazón semejante al Tuyo+ Say it incessantly<sup>ō</sup> to protect yourself and to make reparation for the faults your pride has caused.
- 483, 272 . The soul that makes reparation gives me two joys: she re-establishes order . and above all: she erases from My Heart the pain caused by the unfaithful soul<sup>ō</sup> [which] arouses repentance.
- 484, 272 . My little daughter, I will not judge you with severity, because you have striven to be indulgent with others.
- 486, 273 . One single word of Mine is sufficient to change your whole interior; do not be astonished, but be more faithful not to lose a single one of My words.
- 489, 275 . ō You must have great pity for and take care great care of the sick.
- 490, 275 . I will never abandon you.
- 498, 278 . Let Me act. But let your obedience be perfect.
- 500, 279 . Do not defend yourself . let Me defend you when it is necessary.
- 501, 279 . I wish to fill you with joy! Humiliation, contempt, being forgotten by other creatures, these are the joys that I will give you. Because each pain that comes from creature will make you enter more deeply into My heart<sup>ō</sup> that calls you<sup>ō</sup> that awaits you.
- 504, 281 - You have no great suffering to offer Me; but little daily pains, if you gather them altogether, are the streams that make a great river. I know them all; not a single offering is lost<sup>ō</sup>
- 517, 286 . In difficulty, seek your comfort in Me alone. Ask to obtain the fruit of the trial without delay, so that it may cease. I am the source. Come to the source #518. I am the source; come and draw from it: I will give you what you need at every moment: strength: joy, courage, meekness, patience, charity, wisdom<sup>ō</sup> at every moment. But come<sup>ō</sup> I am your life.<sup>ō</sup> I have need of acts of generosity that make reparation for the infidelities of those who are Mine. I have need of sacrifices, hidden charity<sup>ō</sup> courage, humble and true obedience<sup>ō</sup> always have some suffering to offer Me.
- 519, 287 . Use fewer words when speaking. ō My love does not spare you the Cross; but your love for the Cross will always increase. ō Who can love Me without seeking to imitate Me?
- 521, 288 . If you knew how I need to find souls who love Me, who have used their day in preparing to receive Me! If you knew! You would prepare your soul better.
- 524,289 . I am crucified in the souls in whom I desire to act



- 525, 289 . The best gift that you can make Me is to receive Me.
- 526,290 . Love them because they need it to become better
- 535, 293 . There are few sufferings that come directly through Me to purify you. Nearly all your sufferings are the consequences of your blindness.
- 538, 294 . ò Lend Me your humanity to wrestle step by step against evil.
- 545, 296 . It is not when everything is going well that you love Me. It is when everything is going wrong, and in spite of it your soul remains united to Me, peaceful, occupied only in diffusing a good spirit.
- 551, 299 . Give Me your heartō I will make it My kingdom.
- 555, 300 . In order to follow Me, you must understand what I ask. Many souls exhaust themselves in efforts, in acts of generosity, which leave their soul bruised and impoverished; because they strain at an ideal of virtue, of sanctity that I do not ask of them. ò They will be rewarded for their pure intention and their generosity, but their efforts do not produce the fruit that they would if they were united to My Willō Submit your thoughts and desires to those whom I give you to enlighten your soul.
- 556, 301 . ò Let Me find you at every moment empty of the past, empty of the anxiety of the future, empty of attachment to crea-tures, so that My presence may take possession of you and that in every passing moment you may receive all My grace.
- 557,302 . I never allow Myself to be outdone by generosity. Many souls deprive themselves of many graces because they refuse to make efforts which seem impossible to them. ò Do you not feel that I am there when you suffer.
- 558, 302 . When I wish to attract a soul nearer to Me, I ask sacrifices of her: that is the mark of My predilection
- 559, 302 . It is My grace that gives souls their beauty and that animates them. My Omnipotence is limited only by your liberty. It is with coal that I make diamonds, what I would not do with a soul, however black she might be, who would give herself to Me!
- 562, 303 . You would not be able to bear the sight of Meō I hide Myself in countenances within reach of youō I am always hidden in the Cross.
- 565, 304 . Hope is My messenger that opens the door and introduces My gracesō If you love Me, welcome and radiate hope!
- 567,305 . Never seek revenge yourself, to defend yourself, however slightly. You who belong to Me, remain in peace
- 571, 307 . The evil that the enemy causes will nevertheless serve to glorify God: it does not last forever; I have conquered the worldō Evil by its very nature destroys its own works.
- 576, 309 . Do you know you must become like children?... They believe what their parents tell them. Become My true child.
- 577, 309 . The Holy Spirit is like a breath of joy that carries everything along its way. He is contagious. By His very nature He diffuses His joy as a rose gives its perfume. Give way to Him! He is ingenious. He suggests ideas to you that are always new and fruitful so that you may win hesitating souls and draw them after you. Listen to Him!
- 583, 314 . What do you lack? You have all that is necessary to make you happy.
- 592, 317 . Your joy must radiate.
- 593, 318 . Do not let pass a single opportunity to rejoice and to thank Me, in reparation for so many neglected or despised opportunities, which grieve the Holy Spirit.
- 594,318. You must live by Faith; you must believe that I am there under the humble species, believe without proof. You must believe without proof that I use your sacrifices, prayers, all your sufferings for the salvation of souls. (In heaven) you will regret not having loved the sufferings of this world better, with greater love and courage.
- 610, 323 . I do not command souls, I ask themō because I have created them free. Where souls are disposed to listen to Me, I speak. My voice is within them; it makes no noise.
- 615, 325 . Yes, look at the altar: it is there that I am going to descend in a few moments, at the voice of the priest.
- 617, 326 . It is easy to live in My intimacy, by conversing with Me. I desire that of each soul. Do not perform your actionsō for yourselvesō do them for Me alone /como si estuviera ahí: ¡está!¡ō I always answer those who speak to Me, above all when they speak to Me in actions, I answer in actions; My blessings are actions that enter into your life,ō to those who keep silent and listen, I speak in words.
- 619, 327 . ò Train yourself by degrees to mortification.
- 620,327 . Miss no occasion of letting yourself be abased in the eyes of others . or of letting yourself be forgotten . no single occasion of mortifying your impatience, curiosity.
- 622,328. The way that leads to My Heart: love-suffering-joy
- 624, 328 . If you linger here and there to glean natural joys, you no longer need supernatural joys . it is you who are the cause of their rarity. You must choose.

628, 329 . ò I transform your souls, imperceptibly, gradually, without your being able to determine the moment when the change takes place! Thus do I change the circumstances in your lives to make them work together for the greater good of your soul . that is a mere game for divine power! And that same power can do nothing in your soul, without your acquiescence!

635, 332 . It is not the quantity of sufferings that expiate and makes reparation . it is the quality of your expiation: it is when you unite Me to your life and I suffer and expiate with you.

# THE MESSAGE BY CATEGORIES

## JESUS LOVES US

- 25, 87 . I long to see you happy. I love you because I have given My Life for you.
- 96, 115 . As I am happy to show you the marks of My Passion . see how your God has loved you!- will you not also be happy to show Me the marks of your loveō ? Oh, if you knew how I long for you! Not to reproach you, but to overwhelm you with joy in showing you the marks of My loveō I long for you to prove your loveō as your God proved that He loved you.
- 105,118. It is those whom I love most that I honor with trials
- 161, 136 . It is not what you give Me that glorifies Me, it is when, by your confidence, you give Me the opportunity of showing you what My love is capable of devising for you.
- 168, 138 . ò As a mother interests herself in all that concerns her newborn infant, I interest in all that affects you.
- 169, 138 . ò I am so near you as your own breath, and you seek Me so far away in formulas and attitudes outside of you! ò I am love, I who answer as soon as I am called.
- 184, 144 . I wish *each soul* to understand that she is dear to Me in a special way . that she has her own place in My Heart which no one else can replace. That she has her own mission which no one else can fulfill like herself. If she refuses, then that which only herself could have done, will not be done. My Omnipotent love transforms that which you give Me, working wonders with it for eternity. But if you don't give Me that which is left to your free generosity, I, who can create worlds, cannot do that which was entrusted to your initiative, if you refuse Me your human cooperation. I wish each soul to understand how great and unique is her own destiny. If each religious soul understood that My love *has need* of her, that I am waiting for her in the shadow and silence of her soul, to live a secret and wholly interior life within her, her happiness would be complete. There would no longer be any weariness, sadness, irritation, boring monotony, or routine in My service. I make Myself so small, I am so near youō but they do not want to believe that My Divinity hides herself under the appearances which I have chosen; and while the soul passes by My side without seeing Me, she suffers from her isolation; she seeks in creatures the happiness she cannot do without, and which creatures cannot fully give her.
- 190, 148 . As parents are happy in showing their love to their children, so it is My joy to make My love felt, to reveal it; I do it in a reserved manner, perceptible to those who are attentive to My Presence and who seek itō I am so near you!
- 194, 149 . ò I am within reach of every soul. There is not a single soul to whom I do not appeal, and to whom I do not respond in one way or another. My love is ceaselessly inviting them in the way that is most favorable to eachō But those who seek to find Me, discover Me.
- 204, 152 . I never refuse love to someone who asks for it . but it is your will; your actions that will develop it in you. In the same way, Faith depends on your will. He who wishes to believe, receives Faith. Then Faith grows; it is stronger than your will.
- 240, 164 . Because I love you, I interest Myself in all that concerns you; yes, as you see, even in details. Ah, if you knew how the Holy Trinity watches over you!
- 243, 165 . You have never seen Me, but you hear Me. My voice is so hidden in the depth of your being that it seems to you as if it were you who speak. I am so immersed in you that I agree to become you in order to win you entirely. But I am also outside youō Your confidence consoles Me for the little confidence given Me by so many othersō Overcome evil by good.
- 378, 224 . I am nearly always disappointed: every day I await acts of generosity on the part of souls who are consecrated to Me, it is the only means they have of proving their love for Me and of making it grow. They pass by the opportunities I give you without seeing themō Be very vigilant, be great and magnanimous and open in all your actions, in imitation of My manner of acting. Let there be an effort in each of your days.
- 388, 229 . The manifestation of My divine rewards awaits your heroic charity.
- 395, 232 . I am more human than you. My kindness and indulgence are immense: if you could see their extent, you would be crushed because it would overthrow your limited ideas of justiceō
- 402, 326 . ò My Mother and Iō bore suffering without rebellion and without bitterness. Love never left our souls. Is it too difficult to do as we did? In whatever situation you may find yourselves?
- 410, 239 . ò Nothing, apart from willful sin, can separate you from Me, because the Father has given you to Me. I have bought you at a great price: you are Mine in the immensity of Love.
- 414, 241 . It is I who love in you... The love that you must have for creatures is not an end in itself; it is the

<p>consequence of your love for Meō You need the love of others in order to develop.</p>	<p>451, 260 . I repay you in a divine way for the little earthly advantages that you sacrifice to others.</p>
<p>425, 246 . After having loved you so much in My earthly life I cannot stop loving you. My gifts are without regret . do you understand how ready I am to help you, to give you My grace? You can ask everything of Me; come to Me!</p>	<p>459, 263 . My sufferings in My Passion surpassed all that you could ever imagine. They were necessary. There is not a single one of your moral or physical pains that I have not known and for which I do not have compassion. Ah, if you knew what a Friend you have in Heaven!</p>
<p>426, 246 . It is My joy to pardon. If pride prevents you from being sorry for your sins for your own sake, be sorry for them for Me, so that I may have the joy of forgivingō</p>	<p>477, 270 . I desire that all those around you should be happy; you can contribute to that.</p>
<p>444, 257 . ō When I send you trials, I oblige you also to carry the crosses which you would not willing have accepted of yourselvesō It is for your glory when I honor you with sufferings. Accept them all as coming from Me. And remember that all I say to you, as all I send you . it is always because I love you and wish to you to be altogether Mineō</p>	<p>484, 272 . My little daughter, I will not judge you with severity, because you have striven to be indulgent with others.</p> <p>519, 287 . Use fewer words when speaking. ō My love does not spare you the Cross; but your love for the Cross will always increase. ō Who can love Me without seeking to imitate Me?</p>

