

Spiritual life begins with a good and sincere confession. Why confession? It is necessary for us to be free. If we are hiding or controlled by sin, we cannot be free. Sin is a chain. It destroys life. Confession is as important to Jesus as it is to us. It is a joint action ... Jesus and me.

We will be the happiest people in the world if we belong to God, if we place ourselves at his disposal, if we let him use us as he pleases. To be this happy, we must belong to Jesus fully without reservation. He alone is worthy of our love and our total surrender.

Ask yourself: is Your love free? is there total surrender to God in your life? Loving trust and total surrender complete each other. Jesus trusted his whole life and his mission into the hands of his Father.

Chastity is undivided love for God alone. Nothing and nobody can draw us away from him. If you have failed to be chaste, confess it now and be finished with it. God's mercy is greater than your sin. Don't be afraid.

We must all grow in a clear conviction of our duty to be holy as Jesus is holy. Holiness is one of the most beautiful gifts a human heart can offer to God. We should serve Jesus in his poor by doing for them the things we would like to do for him.

Joy is prayer. Joy is strength. Joy is love. Joy is a net by which we catch souls. The best way to show your gratitude to God and to people is to accept everything with joy. A joyful heart is the normal result of a heart burning with love.

Find at least one good point in the other person and build from there. In the family, you should thank each other, mentioning the good you have seen others do. An understanding love sees the good in others.

O most pure heart of Mary, allow me to enter your heart, to share your interior life. You see and know my needs, help me to do "whatever Jesus tells me" ... that my human needs may be changed into thirst for God alone. We must say, "I belong to you. You can do whatever you like." This is our strength and this is the joy of the Lord.

Do we give up food that is not absolutely necessary to our health and nutrition? Do we try not to eat outside of regular meals except in times of sickness? Do we take care to use water and light carefully, turning off the taps and putting out any unnecessary lights?

Do everything for Jesus; this is the way to follow him as our one necessity. Listen to his words and be occupied with his work.

Jesus will use you to accomplish great things on the condition that you believe much more in his love than in your weakness.

Joy is one of the best safeguards against temptation. The devil uses every opportunity to throw what he has at us. But a joyful heart protects us. That is because Jesus is there in our joy.

Jesus takes full possession of our soul when we surrender to him joyfully. "A sad saint is a bad saint." Joy is a source of power for us.

Let us make our homes real places of love so that we can overcome any hatreds. Love begins at home everything depends on how we love one another at home. Do not be afraid to love until it hurts because this is how Jesus loved.

Yes, suffering is unavoidable, so let us suffer cheerfully. The ups and downs of life must come your way, but you must not let yourself be affected by them in your search for sanctity. Don't be surprised at your failure. You must connect every bit of your life with Holy Communion; all of your failures, your weaknesses, your pride, and your misery. See that, in spite of being tempted, you are not conquered.

How do we become humble? By accepting humiliations. Whenever you are scolded, mistreated, or called names, grab it with both hands. That humiliation will make you holy. Accept it.

Loving trust in God implies trust in his almightiness, his infinite wisdom, and his unfailing love. He loves me. I'm not here just to fill a place, just to be a number. He has made me for a purpose. He will fulfill it if I don't put any obstacle in his way.

How often we find ourselves speaking of the faults of another. How often our conversation is about someone who is not present. Yet see the compassion of Christ toward Judas, the man who received so much love yet betrayed his own master. But the master kept the sacred silence and did not betray Judas. Jesus could have easily spoken in public -as we often do -telling the hidden intentions and deeds of Judas to others. But he didn't. Instead, he showed mercy and charity. Rather than condemning Judas, he called him his friend.

Confession makes the soul strong because a really good confession -the confession of a child in sin coming back to the Father -always begets humility, and humility is strength.

We must improve our prayer and, flowing from that, our charity toward others. It can be difficult to pray when we don't know how, but we can help ourselves through the use of silence. Souls of prayer are souls of great silence. This silence takes a lot of sacrifice, but if we really want to pray, we must be ready to take that step now.

Learn to be humble by doing all the humble work and doing it for Jesus. you cannot learn humility from books; you learn it by accepting humiliations, Humiliations are not meant to torture us; they are gifts from God. These little humiliations- if we accept them with joy; will help us to be holy, to have a meek and humble heart like Jesus.

If we have a pure heart, then we can see God. If we cannot see God then we must ask: Is there something between us and our Lord?

Jesus said, -Love one another as I have loved you." These words should be a light to us, a flame consuming the selfishness that prevents the growth of holiness.

When I hear all the pain and suffering caused by idle remarks and unkindness, I think of our Lord, who told the people they should throw a stone at the sinful woman only if they were without sin. All the people went away because they knew that Jesus knew their sins. When we are tempted to speak uncharitably or to bring up someone's past failures, let us hear Jesus say: Throw the stone only if you are free from sin.

Resist anything that leads to moodiness. our prayer each day should be, "Let the joy of the Lord be my strength." Cheerfulness and joy were Our Lady's strength.

Jesus said, "I have come to do the will of my Father." We can apply this to ourselves for we have come to do the will of God. Jesus said, again and again, "Thy will be done," and we say the same thing through our obedience to him.

Obedience is something spiritual since it is found also in heaven. Disobedience was the first sin. Lucifer refused to submit, refused to obey. This was true, too, for Adam and Eve, who refused to obey and ate what was forbidden by God. When we disobey, it is a continuation of that first sin.

