

INICIATIVAS AL VISITAR A JESÚS SACRAMENTADO

www.corazondejesusymaria.com

MI CITA CON JESÚS

Hoy venceré mi agenda. Iré a visitarte y hacerte compañía; no Te dejaré solo. Estar Contigo es lo más importante.

ABRIR LOS OJOS DEL ALMA

Soy consciente de mi privilegio de estar en Tu Presencia Eucarística. Además, estás feliz de verme. Y yo feliz que me recibes; Allí Te veo *en la tierra como en el Cielo, mi "pan" de cada día, hasta el fin del mundo.*

DISPOSICIONES

Me cierro al mundo y me abro al Misterio de Tu Presencia Eucarística. Me uno a la Corte Celestial: María, los Angeles y los Santos maravillados ante Ti, adorándote.

María, ayúdame a visitar a Jesús, a amarlo, orar sin dispersión, que Lo adore, agrade, agradezca, escuche, entienda, obedezca...

Me abro a Ti Jesús y Tu deseo de profundizar Tu relación conmigo. Comunión espiritual.

Usar distracciones creativamente, adaptarlas a mi relación con Jesús o a esta visita.

UNIÓN (hacer una gran vivencia)

Padre, empapo mis sufrimientos y alegrías en la Sangre de Jesús y con Su Sangre, Corazón, Llagas y Méritos lo mío adquiere valor eterno. Te lo ofrezco y encuentro el *link creativo* con el de Jesús. Voy a buscarlo al momento que sufría algo similar (*Getsemaní, o una escalera en la Cruz, etc; hablarle, limpiar Su Rostro con un pañuelo, abrazar a María*). *Señor, me asemejo un poquito a Ti, no se compara pero es lo que tengo. Veo lo que sufres por mí, Te lo agradezco, no es estéril: alégrate, no me condeno, Te amo, quiero ser santo para Ti. Me has conquistado, Te amo. Reparo* Tu Corazón por: sacrilegios, abortos, adulterios, ingratitud...Descansa en mi corazón

TRANSFORMACIÓN

1. TE ABRO mi corazón, mora en él, trabaja en mí, dame Tus Gracias y las que Te rechazan + Suelto mis ideas y expectativas y me abro a Tu Voluntad
2. ME QUEDO QUIETO como el cirio en el Altar: Te acompaño en silencio, disponible a Ti con amor, respeto y agradecimiento + como un imán me atraes y transformas.
3. SILENCIO INTERIOR, respirar, situarme, disponible: trabaja en mí Señor, dejarle hacer, unirme a El, pedirle que me transforme en El *como la Hostia. Escuchar, percibir Su indicación.*

AYUDA

Soy abismo de miseria ante Ti, abismo de Misericordia. Abismo de debilidad...fuerza. De enfermedad...salud. De pobreza... riqueza. Ten compasión de mí. Sin Ti nada puedo.

Radio Terapia:

- Te expongo mis heridas del pasado y hoy
- las uno a las Tuyas para adquirir valor y significado
- visualizo en el Sagrario Tus rayos de liberación, amor, sanación, perdón...
- "recuerda" me dijiste vía Santa Margarita que *establecerás la paz en mi hogar, derramarás abundantes bendiciones en mi empresa, que me consolarás...*
- "recuerda" Tus Promesas en el Evangelio
- "recuerda": cargaste con mis debilidades y sufrimientos; ayúdame con...
- permíteme entrar a Tu Corazón (imaginación) para sacar los tesoros que necesito (*paz a mi mente y corazón, etc.*) y coloco en la Llagas de Tu Corazón lo que quiero ofrecerte, mis peticiones e intenciones.
- Te presento mis tareas, adquiero nuevas.

Rezo a María el Rosario + recibo Tus inspiraciones entre cada Ave María + Coronilla Divina Misericordia. Novenas.

Comunión espiritual.

Consultar: "Iniciativas al Comulgar". En la Hora Santa seguir las partes de la Misa.

A MEDIATION BEFORE THE BLESSED SACRAMENT

My child, you need not know much in order to please Me: only love Me dearly. Speak to Me as you would talk to your mother, if she had taken you in her arms. Have you no one to recommend to Me? Tell Me the names of your relations, of your friends: after each name add what you wish Me to do for them. Ask a great deal: I love generous hearts that forget themselves for others.

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

Have you no favors to ask for yourself? Write, if you like, a long list of all your wishes - all the needs of your soul - and come and read it to Me. Tell Me simply how self-indulgent you are, how proud, how touchy. How selfish, how cowardly, how idle; ask Me to help you to improve. Poor child! Do not blush! There are in heaven many saints who had the same faults as you; they prayed to Me, and, little by little, they were cured.

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

Have you no plans to interest you? Tell me about them. Do they concern your vocation? What do you think of? What would you like? Are you planning some pleasure for your mother, your family, your guardian? What do you wish to do for them?

And have you no thoughts of zeal for Me? Are you not anxious to do a little good for the souls of your friends, for those whom you love and who perhaps forget Me? Tell Me who interests you, what motives urge you, what means you wish to take.

Confide to Me your failures. I will show you the cause. Who do you wish to see interested in your work? I am the master of all hearts My child, and I lead them

gently where I please. I will place about you those who are necessary to you; never fear!

Have you nothing to annoy you, My child, tell Me your annoyances with every detail. Who has pained you? Who has wounded your self-love? Who has treated you contemptuously? Tell Me all, and then say that you forgive and Forget; and I will give you My blessing.

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

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

Have you no joys to tell Me? Why not confide to Me your pleasures? Tell Me what has happened to console you, to make you look happy, to give you joy. An unexpected visit has done you good: a fear has been suddenly dispelled: you have met with unlooked-for success; you have received some mark of affection - a letter, a present; some trial has left you stronger than you supposed. All these things, My child, I obtained for you. Why are you not grateful? Why do you not say 'I thank you'? Gratitude draws benefits, and the benefactor loves to be reminded of his bounty.

Have you no promises to make Me? You know I read the very bottom of your heart. Men are deceived, but not God: be frank.

Are you resolved to avoid that occasion of sin, to give up the object which leads you astray - not to read the book which excites your imagination, to withdraw your friendship from that person who is irreligious, and whose presence disturbs the peace of your soul? Will you go at once and be kind to that companion who annoyed you?

Go now My child, and resume your daily work. Be silent, honest, patient, charitable: and tomorrow bring Me a heart even more devoted and loving. Tomorrow I shall have new favours for you.