## WE LOVE JESUS AND OUR NEIGHBOR

- 95,144 . Those who love Me a little, have a little confidence in Meō Those who love Me much, have a great confidence in Me. Those who place no limit to their love have a confidence in Me without bounds or limit. I cannot disappoint them. You honor Me more by the confidence you show Me by all that you could give Meō I respond at once by putting joy into the heart that honors Me with confidence.
- 96, 115 . As I am happy to show you the marks of My Passion . see how your God has loved you!- will you not also be happy to show Me the marks of your loveō ? Oh, if you knew how I long for you! Not to reproach you, but to overwhelm you with joy in showing you the marks of My loveō I long for you to prove your loveō as your God proved that He loved you.
- 135, 128 . You will be judged by your response to My calls, by the love you have had for Me in all circumstancesō
- 139, 129 . Giveō invisibly, in My way, so that those who benefit by the gift, not knowing whence it comes, thank God. Then I reward you at once by increasing your love.
- 140, 129 . Those who seek, find, and I give to those who ask of Me. But I have the joy of satisfying beyond all her expectations the soul who does not express any desire and who awaits Meō When you ask graces of Me for yourself or for others, *your capacity for receiving is limited to your requests*. When you await Me, asking for nothing but Myself, there is no limit in your heart. **As soon as a soul awaits Me, I come to her.** I have innumerable ways of approaching and speaking to herō It is love that will make her discover My language.
- 175, 141 . The great omissions against charity are to forget to love your neighbor and to forget Me. Ah, yes, to forget Me. Me!
- 215, 156 . ò I cannot resist those who ask with humility. I always end by yielding to those who ask with perseverance. To those who ask with love . with unlimited confidence- I cannot prevent Myself from granting even more, far more than what is asked.
- 237, 163 . **To love is to have confidence in Me, not to doubt Me; it is to rely on Me. Wherein lies the limit of My power over you? In your confidence.**
- 243, 165 . You have never seen Me, but you hear Me. My voice is so hidden in the depth of your being that it seems to you as if it were you who speak. I am so immersed in you that I agree to become you in order to win you entirely. But I am also outside youō Your confidence consoles Me for the little confidence given Me by so many othersō Overcome evil by good.
- 258, 173 . Sadness and melancholy find no place in the heart that loves Me; I will fill it with My Cross and with joy
- 257, 173 . Time filled with love is time well filled. Love multiplies time. He who loves finds means of doing many things from the outpouring of his heart. Try todayō
- 266, 175 . Loveō is the source of al happiness. You love as soon as you cease to think of yourself.
- 281, 182 . ò At death, before God, and for eternity, this alone will remain in your being: your love.
- 300, 190 . ò Avariceō kills Me in souls: earthly goods are preferred to Me.
- 309, 195 . No soul will enter My Paradise without having forgiven at least once.
- 323, 199 . When I say that you must forgive one another, it is not a duty that I impose of you . can one impulse love?- it is a joy that I offer you.
- 353, 213 . Let each one develop her talents by using them. I have distributed My gifts in diverse ways so that you are all necessary to one another, so that you may complete each other.
- 356, 214 . Consider as lost a day on which you have given nothing away.
- 360, 216 . They are My witnesses who sacrifice their interests to act accordingly to My teachingō very often no one sees their sacrifices.
- 361, 216 . I am not known and because I am not known, people do not know how to love Me, I who have so loved men. Make Me known . make Me lovedō The obedient soul ò yields immediately to what I say to her. When she has placed herself in this state of abandonment, of silence and calm it is as if she were unable to detach herself from Me, and nothing disturbs her serenity. The soul that resists, suffers and exhausts herself by resisting, and because she is not rooted in Me, her suffering is not the kind which expiates and produces an increase of love. So much suffering is misdirected and lost! It remains shut up in your human limitations. I am *the* Vine and you are the branches; bring everything back to Me; with that which you give Me, I will work miracles for eternal life!
- 370, 221 . In Heaven you will understand what you owe to the prayers of others.
- 374, 223 . A tinny sin of no importance, but if willfully committed, causes Me immense pain.
- 378, 224 . I am nearly always disappointed: every day I await acts of generosity on the part of souls who are

- consecrated to Me, it is the only means they have of proving their love for Me and of making it grow. They pass by the opportunities I give you without seeing themō Be very vigilant, be great and magnanimous and open in all your actions, in imitation of My manner of acting. Let there be an effort in each of your days.
- 389, 229 . Be charitable, above all in your *thoughts*, the rest will follow spontaneously by itself. You will never regret having being mistaken in judging a person to be better than she is, because you must see in others what they are capable of becoming with My Grace, and not stamp them according to what they are at the time.
- 393, 230 . If you love Me, you will listen to Me. If you love Me much, you will unceasingly listen to Me. ò Pray to the Holy Spirit that His joy may grow in you, that His joy may spread in the worldō
- 396, 232 - ò I am not insensible to the quality of your offerings. And that which has cost you much becomes also a present of value to Me.
- 400, 235 . I wish My apostles and My disciples to be detached from everything . apart from Me.
- 402, 326 . ò My Mother and Iō bore suffering without rebellion and without bitterness. Love never left our souls. Is it too difficult to do as we did? In whatever situation you may find yourselves?
- 409, 238 . You must make religion loved, at all costs. Souls must attach themselves spontaneously to My Church through love . otherwise this practice of religion will be in vain. It is only that which soul experience and live through love that procures God's glory and their own salvation.
- 414, 241 . It is I who love in you... The love that you must have for creatures is not an end in itself; it is the consequence of your love for Meō You need the love of others in order to develop.
- 416, 242 . It is love that honors Me and that I reward.
- 424, 246 . ò The greatest act of love you can offer Meō is when you make an act of pure faith.
- 451, 260 . I repay you in a divine way for the little earthly advantages that you sacrifice to others.
- 462, 265 . Spare no trouble in order to lead others to love Me.
- 484, 272 . My little daughter, I will not judge you with severity, because you have striven to be indulgent with others.
- 489, 275 . ò You must have great pity for and take care great care of the sick.
- 519, 287 . Use fewer words when speaking. ò My love does not spare you the Cross; but your love for the Cross will always increase. ò Who can love Me without seeking to imitate Me?
- 521, 288 . If you knew how I need to find souls who love Me, who have used their day in preparing to receive Me! If you knew! You would prepare your soul better.
- 526,290. Love them because they need it to become better
- 545, 296 . It is not when everything is going well that you love Me. It is when everything is going wrong, and in spite of it your soul remains united to Me, peaceful, occupied only in diffusing a good spirit.
- 565, 304 . Hope is My messenger that opens the door and introduces My gracesō If you love Me, welcome and radiate hope!
- 567,305 . Never seek revenge yourself, to defend yourself, however slightly. You who belong to Me, remain in peace

## HAPPINESS AND DIVINE CONSOLATION

- 25, 87 . I long to see you happy. I love you because I have given My Life for you.
- 96, 115 . As I am happy to show you the marks of My Passion . see how your God has loved you!- will you not also be happy to show Me the marks of your loveō ? Oh, if you knew how I long for you! Not to reproach you, but to overwhelm you with joy in showing you the marks of My loveō I long for you to prove your loveō as your God proved that He loved you.
- 98, 115 . As soon as a soul knows Me, she is happyō to find Me, know Me, receive Meō that is the only meaning of everyday life.
- 111, 120 . I give fullness of joy to the soul who has really met Me and who receives Meō Ah, to help souls to discover Me and to receive Me is the most urgent charity.
- 112, 120 . Let go of the joys of earth, do not think of them; let them be indifferent to you . and I will make you know other, better joys. I will fill your day, work, heart. Let Me also reign in the whole of your mind.
- 113, 120 . Happiness lies in a hidden life. Happiness is to live in the friendship of the Holy Trinity.
- 138, 129 . When you have consolation of creatures, I hide Myself and am silent. When creatures make you suffer, you have My consolation, My support, My intimacy.
- 140, 129 . Those who seek, find, and I give to those who ask of Me. But I have the joy of satisfying beyond all her expectations the soul who does not express any desire and who awaits Meō When you ask graces of Me for yourself or for others, *your capacity for receiving is limited to your requests*. When you await Me, asking for nothing but Myself, there is no limit in your heart. **As soon as a soul awaits Me, I come to her.** I have innumerable ways of approaching and speaking to herō It is love that will make her discover My language.
- 157, 135 . At the least sign of repentance, My Heart is aflame with joy, and I wait with inexpressively love for the sinner to turn towards Meō For terrible is the condition of an impenitent heart, I cannot penetrate it. It is not I who condemn it, it is he who willfully repels Me.
- 170, 139 . As soon as [something that costs is] made, I reward with My own presents which enrich for all eternity.
- 173, 139 . God is more simple than youō You encumber yourselves with so many anxieties! Seek Me within yourself; I am so near you, so close; you always seek too far away. And listen, and receive My grace. When a soul receives it with great joy, I give it to her in abundance. It is My joy to give! ō My gifts are inexhaustible and always new. But I cannot give them as I would wish because they are not received; men do not pay attention to them; they do not know how to desire themō
- 182, 144 . Gratitude for the smallest graces received irresistibly attracts others.
- 195, 149 . It is I who give interior joy, but never without your cooperation. It begins in a very small way, like a senna seed; if you nourish it by accepting every occasion of joy that I send you, I make it fruitful; it may flourish exceedingly.
- 207, 153 . When I seem to you to be hidden very far away, seek Me in gentleness (towards others, yourself, Me)ō Where gentleness reigns, there your Jesus smiles.
- 215, 156 . You ask Me for graces because you think of My omnipotence . why do you forget that My action depends on yours?... Your measure will be My measure. When you ask for a grace, make yourselves able to bear the consequencesō then with what joy I can immediately give it to you! I cannot resist those who ask with humility. I always end by yielding to those who ask with perseverance. To those who ask with love . with unlimited confidence- I cannot prevent Myself from granting even more, far more than what is asked.
- 235, 163 . When you are in pain, do you not feel that I am there, that is it I who sustain, carry you?
- 240, 164 . Because I love you, I interest Myself in all that concerns you; yes, as you see, even in details. Ah, if you knew how the Holy Trinity watches over you!
- 258, 173 . Sadness and melancholy find no place in the heart that loves Me; I will fill it with My Cross and with joy.
- 266, 175 . Loveō is the source of al happiness. You love as soon as you cease to think of yourself.
- 289, 185 . There are sacrifices which I desire, but for which I do not ask . so as to leave to souls the joy of offering them to Me of themselves. These souls are hidden in the depths of My Heart, they embrace its suggestionsō
- 293, 187 . I do not hide Myself, I am very near you, within youō I am very simple. You seek Me too far away, as an inaccessible Godō Because you seek Me too far off, you pass beside Me without seeing Me, and you no longer feel the infinite sweetness that My presence brings in your soul.
- 295, 188 . Trailsō borne with loveō obtain eternal gloryō
- 307, 195 Ë Walk as if holding Me by the hand. You have dark hours to pass through, but I will be with you, as if holding you by the hand.**

