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“My Father in Heaven, here am I, help me”

You who tend to lose heart, I will tell you something that is very consoling: when a person does what he can, God will not deny his grace.

March 8

Our Lord is a Father, and if, in the silence of his heart, one of his sons says to him: ‘My Father in Heaven, here am I, help me...’ If he goes to the Mother of God, who is our Mother, he

will get through. But God is demanding. He asks us to love him truly; he does not want traitors. We must be faithful in this supernatural struggle, which makes us happy on earth by dint of sacrifice. (The Way of the Cross, Tenth Station, 3)

I would like to see you going to the holy Sacrament of Penance, the sacrament of divine forgiveness, every week, and indeed whenever you need it, without giving in to scruples. Clothed in grace, we can cross mountains, and climb the hill of our Christian duty, without halting on the way. If we use these resources with a firm purpose and beg Our Lord to grant us an ever increasing hope, we will possess the infectious joy of those who know they are children of God: 'If God is with us, who can be against us?' Let us be optimists. Moved by the power of hope, we will fight to wipe away the trail of filth and slime left by the

sowers of hatred. We will find a new joyful perspective to the world, seeing that it has sprung forth beautiful and fair from the hands of God. We will give it back to him with that same beauty, if we learn how to repent.

Let us grow in hope, thereby strengthening our faith which is truly 'that which gives substance to our hopes, which convinces us of things we cannot see'. Let us grow in this virtue, let us beg Our Lord to increase his charity in us; after all, one can only really trust that which one loves with all one's might. And it is certainly worthwhile to love Our Lord. You and I know from experience that people in love surrender themselves unhesitatingly. Their hearts beat in a wonderful unison, with a single love. What then will the Love of God be like? Do you not realise that Christ has died for each and every one of us? Yes, for

this poor little heart of ours, Jesus consummated his redeeming sacrifice.

Our Lord speaks frequently to us of the reward which he won for us by his Death and Resurrection. 'I am going away to prepare a home for you. And though I do go away, to prepare you a home, I am coming back; and then I will take you to myself, so that you too may be where I am.' Heaven is the final destination of our path on earth. Jesus has gone ahead of us and awaits us there, in the company of Our Lady and of St Joseph, whom I so much revere, and of all the angels and saints. (Friends of God, 219-220)