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Advice from St. Josemaría for the Jubilee of Youth

Some practical ideas, inspired by St. Josemaría's teachings, to make this Jubilee a turning point in the participants' lives.

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St. Josemaría understood that holiness is nurtured in ordinary, everyday moments. An encounter with the Pope can be an unforgettable moment of grace when

lived with an open and generous heart.

Here are some practical ideas, inspired by his teachings, to help make this Jubilee a turning point in your Christian life.

1. Universal heart: love for Peter's successor
2. Allow silence to speak to you in the midst of noise
3. Offer the effort of the trip as prayer
4. Discover God in small, "material" things
5. Foster a faith that is both "old and new"
6. Examine your conscience nightly, give thanks, and guard what you have experienced in your heart
7. Welcome others with an open heart: learn to see through Christ's eyes

8. Share what you've experienced with others

1. Universal heart: love for Peter's successor

"Since we are children of God, our greatest love, our highest esteem, our deepest reverence, our most heartfelt obedience, our strongest affection must also be for the Vicar of Christ on earth, for the Pope... That's why I often say: thank you, my God, for the love for the Pope that you have placed in my heart" (*Collected Letters*, volume I, Letter 3, no. 20).

During the Jubilee, you will find yourself before Pope Leo XIV, the successor of Saint Peter. Perhaps you don't know him well yet or haven't grown fond of him; he's only recently taken up the helm of the Church, and

he may still feel "new." Don't let that stop you from loving him with a filial heart, because the Pope represents Christ on earth. Take a moment to pray for him and his intentions, and ask Our Lady to enlarge your heart so you can love him more each day. In this way, the encounter becomes a real and deep bond with the universal Church.

2. Allow silence to speak to you in the midst of noise

"I will never share the opinion — though I respect it — of those who separate prayer from active life, as if they were incompatible. We children of God have to be contemplatives: people who, in the midst of the din of the throng, know how to find silence of soul in a lasting conversation with Our Lord" (*The Forge*, no. 738)

"Wherever we happen to be, in the hubbub of the street and in the

middle of all human occupations (...) we shall find ourselves engaged in simple filial contemplation, in an uninterrupted conversation with God" (*Collected Letters*, volume II, letter 6, no. 15).

In the midst of a lively and bustling atmosphere, seek moments of interior silence. God has something to say to you, even in the noise.

3. Offer the effort of the trip as prayer

"A little act, done for Love, is worth so much!" (*The Way*, no. 814)

"May you know how to put yourself out cheerfully, discreetly and generously each day, serving others and making their lives more pleasant. To act in this way is the true charity of Jesus Christ" (*The Forge*, no. 150)

Walking under the hot sun, sharing a meal, keeping things in order... each ordinary gesture can become a prayer when done out of love. Offer each difficulty for a specific intention.

4. Discover God in little, "material" things

"Your Christian vocation requires you to be in God and, at the same time, to be concerned with the things of the earth, using them objectively, just as they are: to give them back to Him" (*Furrow*, no. 295).

Don't overlook the ordinary aspects of the Jubilee: the travel, the meals, the waiting. Everything can be an opportunity to offer, to give thanks, and to live with purpose.

5. Foster a faith that is both "old and new"

"Our spirit is like that, (...) as old as the Gospel, and, like the Gospel, new. (...) We drink the good, well-aged wine of authentic Catholic doctrine" (*Collected Letters*, volume II, Letter 6, no. 31).

See the Jubilee as an opportunity to renew your faith in everyday life. It's not just an emotional experience: let it move you to live the Gospel each day, and to share it with others.

6. Examine your conscience nightly, give thanks, and guard what you have experienced in your heart

"Examination of conscience: a daily task. (...) And is there any business worth more than the business of eternal life?" (*The Way*, no. 235)

"Get used to lifting your heart to God, in acts of thanksgiving, many times a day. Because he gives you this and that. Because you have been despised. Because you haven't what you need or because you have.

"Because he made his Mother so beautiful, his Mother who is also your Mother. Because he created the sun and the moon and this animal and that plant. Because he made that man eloquent and you he left tongue-tied...

"Thank him for everything, because everything is good" (*The Way*, no. 268).

"You don't know what to say to our Lord in your prayer. You can't think of anything, and yet you would like to consult him on many things. Look: make some notes during the day of whatever you want to consider in the presence of God. And then take these

notes with you to pray" (*The Way*, no. 97).

Each night, take a moment to look back over the day. Don't forget to end it by thanking God for all the good things He has given you. It might also help to write down a phrase or an idea that stood out to you. That way, when you return home, you'll have a "spiritual treasure box" to keep growing and speaking with the Lord in prayer, so that what you experienced at the Jubilee leaves a lasting mark on your soul.

7. Welcome everyone with an open heart: learn to see through Christ's eyes

"Loving souls for God's sake will make us love everyone: understanding, excusing, forgiving..."

"We should have a love that can cover the multitude of failings

contrived by human wretchedness. We have to have a wonderful charity, *veritatem facientes in caritate*, defending the truth, without hurting anyone" (*The Forge*, no. 559)

"Don't say: 'That person gets on my nerves.' Think: 'That person sanctifies me'" (*The Way*, no. 174).

"Jesus, may I be last in everything... a first in Love" (*The Way*, no. 430).

You'll be living alongside many different people. Look at each of them with charity, especially those you find more difficult. Christ is there too. Live this Jubilee for what it truly is: a great opportunity to let God transform you from within. With St. Josemaría's help, every step, every smile, every challenge can become a path to holiness.

8. Share what you've experienced with others

"For a Christian apostolate is like breathing. A child of God cannot live without this supernatural life-force" (*Christ is Passing By*, no. 122).

"You have got to be a 'man of God', a man of interior life, a man of prayer and sacrifice. Your apostolate must be the overflow of your life 'within'" (*The Way*, no. 961).

What you've experienced isn't just for you. Share it with others: your friends, your family, at school or university. Speak about the things that moved you, from phrases from the Pope that touch your heart to prayers that helped you. The Jubilee will continue bearing fruit if you pass on to others what you've received.

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