- 323, 199 . When I say that you must forgive one another, it is not a duty that I impose of you . can one impulse love?- it is a joy that I offer you.
- 337, 206 . I never refuse the comfort and consolation you seek in Me. The misfortune is that you too easily seek natural, human consolationsō You ought to find light and help in creatures to lead you to Me.
- 383, 226 . Serve Me with joy, give Me much joy . it bears witness to My Presenceō I am always in a joyous heart. Sadness reigns where I have not been welcomed.
- 388, 229 . The manifestation of My divine rewards awaits your heroic charity.
- 392, 230 . At whatever moment I may surprise you, I wish to find you in joy . hope- generosity.
- 393, 230 . If you love Me, you will listen to Me. If you love Me much, you will unceasingly listen to Me. ō Pray to the Holy Spirit that His joy may grow in you, that His joy may spread in the worldō
- 394, 232 . When I wish to attract a soul to Myself, I begin by giving her a few consolations that will detach her from those of creatures . but I give little and delicately, and only give more when she, of herself, seeks My intimacy and leaves creatures. If I give little, it is so that her responsibility may not be increased.
- 416, 242 . It is love that honors Me and that I reward.
- 463, 265 . I give back in a divine way, what you give Me.
- 477, 270 . I desire that all those around you should be happy; you can contribute to that.
- 501, 279 . I wish to fill you with joy! Humiliation, contempt, being forgotten by other creatures, these are the joys that I will give you. Because each pain that comes from creature will make you enter more deeply into My heartō that calls youō that awaits you.
- 555, 300 . In order to follow Me, you must understand what I ask. Many souls exhaust themselves in efforts, in acts of generosity, which leave their soul bruised and impoverished; because they strain at an ideal of virtue, of sanctity that I do not ask of them. ō They will be rewarded for their pure intention and their generosity, but their efforts do not produce the fruit that they would if they were united to My Willō Submit your thoughts and desires to those whom I give you to enlighten your soul.
- 557, 302 . ō I never allow Myself to be outdone by generosity. ō Many souls deprive themselves of many graces because they refuse to make efforts which seem impossible to them. ō Do you not feel that I am there when you suffer.
- 559, 302 . It is My grace that gives souls their beauty and that animates them. My Omnipotence is limited only by your liberty. It is with coal that I make diamonds, what I would not do with a soul, however black she might be, who would give herself to Me!
- 567,305 . Never seek revenge yourself, to defend yourself, however slightly. You who belong to Me, remain in peace.
- 583, 314 . What do you lack? You have all that is necessary to make you happy.
- 592, 317 . Your joy must radiate.
- 593, 318 . Do not let pass a single opportunity to rejoice and to thank Me, in reparation for so many neglected or despised opportunities, which grieve the Holy Spirit.
- 620,327 . Miss no occasion of letting yourself be abased in the eyes of others . or of letting yourself be forgotten . no single occasion of mortifying your impatience, curiosity.
- 624, 328 . If you linger here and there to glean natural joys, you no longer need supernatural joys . it is you who are the cause of their rarity. You must choose.



## MAKING JESUS HAPPY

- 29, 88 . Apart from Me you are nothing but rebellion, refusal, negation. I am as inseparable from you as your breathing. It is I who incline you to be patient, gentle, to accept things. It is My joy to answer! I always answer.
- 96, 115 . As I am happy to show you the marks of My Passion . see how your God has loved you!- will you not also be happy to show Me the marks of your loveō ? Oh, if you knew how I long for you! Not to reproach you, but to overwhelm you with joy in showing you the marks of My loveō I long for you to prove your loveō as your God proved that He loved you.
- 140, 129 . Those who seek, find, and I give to those who ask of Me. But I have the joy of satisfying beyond all her expectations the soul who does not express any desire and who awaits Meō When you ask graces of Me for yourself or for others, *your capacity for receiving is limited to your requests*. When you await Me, asking for nothing but Myself, there is no limit in your heart. **As soon as a soul awaits Me, I come to her.** I have innumerable ways of approaching and speaking to herō It is love that will make her discover My language.
- 157, 135 . At the least sign of repentance, My Heart is aflame with joy, and I wait with inexpressively love for the sinner to turn towards Meō For terrible is the condition of an impenitent heart, I cannot penetrate it. It is not I who condemn it, it is he who willfully repels Me.
- 173, 139 . God is more simple than youō You encumber yourselves with so many anxieties! Seek Me within yourself; I am so near you, so close; you always seek too far away. And listen, and receive My grace. When a soul receives it with great joy, I give it to her in abundance. It is My joy to give! ō My gifts are inexhaustible and always new. But I cannot give them as I would wish because they are not received; men do not pay attention to them; they do not know how to desire themō
- 190, 148 . As parents are happy in showing their love to their children, so it is My joy to make My love felt, to reveal it; I do it in a reserved manner, perceptible to those who are attentive to My Presence and who seek itō I am so near you!
- 215, 156 . You ask Me for graces because you think of My omnipotence . why do you forget that My action depends on yours?... Your measure will be My measure. When you ask for a grace, make yourselves able to bear the consequencesō then with what joy I can immediately give it to you! I cannot resist those who ask with humility. I always end by yielding to those who ask with perseverance. To those who ask with love . with unlimited confidence- I cannot prevent Myself from granting even more, far more than what is asked.
- 269, 176 . When in confession you have clearly shown your faults, omissions, mediocrity, you make Me as happy as if you were confiding a treasure to Me! As soon as a soul opens herself, My Spirit takes possession of her, quietly but victoriously. And what is there that I cannot repair when I am allowed to do it?
- 276, 179 . **When a soul asks of Me what to human eyes is impossible, she honors Me.**
- 278, 180 . With ruinsō I can build magnificently. It gives Me joy to use that which has humbled itself before Me.
- 284, 184 . The more a soul is Mine, the more I can speak to her without restraint . that is My joy!
- 300, 190 . ō Avariceō kills Me in souls: earthly goods are preferred to Me.
- 304, 192 . You give Me more joy through the quality of your offerings than through the quantity . it is the quality which honors Me.
- 401, 235 . When I ask for your heart, I ask at the same time for your thoughts.
- 416, 242 . It is love that honors Me and that I reward.
- 426, 246 . It is My joy to pardon. If pride prevents you from being sorry for your sins for your own sake, be sorry for them for Me, so that I may have the joy of forgivingō
- 483, 272 . The soul that makes reparation gives me two joys: she re-establishes order . and above all: she erases from My Heart the pain caused by the unfaithful soulō [which] arouses repentance.

## JESUS IS VERY CLOSE

- 29, 88 . Apart from Me you are nothing but rebellion, refusal, negation. I am as inseparable from you as your breathing. It is I who incline you to be patient, gentle, to accept things. It is My joy to answer! I always answer.
- 138, 129 . When you have consolation of creatures, I hide Myself and am silent. When creatures make you suffer, you have My consolation, My support, My intimacy.
- 169, 138 . ò I am so near you as your own breath, and you seek Me so far away in formulas and attitudes outside of you! ò I am love, I who answer as soon as I am called.
- 173, 139 . God is more simple than youò You encumber yourselves with so many anxieties! Seek Me within yourself; I am so near you, so close; you always seek too far away. And listen, and receive My grace. When a soul receives it with great joy, I give it to her in abundance. It is My joy to give! ò My gifts are inexhaustible and always new. But I cannot give them as I would wish because they are not received; men do not pay attention to them; they do not know how to desire themò
- 190, 148 . As parents are happy in showing their love to their children, so it is My joy to make My love felt, to reveal it; I do it in a reserved manner, perceptible to those who are attentive to My Presence and who seek itò I am so near you!
- 192, 148 . It is I who do all imperceptibly, gradually.
- 194, 149 . ò I am within reach of every soul. There is not a single soul to whom I do not appeal, and to whom I do not respond in one way or another. My love is ceaselessly inviting them in the way that is most favorable to eachò But those who seek to find Me, discover Me.
- 207, 153 . When I seem to you to be hidden very far away, seek Me in gentleness (towards others, yourself, Me)ò Where gentleness reigns, there your Jesus smiles.
- 235, 163 . When you are in pain, do you not feel that I am there, that is it I who sustain, carry you?
- 240, 164 . Because I love you, I interest Myself in all that concerns you; yes, as you see, even in details. Ah, if you knew how the Holy Trinity watches over you!
- 243, 165 . You have never seen Me, but you hear Me. My voice is so hidden in the depth of your being that it seems to you as if it were you who speak. I am so immersed in you that I agree to become you in order to win you entirely. But I am also outside youò Your confidence consoles Me for the little confidence given Me by so many othersò Overcome evil by good.
- 289, 185 . There are sacrifices which I desire, but for which I do not ask . so as to leave to souls the joy of offering them to Me of themselves. These souls are hidden in the depths of My Heart, they embrace its suggestionsò
- 293, 187 . I do not hide Myself, I am very near you, within youò I am very simple. You seek Me too far away, as an inaccessible Godò Because you seek Me too far off, you pass beside Me without seeing Me, and you no longer feel the infinite sweetness that My presence brings in your soul.
- 301, 191 . My Spirit waits for you to pray before answering your requests. As soon as you invoke Him, He is there.
- 307, 195 È Walk as if holding Me by the hand. You have dark hours to pass through, but I will be with you, as if holding you by the hand.**
- 325, 201 . Little children do not have great temptations . their self abandonment preserves them from great evilsò Oh, if you knew how to live like little children, holding My handò !
- 392, 230 . At whatever moment I may surprise you, I wish to find you in joy . hope- generosity.
- 414, 241 . It is I who love in you... The love that you must have for creatures is not an end in itself; it is the consequence of your love for Meò You need the love of others in order to develop.
- 421, 244 . Do you not believe that I am able to come to your help now?... Do you believe that I am always ready to second your efforts and render them fruitful?
- 427, 246 . Never appear alone before the Most Holy Trinity, but always with Me who prays within you, and with My Mother.
- 481, 271 . It is when you keep silent that My Spirit can work; you give It room.
- 551, 299 . Give Me your heartò I will make it My kingdom.
- 577, 309 . The Holy Spirit is like a breath of joy that carries everything along its way. He is contagious. By His very nature He diffuses His joy as a rose gives its perfume. Give way to Him! He is ingenious. He suggests ideas to you that are always new and fruitful so that you may win hesitating souls and draw them after you. Listen to Him!
- 628, 329 . ò I transform your souls, imperceptibly, gradually, without your being able to determine the moment when the change takes place! Thus do I change the circumstances in your lives to make them work together for the greater good of your soul . that is a mere game for divine power! And that same power can do nothing in your soul, without your acquiescence!

## CHANGE

- 29, 88 . Apart from Me you are nothing but rebellion, refusal, negation. I am as inseparable from you as your breathing. It is I who incline you to be patient, gentle, to accept things. It is My joy to answer! I always answer.
- 182, 144 . Gratitude for the smallest graces received irresistibly attracts others.
- 204, 152 . I never refuse love to someone who asks for it . but it is your will; your actions that will develop it in you. In the same way, Faith depends on your will. He who wishes to believe, receives Faith. Then Faith grows; it is stronger than your will.
- 243, 165 . You have never seen Me, but you hear Me. My voice is so hidden in the depth of your being that it seems to you as if it were you who speak. I am so immersed in you that I agree to become you in order to win you entirely. But I am also outside youō Your confidence consoles Me for the little confidence given Me by so many othersō Overcome evil by good.
- 253, 171 . Do not doubt the conversion of your relatives . I have My time, and My means are not your means.
- 269, 176 . When in confession you have clearly shown your faults, omissions, mediocrity, you make Me as happy as if you were confiding a treasure to Me! As soon as a soul opens herself, My Spirit takes possession of her, quietly but victoriously. And what is there that I cannot repair when I am allowed to do it?
- 278, 180 . With ruinsō I can build magnificently. It gives Me joy to use that which has humbled itself before Me.
- 280, 181 . I attract souls imperceptibly . but in a manner that is as sure as it is slow. All real action is deep, hidden within you. It escapes the senses. When you act, you believe you know why, but you do not know what has prompted your understanding and your decisions. It is My imperceptible work in the depths of your soul. It is I who have inspired, suggested, begged the cooperation of your free will. There lies your responsibility; to receive My grace, to correspond to it.
- 305, 193 . One sees nothing: a thin Host, a white discō Yet nevertheless I am there, yes, I JESUS, My Divinity . I have annihilated Myself that you may be able to approach Me, that My Divinity may penetrate you and transform you without acknowledging it. It is I who do the workō I ask only your consent.
- 322, 199 . Do you believe that in the Sacred Host where I seem to be doing nothing, *I am working?* I work by the immolation of Myself to the Father's Will. I work imperceptibly but efficaciously on souls!
- 327, 201 . When you do not think of yourself, My grace visits you and I provide what is necessary for you. When you try to do it yourself, I leave you to your own care.
- 348, 209 . In becoming Man, I submitted Myself to the laws of your human life. And to live in souls I submit Myself in the same way to the laws of the spiritual life [those laws are]: silenceō the joy of giving, patience, loveō adhesion to the divine willō I need all that in order to live in a soul, to grow there, to reign there. Then the grace flowing from My sacraments works visibly, increases and radiatesō
- 380, 226 . A soul that will give herself to Me without reserve, how I would use her for the glory of God and of the Church, for the salvation of other souls, to a degree that you cannot imagine!
- 407, 237 . Sanctity is to allow Me to live in you, and it is I who bring it to pass within you. It is to give Me your human nature so that I may live on among you.
- 411, 239 . I am not satisfied with the gift of your workō The affection of your heartō that you should give Me your best thoughts. I want to penetrate into the whole realm of your thought, to fill the whole of your heart; I desire your . entire being with its most slender and its most secret roots- in order that My Life may pass into you; it is only then that I will live in you with a continuous and progressive life, with a life that produces fruit. Then that which was difficult to you becomes easy; that which was bitter becomes sweet, and light what was heavy; because you share in the Strength, Peace and Order which has regulated all things in an infinite perfection.
- 412, 240 . I wish your little life to be an illustration of this point in My teaching: *%am meek and humble of Heart+*
- 414, 241 . It is I who love in you... The love that you must have for creatures is not an end in itself; it is the consequence of your love for Meō You need the love of others in order to develop.
- 429, 247 . ō I really have to send trials to those whom I love in order to wrench them out of the network of habits, or of errors wherein you run the risk of burying yourself.
- 453, 260 . ō I am not passive within you, but living your life and all your difficulties with you, striving with you so that good may overcome evilō I triumph with you, you can therefore act with greater strength. I have overcome evil. The victory and those who are Mine belong definitely to Me!
- 481, 271 . It is when you keep silent that My Spirit can work; you give It room.

- 481, 271 . You have a good deal of pride, much more than you realize. I recommend as a remedy this prayer that I have such joy in granting, *% Jesús, manso y humilde de Corazón, haz mi corazón semejante al Tuyo+* Say it incessantlyō to protect yourself and to make reparation for the faults your pride has caused.
- 486, 273 . One single word of Mine is sufficient to change your whole interior; do not be astonished, but be more faithful not to lose a single one of My words.
- 498, 278 . Let Me act. But let your obedience be perfect.
- 551, 299 . Give Me your heartō I will make it My kingdom.
- 577, 309 . The Holy Spirit is like a breath of joy that carries everything along its way. He is contagious. By His very nature He diffuses His joy as a rose gives its perfume. Give way to Him! He is ingenious. He suggests ideas to you that are always new and fruitful so that you may win hesitating souls and draw them after you. Listen to Him!
- 628, 329 . ō I transform your souls, imperceptibly, gradually, without your being able to determine the moment when the change takes place! Thus do I change the circumstances in your lives to make them work together for the greater good of your soul . that is a mere game for divine power! And that same power can do nothing in your soul, without your acquiescence!

## JESUS LISTENS, ANSWERS AND HELPS US - TRUSTING JESUS

- 29, 88 . Apart from Me you are nothing but rebellion, refusal, negation. I am as inseparable from you as your breathing. It is I who incline you to be patient, gentle, to accept things. It is My joy to answer! I always answer.
- 37, 90 . You must make calm and wise decisions with a calm mind. Do not worry about the result of your work; it is I who give it growth and fruitfulness in the measure in which it is entrusted to Me.
- 59, 100 . When you hope for something from Me, I never refuse it, but so seldom do I receive what I hope from you!
- 64, 102 . As soon as you call Me, I answer. I am always present. What do you lack? I am always more sensitive, more active where there is suffering, because there I am welcomed, I am listened toō
- 93,114 . You should believe what I say; why do you doubt? Have I ever deceived you on one single occasion? Yes, believe Me, in spite of all appearances; then your soul will be free and happy.
- 95,144 . Those who love Me a little, have a little confidence in Meō Those who love Me much, have a great confidence in Me. Those who place no limit to their love have a confidence in Me without bounds or limit. I cannot disappoint them. You honor Me more by the confidence you show Me by all that you could give Meō I respond at once by putting joy into the heart that honors Me with confidence.
- 118, 122 . As soon as you listen within you, you find Me again.
- 121,123 . Yes, I am the Almighty. My miraculous aid would be shown to you more often if you had confidence in Me, without neglecting any of the means I have placed at your disposal. You become discouraged before you have tired at all. I send you natural means, and it is *only when you have faithfully exhausted them* that you can count on My infallible supernatural intervention. But I always help you and first of all through the use of natural means.
- 125, 124 . It is not sufficient to say, *my God, I have confidence in You!* You must make the interior act of freeing yourself from all anxiety and rest on My Heart.
- 132, 127 . The means which appear to be employed for one specific end, I use at the same time for a multitude of other causesō Everything is a means in My Hands; I make all work together to fulfill My willō
- 137, 129 . I speak to each soulō I invite themō Many do not hear; many do not listen. I who never disappoint you am unceasingly disappointed.
- 138, 129 . When you have consolation of creatures, I hide Myself and am silent. When creatures make you suffer, you have My consolation, My support, My intimacy.
- 140, 129 . Those who seek, find, and I give to those who ask of Me. But I have the joy of satisfying beyond all her expectations the soul who does not express any desire and who awaits Meō When you ask graces of Me for yourself or for others, *your capacity for receiving is limited to your requests*. When you await Me, asking for nothing but Myself, there is no limit in your heart. **As soon as a soul awaits Me, I come to her.** I have innumerable ways of approaching and speaking to herō It is love that will make her discover My language.
- 161, 136 . It is not what you give Me that glorifies Me, it is when, by your confidence, you give Me the opportunity of showing you what My love is capable of devising for you.

- 168, 138 . ð As a mother interests herself in all that concerns her newborn infant, I interest in all that affects you.
- 169, 138 . ð I am so near you as your own breath, and you seek Me so far away in formulas and attitudes outside of you! ð I am love, I who answer as soon as I am called.
- 170, 139 . As soon as [something that costs is] made, I reward with My own presents which enrich for all eternity.
- 174, 141 . ð It is in interior silence that I speak.
- 183, 144 . I do not speak like you, using phrases; I am Spirit and action; I speak in actions.
- 194, 149 . ð I am within reach of every soul. There is not a single soul to whom I do not appeal, and to whom I do not respond in one way or another. My love is ceaselessly inviting them in the way that is most favorable to each ð But those who seek to find Me, discover Me.
- 215, 156 . You ask Me for graces because you think of My omnipotence . why do you forget that My action depends on yours?... Your measure will be My measure. When you ask for a grace, make yourselves able to bear the consequences ð then with what joy I can immediately give it to you! I cannot resist those who ask with humility. I always end by yielding to those who ask with perseverance. To those who ask with love . with unlimited confidence- I cannot prevent Myself from granting even more, far more than what is asked.
- 235, 163 . When you are in pain, do you not feel that I am there, that is it I who sustain, carry you?
- 237, 163 . **To love is to have confidence in Me, not to doubt Me; it is to rely on Me. Wherein lies the limit of My power over you? In your confidence.**
- 240, 164 . Because I love you, I interest Myself in all that concerns you; yes, as you see, even in details. Ah, if you knew how the Holy Trinity watches over you!
- 243, 165 . You have never seen Me, but you hear Me. My voice is so hidden in the depth of your being that it seems to you as if it were you who speak. I am so immersed in you that I agree to become you in order to win you entirely. But I am also outside you ð Your confidence consoles Me for the little confidence given Me by so many others ð Overcome evil by good.
- 247, 168 . When I see that a soul listens to Me and will keep My words, then I speak to her.
- 253, 171 . Do not doubt the conversion of your relatives . I have My time, and My means are not your means.
- 258, 173 . Sadness and melancholy find no place in the heart that loves Me; I will fill it with My Cross and with joy
- 276, 179 . **When a soul asks of Me what to human eyes is impossible, she honors Me.**
- 278, 180 . With ruins ð I can build magnificently. It gives Me joy to use that which has humbled itself before Me.
- 280, 181 . I attract souls imperceptibly . but in a manner that is as sure as it is slow. All real action is deep, hidden within you. It escapes the senses. When you act, you believe you know why, but you do not know what has prompted your understanding and your decisions. It is My imperceptible work in the depths of your soul. It is I who have inspired, suggested, begged the cooperation of your free will. There lies your responsibility; to receive My grace, to correspond to it.
- 301, 191 . My Spirit waits for you to pray before answering your requests. As soon as you invoke Him, He is there.
- 307, 195 Æ Walk as if holding Me by the hand. You have dark hours to pass through, but I will be with you, as if holding you by the hand.**
- 322, 199 . Do you believe that in the Sacred Host where I seem to be doing nothing, *I am working?* I work by the immolation of Myself to the Father's Will. I work imperceptibly but efficaciously on souls!
- 325, 201 . Little children do not have great temptations . their self abandonment preserves them from great evils ð Oh, if you knew how to live like little children, holding My hand ð !
- 327, 201 . When you do not think of yourself, My grace visits you and I provide what is necessary for you. When you try to do it yourself, I leave you to your own care.
- 337, 206 . I never refuse the comfort and consolation you seek in Me. The misfortune is that you too easily seek natural, human consolations ð You ought to find light and help in creatures to lead you to Me.
- 361, 216 . I am not known and because I am not known, people do not know how to love Me, I who have so loved men. Make Me known . make Me loved ð The obedient soul ð yields immediately to what I say to her. When she has placed herself in this state of abandonment, of silence and calm it is as if she were unable to detach herself from Me, and nothing disturbs her serenity. The soul that resists, suffers and exhausts herself by resisting, and because she is not rooted in Me, her suffering is not the kind which expiates and produces an increase of love. So much suffering is misdirected and lost! It remains shut up in your human limitations. I am *the Vine* and you are the branches; bring everything back to Me; with that which you give Me, I will work miracles for eternal life!
- 388, 229 . The manifestation of My divine rewards awaits your heroic charity.

- 390, 229 . Yes, it is I who speak to you, even though you doubt it . I have already given you several proofs; I will give you more if you obey Me in all that I tell you . blindly-  
ō You deprive yourself of graces when you do not listen to what I say to you. I have *My own* reasons which I do not always tell you.
- 391, 230 . I do not waste My gifts; when a soul receives My smallest gifts with gratitude and respect, then I can confer more on her. Gratitude is a special mark of those who are Mine.
- 395, 232 . I am more human than you. My kindness and indulgence are immense: if you could see their extent, you would be crushed because it would overthrow your limited ideas of justiceō
- 411, 239 . I am not satisfied with the gift of your workō The affection of your heartō that you should give Me your best thoughts. I want to penetrate into the whole realm of your thought, to fill the whole of your heart; I desire your . entire being with its most slender and its most secret roots- in order that My Life may pass into you; it is only then that I will live in you with a continuous and progressive life, with a life that produces fruit. Then that which was difficult to you becomes easy; that which was bitter becomes sweet, and light what was heavy; because you share in the Strength, Peace and Order which has regulated all things in an infinite perfection.
- 421, 244 . Do you not believe that I am able to come to your help now?... Do you believe that I am always ready to second your efforts and render them fruitful?
- 424, 246 . ō The greatest act of love you can offer Meō is when you make an act of pure faith.
- 425, 246 . After having loved you so much in My earthly life I cannot stop loving you. My gifts are without regret . do you understand how ready I am to help you, to give you My grace? You can ask everything of Me; come to Me!
- 432, 248 . Not one of those who have trusted in Me has ever been disappointed.
- 438, 252 . Does one refuse anything to one's friends? That may happen among you perhaps, never with Me, when that which is asked of Me is worthy, according to what is good.
- 444, 257 . ō When I send you trials, I oblige you also to carry the crosses which you would not willingly have accepted of yourselvesō It is for your glory when I honor you with sufferings. Accept them all as coming from Me. And remember that all I say to you, as all I send you . it is always because I love you and wish to you to be altogether Mineō
- 447, 259 . When you ask for graces for souls, I grant them as infallibly as I do crosses, but they are less invisibleō I grant you so many graces by which you benefit without even seeing them! You should say: *%God answers every good and generous prayer+*
- 451, 260 . I repay you in a divine way for the little earthly advantages that you sacrifice to others.
- 452, 260 . Obey Me in everything . with meekness.
- 453,260. I am not passive within you, but living your life and all your difficulties with you, striving with you so that good may overcome evilō I triumph with you, you can therefore act with greater strength. I have overcome evil. The victory and those who are Mine belong definitely to Me!
- 457, 262 . The state of victim is to bear without defending oneself as I did in My Passion, insults, slander, mockery, brutality . to allow yourself to be stripped, yes, even to nakedness. You will never have all that; but accept the act of self-stripping that solicit your generosity.
- 460, 264 . I have promised you the grace of certain conversions . because they have not already taken place, do you doubt My Wordō ? Love does not doubt.
- 463, 265 . I give back in a divine way, what you give Me.
- 476, 269 . When I meet with that delicacy in a soul that attributes to herself none of the graces that I have given her, but recognizes that they come from God, I am able to confer other graces on herō Everything comes to you from God.
- 481, 271 . It is when you keep silent that My Spirit can work; you give It room.
- 490, 275 . I will never abandon you.
- 498, 278 . Let Me act. But let your obedience be perfect.
- 500, 279 . Do not defend yourself . let Me defend you when it is necessary.
- 576, 309 . Do you know you must become like children?... They believe what their parents tell them. Become My true child.
- 577, 309 . The Holy Spirit is like a breath of joy that carries everything along its way. He is contagious. By His very nature He diffuses His joy as a rose gives its perfume. Give way to Him! He is ingenious. He suggests ideas to you that are always new and fruitful so that you may win hesitating souls and draw them after you. Listen to Him!
- 617, 326 . It is easy to live in My intimacy, by conversing with Me. I desire that of each soul. Do not perform your actionsō for yourselvesō do them for Me alone [*como si estuviera ahí; ¡está!*]ō I always answer those who speak to Me, above all when they speak to Me in actions, I answer in actions; My blessings are actions that enter into your life,ō to those who keep silent and listen, I speak in words.

## JESUS SPEAKS TO US

- 33, 90 . There must be a profound silence, because My Voice is soft.
- 92, 114 . My enemies are: lying, ignorance due to laziness, agitation, disorder, noise, noise of words, the noise that men invent to distract themselves and to forget Me.
- 174, 141 . ð It is in interior silence that I speak.
- 183, 144 . I do not speak like you, using phrases; I am Spirit and action; I speak in actions.
- 243, 165 . You have never seen Me, but you hear Me. My voice is so hidden in the depth of your being that it seems to you as if it were you who speak. I am so immersed in you that I agree to become you in order to win you entirely. But I am also outside you ð Your confidence consoles Me for the little confidence given Me by so many others ð Overcome evil by good.
- 247, 168 . When I see that a soul listens to Me and will keep My words, then I speak to her.
- 284, 184 . The more a soul is Mine, the more I can speak to her without restraint . that is My joy!
- 289, 185 . There are sacrifices which I desire, but for which I do not ask . so as to leave to souls the joy of offering them to Me of themselves. These souls are hidden in the depths of My Heart, they embrace its suggestions ð
- 301, 191 . My Spirit waits for you to pray before answering your requests. As soon as you invoke Him, He is there.
- 366, 219 . I ask four things of the souls who bind themselves more closely to Me by the Vow of Victim: (1) listen to Me more than to speak to Me, (2) to strive to produce My actions . My way of acting rather than My words, (3) to be before men as they are before God in a state of poverty that begs . not in a state of spiritual wealth that gives alms of its superfluity ð victim souls will beg more than they will give; (4) to confine their efforts to spreading My Spirit, My gentleness, My kindness which does not dwell on evil, but overcomes evil by good.
- 390, 229 . Yes, it is I who speak to you, even though you doubt it . I have already given you several proofs; I will give you more if you obey Me in all that I tell you . blindly- ð You deprive yourself of graces when you do not listen to what I say to you. I have *My own* reasons which I do not always tell you.
- 393, 230 . If you love Me, you will listen to Me. If you love Me much, you will unceasingly listen to Me. ð Pray to the Holy Spirit that His joy may grow in you, that His joy may spread in the world ð
- 456,262 . It is not My Voice alone that must captivate you?
- 486, 273 . One single word of Mine is sufficient to change your whole interior; do not be astonished, but be more faithful not to lose a single one of My words.
- 610, 323 . I do not command souls, I ask them ð because I have created them free. Where souls are disposed to listen to Me, I speak. My voice is within them; it makes no noise.
- 617, 326 . It is easy to live in My intimacy, by conversing with Me. I desire that of each soul. Do not perform your actions ð for yourselves ð do them for Me alone [*como si estuviera ahí; ¡está!*] ð I always answer those who speak to Me, above all when they speak to Me in actions, I answer in actions; My blessings are actions that enter into your life, ð to those who keep silent and listen, I speak in words.

## SUFFERING, TRIALS, ANXIETIES, PROBLEMS, DOING OUR PART

- 35, 90 . You have too many little things; give them away, simplify your belongings. #37 . ð Simplify, reduce your necessities as My mother did. You must make calm and wise decisions with a calm mind. Do not worry about the result of your work; it is I who give it growth and fruitfulness in the measure in which it is entrusted to Me.
- 55, 98 . Do not get agitated; do not be anxious. Everything passes away, except your God.
- 64, 102 . As soon as you call Me, I answer. I am always present. What do you lack? I am always more sensitive, more active where there is suffering, because there I am welcomed, I am listened to.
- 65, 104 . It will not be a cross that you will be voluntarily nailed; you will be riveted to My Heart so that nothing may again separate you from Me. And if you consent to it with love, I will increase your love and I will fill your whole being.
- 79, 109 . When a trial befalls you, seek the cause *within yourselves*: what wrong have you done? What good are you neglecting to do?
- 85, 112 . The more a soul serves the Spirit, the more does she simplify and regulate material work, business, making it easy . she dominates it. If Matter (world) crushes her, it is because she is neglecting the Spirit. **Seek always first the Kingdom of God and** ð all things else shall be added unto you.
- 96, 115 . As I am happy to show you the marks of My Passion . see how your God has loved you!- will you not also be happy to show Me the marks of your love ð ? Oh, if you knew how I long for you! Not to reproach you, but to overwhelm you with joy in showing you the marks of My love ð I long for you to prove your love ð as your God proved that He loved you.
- 105, 118 . It is those whom I love most that I honor with trials.
- 121, 123 . Yes, I am the Almighty. My miraculous aid would be shown to you more often if you had confidence in Me, without neglecting any of the means I have placed at your disposal. You become discouraged before you have tired at all. I send you natural means, and it is *only when you have faithfully exhausted them* that you can count on My infallible supernatural intervention. But I always help you and first of all through the use of natural means.
- 125, 124 . It is not sufficient to say, *my God, I have confidence in You!* You must make the interior act of freeing yourself from all anxiety and rest on My Heart.
- 135, 128 . You will be judged by your response to My calls, by the love you have had for Me in all circumstances.
- 138, 129 . When you have consolation of creatures, I hide Myself and am silent. When creatures make you suffer, you have My consolation, My support, My intimacy.
- 140, 129 . Those who seek, find, and I give to those who ask of Me. But I have the joy of satisfying beyond all her expectations the soul who does not express any desire and who awaits Me. When you ask graces of Me for yourself or for others, *your capacity for receiving is limited to your requests*. When you await Me, asking for nothing but Myself, there is no limit in your heart. **As soon as a soul awaits Me, I come to her**. I have innumerable ways of approaching and speaking to her. It is love that will make her discover My language.
- 142, 130 . They nailed Me to the wood. Obedience will also nail your hands, feet, heart. But ð it is to *My Heart* that they crucify you, so that nothing may separate you from Me. Keep it in mind when any anguish seizes you.
- 164, 137 . There is not a single superfluous suffering in your life.
- 168, 138 . ð As a mother interests herself in all that concerns her newborn infant, I interest in all that affects you.
- 173, 139 . God is more simple than you. You encumber yourselves with so many anxieties! Seek Me within yourself; I am so near you, so close; you always seek too far away. And listen, and receive My grace. When a soul receives it with great joy, I give it to her in abundance. It is My joy to give! ð My gifts are inexhaustible and always new. But I cannot give them as I would wish because they are not received; men do not pay attention to them; they do not know how to desire them.
- 184, 144 . I wish *each soul* to understand that she is dear to Me in a special way . that she has her own place in My Heart which no one else can replace. That she has her own mission which no one else can fulfill like herself. If she refuses, then that which only herself could have done, will not be done. My Omnipotent love transforms that which you give Me, working wonders with it for eternity. But if you don't give Me that which is left to your free generosity, I, who can create worlds, cannot do that which was entrusted to your initiative, if you refuse Me your human cooperation. I wish each soul to understand how great and unique is her own destiny. If each religious soul understood that My love *has need* of her, that I am waiting for her in the shadow and silence of her soul, to live a secret and wholly interior life within her, her happiness would be complete. There would no longer be any weariness, sadness, irritation, boring monotony, or routine in My service. I make Myself so small, I am so near you. ð but they do not want to believe that My Divinity hides herself under the appearances which I



have chosen; and while the soul passes by My side without seeing Me, she suffers from her isolation; she seeks in creatures the happiness she cannot do without, and which creatures cannot fully give her.

196, 150 . ô Pray for rebellious hearts whom the Holy Spirit alone can pacify.

258, 173 . Sadness and melancholy find no place in the heart that loves Me; I will fill it with My Cross and with joy.

265, 175 . lô am hurt when you do not dare to rely on Me. Rely on Me with closed eyes, without anxiety, content. ...Yes, like a babe sleeping in its mother's arms.

295, 188 . Trailsô borne with loveô obtain eternal gloryô

**307, 195 Ę Walk as if holding Me by the hand. You have dark hours to pass through, but I will be with you, as if holding you by the hand.**

325, 201 . Little children do not have great temptations . their self abandonment preserves them from great evilsô Oh, if you knew how to live like little children, holding My handô !

327, 201 . When you do not think of yourself, My grace visits you and I provide what is necessary for you. When you try to do it yourself, I leave you to your own care.

328, 202 . Trials should produce a definite result in your souls; if you see that the trial ceases, lay hold of the virtue that it came to teach you, and practice it.

337, 206 . I never refuse the comfort and consolation you seek in Me. The misfortune is that you too easily seek natural, human consolationsô You ought to find light and help in creatures to lead you to Me.

345, 209 . When suffering comes, do not think % I will expiate the sins of others-; say %ay God, I thank You for sending me the opportunity to expiate my sins-+

361, 216 . I am not known and because I am not known, people do not know how to love Me, I who have so loved men. Make Me known . make Me lovedô The obedient soul ô yields immediately to what I say to her. When she has placed herself in this state of abandonment, of silence and calm it is as if she were unable to detach herself from Me, and nothing disturbs her serenity. The soul that resists, suffers and exhausts herself by resisting, and because she is not rooted in Me, her suffering is not the kind which expiates and produces an increase of love. So much suffering is misdirected and lost! It remains shut up in your human limitations. I am *the Vine* and you are the branches; bring everything back to Me; with that which you give Me, I will work miracles for eternal life!

**362, 217 Ę The world is in sadness, in anguish, in grief, because it lives in sin.**

411, 239 . I am not satisfied with the gift of your workô The affection of your heartô that you should give Me your best thoughts. I want to penetrate into the whole realm of your thought, to fill the whole of your heart; I desire your . entire being with its most slender and its most secret roots- in order that My Life may pass into you; it is only then that I will live in you with a continuous and progressive life, with a life that produces fruit. Then that which was difficult to you becomes easy; that which was bitter becomes sweet, and light what was heavy; because you share in the Strength, Peace and Order which has regulated all things in an infinite perfection.

429, 247 . ô I really have to send trials to those whom I love in order to wrench them out of the network of habits, or of errors wherein you run the risk of burying yourself.

432, 248 . Not one of those who have trusted in Me has ever been disappointed.

444, 257 . ô When I send you trials, I oblige you also to carry the crosses which you would not willingly have accepted of yourselvesô It is for your glory when I honor you with sufferings. Accept them all as coming from Me. And remember that all I say to you, as all I send you . it is always because I love you and wish to you to be altogether Mineô

457, 262 . The state of victim is to bear without defending oneself as I did in My Passion, insults, slander, mockery, brutality . to allow yourself to be stripped, yes, even to nakedness. You will never have all that; but accept the act of self-stripping that solicit your generosity.

459, 263 . My sufferings in My Passion surpassed all that you could ever imagine. They were necessary. There is not a single one of your moral or physical pains that I have not known and for which I do not have compassion. Ah, if you knew what a Friend you have in Heaven!

501, 279 . I wish to fill you with joy! Humiliation, contempt, being forgotten by other creatures, these are the joys that I will give you. Because each pain that comes from creature will make you enter more deeply into My heartô that calls youô that awaits you.

517, 286 . In difficulty, seek your comfort in Me alone. Ask to obtain the fruit of the trial without delay, so that it may cease. I am the source. Come to the sourceô

518, 286 . ô I am the source; come and draw from it: I will give you what you need at every moment: strength: joy, courage, meekness, patience, charity, wisdomô at every moment. But comeô I am your life. ô I have need of acts of generosity that make reparation for the infidelities of those who are Mine. I have need of sacrifices, hidden charityô courage, humble and true obedienceô always have some suffering to offer Me.

519, 287 . Use fewer words when speaking. ò My love does not spare you the Cross; but your love for the Cross will always increase. ò Who can love Me without seeking to imitate Me?	attachment to crea-tures, so that My presence may take possession of you and that in every passing moment you may receive all My grace.
524, 289 . ò I am crucified in the souls in whom I desire to act.	557, 302 . ò I never allow Myself to be outdone by generosity. ò Many souls deprive themselves of many graces because they refuse to make efforts which seem impossible to them. ò Do you not feel that I am there when you suffer.
535, 293 . There are few sufferings that come directly through Me to purify you. Nearly all your sufferings are the consequences of your blindness.	558, 302 . When I wish to attract a soul nearer to Me, I ask sacrifices of her: that is the mark of My predilection.
538, 294 . ò Lend Me your humanity to wrestle step by step against evil.	562, 303 . You would not be able to bear the sight of Me ò I hide Myself in countenances within reach of you ò I am always hidden in the Cross.
545, 296 . It is not when everything is going well that you love Me. It is when everything is going wrong, and in spite of it your soul remains united to Me, peaceful, occupied only in diffusing a good spirit.	567,305 . Never seek revenge yourself, to defend yourself, however slightly. You who belong to Me, remain in peace
555, 300 . In order to follow Me, you must understand what I ask. Many souls exhaust themselves in efforts, in acts of generosity, which leave their soul bruised and impoverished; because they strain at an ideal of virtue, of sanctity that I do not ask of them. ò They will be rewarded for their pure intention and their generosity, but their efforts do not produce the fruit that they would if they were united to My Will ò Submit your thoughts and desires to those whom I give you to enlighten your soul.	594,318. You must live by Faith; you must believe that I am there under the humble species, believe without proof. You must believe without proof that I use your sacrifices, prayers, all your sufferings for the salvation of souls. (In heaven) you will regret not having loved the sufferings of this world better, with greater love and courage.
556, 301 . ò Let Me find you at every moment empty of the past, empty of the anxiety of the future, empty of	622,328. The way that leads to My Heart: love-suffering-joy 635, 332 . It is not the quantity of sufferings that expiate and makes reparation . it is the quality of your expiation; it is when you unite Me to your life and I suffer and expiate with you.

## JESUS' COMPLAINTS

- 59, 100 . When you hope for something from Me, I never refuse it, but so seldom do I receive what I hope from you!
- 92, 114 . My enemies are: lying, ignorance due to laziness, agitation, disorder, noise, noise of words, the noise that men invent to distract themselves and to forget Me.
- 93, 114 . You should believe what I say; why do you doubt? Have I ever deceived you on one single occasion? Yes, believe Me, in spite of all appearances; then your soul will be free and happy.
- 96, 115 . As I am happy to show you the marks of My Passion . see how your God has loved you!- will you not also be happy to show Me the marks of your love ? Oh, if you knew how I long for you! Not to reproach you, but to overwhelm you with joy in showing you the marks of My love . I long for you to prove your love as your God proved that He loved you.
- 99, 116 . You oppose Me by your desires . your resistance . My Omnipotent love is limited by the limit of your generosity.
- 124, 124 . It is lost time, whatever may be the occupation that fills it, that does not serve to bring you nearer to Me.
- 137, 129 . I speak to each soul . I invite them . Many do not hear; many do not listen. I who never disappoint you am unceasingly disappointed.
- 243, 165 . You have never seen Me, but you hear Me. My voice is so hidden in the depth of your being that it seems to you as if it were you who speak. I am so immersed in you that I agree to become you in order to win you entirely. But I am also outside you . Your confidence consoles Me for the little confidence given Me by so many others . Overcome evil by good.
- 252, 171 . When you doubt My kindness or My Omnipotence, I cannot manifest it to you.
- 265, 175 . I am hurt when you do not dare to rely on Me. Rely on Me with closed eyes, without anxiety, content. ...Yes, like a babe sleeping in its mother's arms.
- 267, 175 . There are many souls in the world who give Me what I want . My Spouses refuse Me. Many . even without knowing it, share My tastes, fulfill My desires, reproduce My actions. Therefore I find in them a Welcome, and My Spirit silently becomes their servant.
- 300, 190 . Greed kills Me in souls: earthly goods are preferred to Me.
- 361, 216 . I am not known and because I am not known, people do not know how to love Me, I who have so loved men. Make Me known . make Me loved . The obedient soul yields immediately to what I say to her. When she has placed herself in this state of abandonment, of silence and calm it is as if she were unable to detach herself from Me, and nothing disturbs her serenity. The soul that resists, suffers and exhausts herself by resisting, and because she is not rooted in Me, her suffering is not the kind which expiates and produces an increase of love. So much suffering is misdirected and lost! It remains shut up in your human limitations. I am *the Vine* and you are the branches; bring everything back to Me; with that which you give Me, I will work miracles for eternal life!
- 378, 224 . I am nearly always disappointed: every day I await acts of generosity on the part of souls who are consecrated to Me, it is the only means they have of proving their love for Me and of making it grow. They pass by the opportunities I give you without seeing them . Be very vigilant, be great and magnanimous and open in all your actions, in imitation of My manner of acting. Let there be an effort in each of your days.
- 411, 239 . I am not satisfied with the gift of your work . The affection of your heart . that you should give Me your best thoughts. I want to penetrate into the whole realm of your thought, to fill the whole of your heart; I desire your . entire being with its most slender and its most secret roots- in order that My Life may pass into you; it is only then that I will live in you with a continuous and progressive life, with a life that produces fruit. Then that which was difficult to you becomes easy; that which was bitter becomes sweet, and light what was heavy; because you share in the Strength, Peace and Order which has regulated all things in an infinite perfection.
- 555, 300 . In order to follow Me, you must understand what I ask. Many souls exhaust themselves in efforts, in acts of generosity, which leave their soul bruised and impoverished; because they strain at an ideal of virtue, of sanctity that I do not ask of them. . They will be rewarded for their pure intention and their generosity, but their efforts do not produce the fruit that they would if they were united to My Will . Submit your thoughts and desires to those whom I give you to enlighten your soul.

## WE LIMIT JESUS AND HIS POWER - JESUS NEEDS US

- 66, 104 . I enforce nothing, I am powerless before your liberty. It is I who beg for your love.
- 99, 116 . You oppose Me by your desiresō your resistanceō My Omnipotent love is limited by the limit of your generosity.
- 126, 124 . I lavish My gifts, and you do not desire them, and you do not prepare yourselves to receive them!
- 138, 129 . When you have consolation of creatures, I hide Myself and am silent. When creatures make you suffer, you have My consolation, My support, My intimacy.
- 140, 129 . Those who seek, find, and I give to those who ask of Me. But I have the joy of satisfying beyond all her expectations the soul who does not express any desire and who awaits Meō When you ask graces of Me for yourself or for others, *your capacity for receiving is limited to your requests*. When you await Me, asking for nothing but Myself, there is no limit in your heart. **As soon as a soul awaits Me, I come to her.** I have innumerable ways of approaching and speaking to herō It is love that will make her discover My language.
- 157, 135 . At the least sign of repentance, My Heart is aflame with joy, and I wait with inexpressively love for the sinner to turn towards Meō For terrible is the condition of an impenitent heart, I cannot penetrate it. It is not I who condemn it, it is he who willfully repels Me.
- 173, 139 . God is more simple than youō You encumber yourselves with so many anxieties! Seek Me within yourself; I am so near you, so close; you always seek too far away. And listen, and receive My grace. When a soul receives it with great joy, I give it to her in abundance. It is My joy to give!ō My gifts are inexhaustible and always new. But I cannot give them as I would wish because they are not received; men do not pay attention to them; they do not know how to desire themō
- 184, 144 . I wish *each soul* to understand that she is dear to Me in a special way . that she has her own place in My Heart which no one else can replace. That she has her own mission which no one else can fulfill like herself. If she refuses, then that which only herself could have done, will not be done. My Omnipotent love transforms that which you give Me, working wonders with it for eternity. But if you don't give Me that which is left to your free generosity, I, who can create worlds, cannot do that which was entrusted to your initiative, if you refuse Me your human cooperation. I wish each soul to understand how great and unique is her own destiny. If each religious soul understood that My love *has need* of her, that I am waiting for her in the shadow and silence of her soul, to live a secret and wholly interior life within her, her happiness would be complete. There would no longer be any weariness, sadness, irritation, boring monotony, or routine in My service. I make Myself so small, I am so near youō but they do not want to believe that My Divinity hides herself under the appearances which I have chosen; and while the soul passes by My side without seeing Me, she suffers from her isolation; she seeks in creatures the happiness she cannot do without, and which creatures cannot fully give her.
- 195,149 . It is I who give interior joy, but never without your cooperation. It begins in a very small way, like a senna seed; if you nourish it by accepting every occasion of joy that I send you, I make it fruitful; it may flourish exceedingly.
- 211, 154 . Concentrate all the effort of your mind on arriving at a true understanding of what I am, what I desire, of what I valueō I do not tell you what you should know, I only tell you a tiny part; you must find out and understand for yourself; that is life. Oh, if you knew how much I need your cooperation.
- 215, 156 . You ask Me for graces because you think of My omnipotence . why do you forget that My action depends on yours?... Your measure will be My measure. When you ask for a grace, make yourselves able to bear the consequencesō then with what joy I can immediately give it to you! I cannot resist those who ask with humility. I always end by yielding to those who ask with perseverance. To those who ask with love . with unlimited confidence- I cannot prevent Myself from granting even more, far more than what is asked.
- 222, 158 . In order to hear My voice, you must silence all other voices in your soulō I never intrude Myself on anyone; it is with gentleness that I offer My Spiritō I simply offer you the choice: Myself or others.
- 237, 163 . **To love is to have confidence in Me, not to doubt Me; it is to rely on Me. Wherein lies the limit of My power over you? In your confidence.**
- 248, 169 .ō I wait until I am truly welcomedō Ah, how I need your human cooperation!
- 252, 171 . When you doubt My kindness or My Omnipotence, I cannot manifest it to you.
- 262, 174 . I have said that if you believe, you shall see the power and mercy of God.
- 265, 175 . Iō am hurt when you do not dare to rely on Me. Rely on Me with closed eyes, without anxiety, content. ...Yes, like a babe sleeping in its mother's arms.
- 269, 176 . When in confession you have clearly shown your faults, omissions, mediocrity, you make Me as happy as if you were confiding a treasure to Me! As soon as a soul opens herself, My Spirit takes possession

- of her, quietly but victoriously. And what is there that I cannot repair when I am allowed to do it?
- 300, 190 . ð Avariceð kills Me in souls: earthly goods are preferred to Me.
- 305, 193 . One sees nothing: a thin Host, a white discð Yet nevertheless I am there, yes, I JESUS, My Divinity . I have annihilated Myself that you may be able to approach Me, that My Divinity may penetrate you and transform you without acknowledging it. It is I who do the workð I ask only your consent.
- 327, 201 . When you do not think of yourself, My grace visits you and I provide what is necessary for you. When you try to do it yourself, I leave you to your own care.
- 348, 209 . In becoming Man, I submitted Myself to the laws of your human life. And to live in souls I submit Myself in the same way to the laws of the spiritual life [those laws are]: silenceð the joy of giving, patience, loveð adhesion to the divine willð I need all that in order to live in a soul, to grow there, to reign there. Then the grace flowing from My sacraments works visibly, increases and radiatesð
- 361, 216 . I am not known and because I am not known, people do not know how to love Me, I who have so loved men. Make Me known . make Me lovedð The obedient soul ð yields immediately to what I say to her. When she has placed herself in this state of abandonment, of silence and calm it is as if she were unable to detach herself from Me, and nothing disturbs her serenity. The soul that resists, suffers and exhausts herself by resisting, and because she is not rooted in Me, her suffering is not the kind which expiates and produces an increase of love. So much suffering is misdirected and lost! It remains shut up in your human limitations. I am *the Vine* and you are the branches; bring everything back to Me; with that which you give Me, I will work miracles for eternal life!
- 380, 226 . A soul that will give herself to Me without reserve, how I would use her for the glory of God and of the Church, for the salvation of other souls, to a degree that you cannot imagine!
- 383, 226 . Serve Me with joy, give Me much joy . it bears witness to My Presenceð I am always in a joyous heart. Sadness reigns where I have not been welcomed.
- 390, 229 . Yes, it is I who speak to you, even though you doubt it . I have already given you several proofs; I will give you more if you obey Me in all that I tell you . blindly-ð You deprive yourself of graces when you do not listen to what I say to you. I have *My own* reasons which I do not always tell you.
- 538, 294 . ð Lend Me your humanity to wrestle step by step against evil.
- 551, 299 . Give Me your heartð I will make it My kingdom.
- 559, 302 . It is My grace that gives souls their beauty and that animates them. My Omnipotence is limited only by your liberty. It is with coal that I make diamonds, what I would not do with a soul, however black she might be, who would give herself to Me!
- 610, 323 . I do not command souls, I ask themð because I have created them free. Where souls are disposed to listen to Me, I speak. My voice is within them; it makes no noise.
- 624, 328 . If you linger here and there to glean natural joys, you no longer need supernatural joys . it is you who are the cause of their rarity. You must choose.

## OUR MISSIONS AND DUTIES ON EARTH

- 67, 105 . You must reveal God. That is charity.
- 78, 109 . Each soul has her own missionsō she must be helped to fulfill it and to use the unknown reserves of love and generosity that God hides in each soul.
- 81, 110 - ō you are responsible for the souls you know, whose difficulties you know . and their lack of faith- and their ignorance of your Jesus. You are responsible in the measure you understandō it is the duty of those who see to come to their aid, cost what it may.
- 85, 112 . The more a soul serves the Spirit, the more does she simplify and regulate material work, business, making it easy . she dominates it. If Matter (world) crushes her, it is because she is neglecting the Spirit. %Seek always first the Kingdom of God andō all things else shall be added unto you+.
- 98, 115 . As soon as a soul knows Me, she is happyō to find Me, know Me, receive Meō that is the only meaning of everyday life.
- 111, 120 . I give fullness of joy to the soul who has really met Me and who receives Meō Ah, to help souls to discover Me and to receive Me is the most urgent charity.
- 124, 124 . It is lost time, whatever may be the occupation that fills it, that does not serve to bring you nearer to Me.
- 135, 128 . You will be judged by your response to My calls, by the love you have had for Me in all circumstancesō
- 139, 129 . Giveō invisibly, in My way, so that those who benefit by the gift, not knowing whence it comes, thank God. Then I reward you at once by increasing your love.
- 158, 135 . It is not dogmas that will lead Protestants back to the Church; it is the *actions* of the children of the Church. You are responsible for those whom you rob of the truth when you scandalize them, by your inconsistencies.
- 184, 144 . I wish *each soul* to understand that she is dear to Me in a special way . that she has her own place in My Heart which no one else can replace. That she has her own mission which no one else can fulfill like herself. If she refuses, then that which only herself could have done, will not be done. My Omnipotent love transforms that which you give Me, working wonders with it for eternity. But if you don't give Me that which is left to your free generosity, I, who can create worlds, cannot do that which was entrusted to your initiative, if you refuse Me your human cooperation. I wish each soul to understand how great and unique is her own destiny. If each religious soul understood that My love *has need* of her, that I am waiting for her in the shadow and silence of her soul, to live a secret and wholly interior life within her, her happiness would be complete. There would no longer be any weariness, sadness, irritation, boring monotony, or routine in My service. I make Myself so small, I am so near youō but they do not want to believe that My Divinity hides herself under the appearances which I have chosen; and while the soul passes by My side without seeing Me, she suffers from her isolation; she seeks in creatures the happiness she cannot do without, and which creatures cannot fully give her.
- 196, 150 . ō Pray for rebellious hearts whom the Holy Spirit alone can pacify.
- 199, 151 . ō I have confined to you the care of making Me known.
- 211, 154 . Concentrate all the effort of your mind on arriving at a true understanding of what I am, what I desire, of what I valueō I do not tell you what you should know, I only tell you a tiny part; you must find out and understand for yourself; that is life. Oh, if you knew how much I need your cooperation.
- 225, 159 . ō Direct souls towards Me; show Me to them.
- 227, 160 . The time that you have spent in praying and loving has been the most useful time of your lifeō all that is done apart from Me, apart from love, is wasted.
- 228, 160 . Each time that you strengthen mutual confidence and union among you, you advance My Kingdomō all your activitiesō interests must be subordinate to itō #232: encourage good understanding between youō mutual supported and help.
- 257, 173 . Time filled with love is time well filled. Love multiplies time. He who loves finds means of doing many things from the outpouring of his heart. Try todayō
- 267, 175 . There are many souls in the world who give Me whatō My Spouses refuse Me. Manyō even without knowing it, share My tastes, fulfill My desires, reproduce My actions. Therefore I find in them a Welcome, and My Spirit silently becomes their servant.
- 289, 185 . There are sacrifices which I desire, but for which I do not ask . so as to leave to souls the joy of offering them to Me of themselves. These souls are hidden in the depths of My Heart, they embrace its suggestionsō
- 326, 201 . Be kind . render your sisters every possible service, but strive to do it without appearing to be useful or necessaryō The prayers of My saints obtained miracles, and they loudly attributed them to others. My Spirit does good invisiblyō I purify, by suffering, souls who devote themselves in a too visible manner.

- 330, 203 . I desire a great multitude of victim souls. But I do not confide the same mission to all of them. Nevertheless all must reproduce something of the life of the Man of Sorrows so that it may be kept alive and passed on among you.
- 353, 213 . Let each one develop her talents by using them. I have distributed My gifts in diverse ways so that you are all necessary to one another, so that you may complete each other.
- 356, 214 . Consider as lost a day on which you have given nothing away.
- 363, 217 . I desire an army of apostolic souls consecrated to Me by the Vow of Victim, not to expiate the sins of others by extraordinary trials; no, that is not what I desire. I desire a great army of victim souls who will join Me in the Apostolate of My Eucharistic Life, who will bind themselves by the Vow of Victim to choose the methods I choose: silence . immolation-ō to be servants of allō I desire these victims to be everywhere; in the world and the cloistersō fields, factories, schools, stores, familiesō business, art, everywhereō so that My fidelity may bear witness to My wordsō I can ask of them . and I can give to themō
- 365, 219 . I ask of souls who are dearest to Meō where injustice existsō you are called to overcome evil by good.
- 366, 219 . I ask four things of the souls who bind themselves more closely to Me by the Vow of Victim: (1) listen to Me more than to speak to Me, (2) to strive to produce My actions . My way of acting rather than My words, (3) to be before men as they are before God in a state of poverty that begs . not in a state of spiritual wealth that gives alms of its superfluityō victim souls will beg more than they will give; (4) to confine their efforts to spreading My Spirit, My gentleness, My kindness which does not dwell on evil, but overcomes evil by good.
- 378, 224 . I am nearly always disappointed: every day I await acts of generosity on the part of souls who are consecrated to Me, it is the only means they have of proving their love for Me and of making it grow. They pass by the opportunities I give you without seeing themō Be very vigilant, be great and magnanimous and open in all your actions, in imitation of My manner of acting. Let there be an effort in each of your days.
- 380, 226 . A soul that will give herself to Me without reserve, how I would use her for the glory of God and of the Church, for the salvation of other souls, to a degree that you cannot imagine!
- 400, 235 . I wish My apostles and My disciples to be detached from everything . apart from Me.
- 406, 237 . ō Each one is called to sanctity, and I never deprive anyone of the means of attaining it. You can use everything for that end.
- 407, 237 . Sanctity is to allow Me to live in you, and it is I who bring it to pass within you. It is to give Me your human nature so that I may live on among you.
- 409, 238 . You must make religion loved, at all costs. Souls must attach themselves spontaneously to My Church through love . otherwise this practice of religion will be in vain. It is only that which soul experience and live through love that procures God's glory and their own salvation.
- 412, 240 . I wish your little life to be an illustration of this point in My teaching: *¶am meek and humble of Heart*+
- 413, 240 . ō Striveō that My Spirit may be spread.
- 462, 265 . Spare no trouble in order to lead others to love Me.
- 477, 270 . I desire that all those around you should be happy; you can contribute to that.
- 480, 271 . It is for Me you are working.
- 555, 300 . In order to follow Me, you must understand what I ask. Many souls exhaust themselves in efforts, in acts of generosity, which leave their soul bruised and impoverished; because they strain at an ideal of virtue, of sanctity that I do not ask of them. ō They will be rewarded for their pure intention and their generosity, but their efforts do not produce the fruit that they would if they were united to My Willō Submit your thoughts and desires to those whom I give you to enlighten your soul.
- 556, 301 . ō Let Me find you at every moment empty of the past, empty of the anxiety of the future, empty of attachment to creatures, so that My presence may take possession of you and that in every passing moment you may receive all My grace.
- 565, 304 . Hope is My messenger that opens the door and introduces My gracesō If you love Me, welcome and radiate hope!
- 592, 317 . Your joy must radiate.
- 622,328. The way that leads to My Heart: love-suffering-joy

## THE BLESSED SACRAMENT

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| <p>298, 189 . The Blessed Sacramentō I hide Divinityō My Gloryō My power. The sight of them would crush you.</p> <p>305, 193 . One sees nothing: a thin Host, a white discō Yet nevertheless I am there, yes, I JESUS, My Divinity . I have annihilated Myself that you may be able to approach Me, that My Divinity may penetrate you and transform you without acknowledging it. It is I who do the workō I ask only your consent.</p> <p>322, 199 . Do you believe that in the Sacred Host where I seem to be doing nothing, <i>I am working?</i> I work by the immolation of Myself to the Father's Will. I work imperceptibly but efficaciously on souls!</p> <p>348, 209 . In becoming Man, I submitted Myself to the laws of your human life. And to live in souls I submit Myself in the same way to the laws of the spiritual life [those laws are]: silenceō the joy of giving, patience, loveō adhesion to the divine willō I need all that in order to live in a soul, to grow there, to reign there. Then the grace flowing from My sacraments works visibly, increases and radiatesō</p> <p>363, 217 . I desire an army of apostolic souls consecrated to Me by the Vow of Victim, not to expiate the sins of others by extraordinary trials; no, that is not what I desire. I desire a great army of victim souls who will join</p> | <p>Me in the Apostolate of My Eucharistic Life, who will bind themselves by the Vow of Victim to choose the methods I choose: silence . immolation-ō to be servants of allō I desire these victims to be everywhere; in the world and the cloistersō fields, factories, schools, stores, familiesō business, art, everywhereō so that My fidelity may bear witness to My wordsō I can ask of them . and I can give to themō</p> <p>521, 288 . If you knew how I need to find souls who love Me, who have used their day in preparing to receive Me! If you knew! You would prepare your soul better.</p> <p>525, 289 . The best gift that you can make Me is to receive Me.</p> <p>594,318. You must live by Faith; you must believe that I am there under the humble species, believe without proof. You must believe without proof that I use your sacrifices, prayers, all your sufferings for the salvation of souls. (In heaven) you will regret not having loved the sufferings of this world better, with greater love and courage.</p> <p>615, 325 . Yes, look at the altar: it is there that I am going to descend in a few moments, at the voice of the priest.</p> |
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## PRAYER

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| <p>196, 150 . ò Pray for rebellious hearts whom the Holy Spirit alone can pacify.</p> <p>227, 160 . The time that you have spent in praying and loving has been the most useful time of your lifeō all that is done apart from Me, apart from love, is wasted.</p> <p>301, 191 . My Spirit waits for you to pray before answering your requests. As soon as you invoke Him, He is there.</p> <p>326, 201 . Be kind . render your sisters every possible service, but strive to do it without appearing to be useful or necessaryō The prayers of My saints obtained miracles, and they loudly attributed them to others. My Spirit does good invisiblyō I purify, by suffering, souls who devote themselves in a too visible manner.</p> <p>370, 221 . In Heaven you will understand what you owe to the prayers of others.</p> <p>393, 230 . If you love Me, you will listen to Me. If you love Me much, you will unceasingly listen to Me. ò Pray to</p> | <p>the Holy Spirit that His joy may grow in you, that His joy may spread in the worldō</p> <p>438, 252 . Does one refuse anything to one's friends? That may happen among you perhaps, never with Me, when that which is asked of Me is worthy, according to what is good.</p> <p>447, 259 . When you ask for graces for souls, I grant them as infallibly as I do crosses, but they are less invisibleō I grant you so many graces by which you benefit without even seeing them! You should say: <i>%God answers every good and generous prayer+</i></p> <p>481, 271 . You have a good deal of pride, much more than you realize. I recommend as a remedy this prayer that I have such joy in granting, <i>% Jesús, manso y humilde de Corazón, haz mi corazón semejante al Tuyo+</i> Say it incessantlyō to protect yourself and to make reparation for the faults your pride has caused.</p> |
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## REPARATION - OUR CROSS

- 330, 203 . I desire a great multitude of victim souls. But I do not confide the same mission to all of them. Nevertheless all must reproduce something of the life of the Man of Sorrows so that it may be kept alive and passed on among you.
- 363, 217 . I desire an army of apostolic souls consecrated to Me by the Vow of Victim, not to expiate the sins of others by extraordinary trials; no, that is not what I desire. I desire a great army of victim souls who will join Me in the Apostolate of My Eucharistic Life, who will bind themselves by the Vow of Victim to choose the methods I choose: silence . immolation-ō to be servants of allō I desire these victims to be everywhere; in the world and the cloistersō fields, factories, schools, stores, familiesō business, art, everywhereō so that My fidelity may bear witness to My wordsō I can ask of them . and I can give to themō
- 366, 219 . I ask four things of the souls who bind themselves more closely to Me by the Vow of Victim: (1) listen to Me more than to speak to Me, (2) to strive to produce My actions . My way of acting rather than My words, (3) to be before men as they are before God in a state of poverty that begs . not in a state of spiritual wealth that gives alms of its superfluityō victim souls will beg more than they will give; (4) to confine their efforts to spreading My Spirit, My gentleness, My kindness which does not dwell on evil, but overcomes evil by good.
- 457, 262 . The state of victim is to bear without defending oneself as I did in My Passion, insults, slander, mockery, brutality . to allow yourself to be stripped, yes, even to nakedness. You will never have all that; but accept the act of self-stripping that solicit your generosity.
- 483, 272 . The soul that makes reparation gives me two joys: she re-establishes order . and above all: she erases from My Heart the pain caused by the unfaithful soulō [which] arouses repentance.
- 504, 281 - You have no great suffering to offer Me; but little daily pains, if you gather them altogether, are the streams that make a great river. I know them all; not a single offering is lostō
- 517, 286 . In difficulty, seek your comfort in Me alone. Ask to obtain the fruit of the trial without delay, so that it may cease. I am the source. Come to the sourceō
- 518, 286 . ō I am the source; come and draw from it: I will give you what you need at every moment: strength: joy, courage, meekness, patience, charity, wisdomō at every moment. But comeō I am your life. ō I have need of acts of generosity that make reparation for the infidelities of those who are Mine. I have need of sacrifices, hidden charityō courage, humble and true obedienceō always have some suffering to offer Me.
- 519, 287 . Use fewer words when speaking. ō My love does not spare you the Cross; but your love for the Cross will always increase. ō Who can love Me without seeking to imitate Me?
- 535, 293 . There are few sufferings that come directly through Me to purify you. Nearly all your sufferings are the consequences of your blindness.
- 555, 300 . In order to follow Me, you must understand what I ask. Many souls exhaust themselves in efforts, in acts of generosity, which leave their soul bruised and impoverished; because they strain at an ideal of virtue, of sanctity that I do not ask of them. ō They will be rewarded for their pure intention and their generosity, but their efforts do not produce the fruit that they would if they were united to My Willō Submit your thoughts and desires to those whom I give you to enlighten your soul.
- 619, 327 . ō Train yourself by degrees to mortification.
- 635, 332 . It is not the quantity of sufferings that expiate and makes reparation . it is the quality of your expiation; it is when you unite Me to your life and I suffer and expiate with you.

## GRACES

- 140, 129 . Those who seek, find, and I give to those who ask of Me. But I have the joy of satisfying beyond all her expectations the soul who does not express any desire and who awaits Meō When you ask graces of Me for yourself or for others, *your capacity for receiving is limited to your requests*. When you await Me, asking for nothing but Myself, there is no limit in your heart. **As soon as a soul awaits Me, I come to her.** I have innumerable ways of approaching and speaking to herō It is love that will make her discover My language.
- 173, 139 . God is more simple than youō You encumber yourselves with so many anxieties! Seek Me within yourself; I am so near you, so close; you always seek too far away. And listen, and receive My grace. When a soul receives it with great joy, I give it to her in abundance. It is My joy to give!ō My gifts are inexhaustible and always new. But I cannot give them as I would wish because they are not received; men do not pay attention to them; they do not know how to desire themō
- 182, 144 . Gratitude for the smallest graces received irresistibly attracts others.
- 215, 156 . You ask Me for graces because you think of My omnipotence . why do you forget that My action depends on yours?... Your measure will be My measure. When you ask for a grace, make yourselves able to bear the consequencesō then with what joy I can immediately give it to you! I cannot resist those who ask with humility. I always end by yielding to those who ask with perseverance. To those who ask with love . with unlimited confidence- I cannot prevent Myself from granting even more, far more than what is asked.
- 280, 181 . I attract souls imperceptibly . but in a manner that is as sure as it is slow. All real action is deep, hidden within you. It escapes the senses. When you act, you believe you know why, but you do not know what has prompted your understanding and your decisions. It is My imperceptible work in the depths of your soul. It is I who have inspired, suggested, begged the cooperation of your free will. There lies your responsibility; to receive My grace, to correspond to it.
- 327, 201 . When you do not think of yourself, My grace visits you and I provide what is necessary for you. When you try to do it yourself, I leave you to your own care.
- 348, 209 . In becoming Man, I submitted Myself to the laws of your human life. And to live in souls I submit Myself in the same way to the laws of the spiritual life [those laws are]: silenceō the joy of giving, patience, loveō adhesion to the divine willō I need all that in order to live in a soul, to grow there, to reign there. Then the grace flowing from My sacraments works visibly, increases and radiatesō
- 389, 229 . Be charitable, above all in your *thoughts*, the rest will follow spontaneously by itself. You will never regret having being mistaken in judging a person to be better than she is, because you must see in others what they are capable of becoming with My Grace, and not stamp them according to what they are at the time.
- 390, 229 .ō You deprive yourself of graces when you do not listen to what I say to you. I have *My own* reasons which I do not always tell you.
- 425, 246 . After having loved you so much in My earthly life I cannot stop loving you. My gifts are without regret . do you understand how ready I am to help you, to give you My grace? You can ask everything of Me; come to Me!
- 447, 259 . When you ask for graces for souls, I grant them as infallibly as I do crosses, but they are less invisibleō I grant you so many graces by which you benefit without even seeing them! You should say: *%God answers every good and generous prayer+*
- 460, 264 . I have promised you the grace of certain conversions . because they have not already taken place, do you doubt My Wordō ? Love does not doubt.
- 476, 269 . When I meet with that delicacy in a soul that attributes to herself none of the graces that I have given her, but recognizes that they come from God, I am able to confer other graces on herō Everything comes to you from God.
- 556, 301 .ō Let Me find you at every moment empty of the past, empty of the anxiety of the future, empty of attachment to creatures, so that My presence may take possession of you and that in every passing moment you may receive all My grace.
- 557,302 . I never allow Myself to be outdone by generosity.ō Many souls deprive themselves of many graces because they refuse to make efforts which seem impossible to themō Do you not feel that I am there when you suffer
- 559, 302 . It is My grace that gives souls their beauty and that animates them. My Omnipotence is limited only by your liberty. It is with coal that I make diamonds, what I would not do with a soul, however black she might be, who would give herself to Me!
- 565, 304 . Hope is My messenger that opens the door and introduces My gracesō If you love Me, welcome and radiate hope!
- 624, 328 . If you linger here and there to glean natural joys, you no longer need supernatural joys . it is you who are the cause of their rarity. You must choose.

## OVERCOMING EVIL

- 243, 165 . You have never seen Me, but you hear Me. My voice is so hidden in the depth of your being that it seems to you as if it were you who speak. I am so immersed in you that I agree to become you in order to win you entirely. But I am also outside youō Your confidence consoles Me for the little confidence given Me by so many othersō Overcome evil by good.
- 325, 201 . Little children do not have great temptations . their self abandonment preserves them from great evilsō Oh, if you knew how to live like little children, holding My handō !
- 365, 219 . I ask of souls who are dearest to Meō where injustice existsō you are called to overcome evil by good.
- 366, 219 . I ask four things of the souls who bind themselves more closely to Me by the Vow of Victim: (1) listen to Me more than to speak to Me, (2) to strive to produce My actions . My way of acting rather than My words, (3) to be before men as they are before God in a state of poverty that begs . not in a state of spiritual wealth that gives alms of its superfluityō victim souls will beg more than they will give; (4) to confine their efforts to spreading My Spirit, My gentleness, My kindness which does not dwell on evil, but overcomes evil by good.
- 453, 260 . ō I am not passive within you, but living your life and all your difficulties with you, striving with you so that good may overcome evilō I triumph with you, you can therefore act with greater strength. I have overcome evil. The victory and those who are Mine belong definitely to Me!
- 538, 294 . ō Lend Me your humanity to wrestle step by step against evil.
- 571, 307 . The evil that the enemy causes will nevertheless serve to glorify God: it does not last forever; I have conquered the worldō Evil by its very nature destroys its own works.
- 571, 307 . The evil that the enemy causes will nevertheless serve to glorify God: it does not last forever; I have conquered the worldō Evil by its very nature destroys its own works.