You must forgive and forget all the difficult things of yesterday for yesterday has gone. Tomorrow has not yet come. But you have today to love Jesus as he loves you, with a deep personal love. Do not be afraid. God will give you all the graces you need if you allow him to make you holy through prayer and sacrifices, penance and hard work.

Listen to God in the silence of your heart.

Our works of charity are nothing but the overflow of our love for God. To understand and practice this, we need to pray, for prayer unites us with God and overflows upon others.

We are commanded to love God and our neighbor equally, without difference. We don't have to look for the opportunities to fill this command, they're all around us, twenty-four hours a day. You must open your eyes wide so that you can see the opportunities to give wholehearted, free service right where you are, In your family. If You don't give such service in your family, you will not be able to give it to those outside Your home.

Be kind and loving with each other. Love, to be truly love, must be fed on sacrifice. Be generous in accepting all the sacrifices that come every day on your way.

Prayer is oneness with Christ "I live no longer, but Christ lives in me." Christ prays in me, Christ think Christ looks through my eyes, Christ speaks my words, Christ works with my hands, Christ walks with my feet, Christ loves with my heart.

Be faithful to the time spent in prayer and make sure that at least half of your prayer is spent in silence.

When someone is doing something to hurt you, don't turn inward, turn toward that person. He is hurting himself. You must learn to forgive, knowing that we all need forgiveness. If you want to be true to God, you must learn from Jesus to be meek, humble, and pure.

We trust in the power of the name of Jesus and also in the intercessory power of St. Joseph. St. Joseph knew, when Mary became pregnant, that this child was not his child. He saw that she was pregnant but he didn't know how. If he had gone to the high priest, she would have been stoned to death. Do you see the charity and thoughtfulness of St. Joseph? If we have that same kind of charity and thoughtfulness toward each other, our families will become the abode of the Most High. How beautiful our families will become when there is total thoughtfulness for others.

It is not enough to say, "I love." We must put that love into a living action. And how do we do that? By giving & loving until it hurts.

The most wonderful part of redemption began in such a humble way. God did not send Gabriel to the palace of the great and rich but to the young girl Mary in the one room cottage at Nazareth.

Mary was chosen, because although she was full of grace, she was also full of humility. She didn't dwell on the joy and sorrow that were hers as the Mother of God and of mankind. She only thought of how to serve.

Just think of almighty God in the womb of Mary, locked in. He had to cling helplessly to his mother. This was the total surrender of Christ. Again, nailed to the cross, he could not move. Again today, he is bound in the tabernacle. This is total surrender.

"Hail Mary, full of grace, the Lord is with you." And then the angel said to her, "Do not be afraid, for nothing is impossible with God. You shall bear a son and name him Jesus." And Mary said, "Behold the handmaid of the Lord, be it done unto me according to your word."

One act of deliberate disobedience Will bring lots of evil into our life.
God does not speak to us directly but through our superiors. They are instruments in his hands.

We should be very careful with our eyes. We should hold clean thoughts in our minds.

He has chosen each one of you for himself, to be his light and his love in the world. The simplest way to become his light is to be kind and loving, thoughtful and sincere with each other. As Jesus said: "By this they will know that you are my disciples."

We hear of so many broken families. Why are they broken? I think because they never pray together. They are never one in prayer before the Lord.

It is not how much we really have to give but how empty we are, so that we can receive him fully in our life. Let him live his life in you today.

Let us beg Our Lady to make our hearts as meek and humble as her Son's.

Moodiness is the fruit of pride.

Jesus said: "Whatever you do to the least of my brethren you do it to me." If in my name you give a glass of water, you gave it to me. If in my name you receive a little child, you received me. I was hungry, I was naked, I was homeless, you did it to me. So this is what Jesus came to teach us: how to love one another, Not big things, but small things with great love.

As you grow, you have still to learn. We have to learn from each other.

Love begins with little kindnesses, care, compassion, that is the hidden treasure.

We are commanded to love God and our neighbor equally, on the same level. There is no difference. Love for our neighbor must be equal to our love for God.

Mary thought only of how to serve, of how to fulfill her vocation as handmaid of the Lord. Mary showed complete trust in God agreeing to be used as an instrument in his plan of salvation.

Prayer helps us to love each other because when Jesus is with us there are no distractions.

Love can only become our light and joy in cheerful service of each other. Don't forget, we need each other. Our lives would be empty without each other.

If we pray -we will believe.

If we believe -we will love.

If we love -we will serve.

The less we have, the more we can give. The more we have, the less we give. There are no complications and yet we complicate our lives so much, by so many additions.

When you make a mistake, it is forgiven and forgotten when you bring it to the Sacred Heart.

Make your homes places of love and peace. Don't let the devil cheat you by his evil ways, tempting you to be unkind and harsh to one another. Enjoy each other. How can you love Jesus in others unless you love him in your own family? We must make a real effort to make our families one heart of love. This is really the sign of Jesus with us.

The heart of Jesus is an open heart. Spend your time there.

To be holy is nothing special, it is simply our duty.

Try to make your home a place where Our Lord can come and rest for awhile with you.

Understand the words of Jesus, "Love one another as I have loved you." Ask yourself, "How has he loved me? Do I really love others in the same way?" Unless this love is among us, we can kill ourselves with work and it will only be work, not love. Work without love is slavery.

We must keep everything simple, not demanding extra or unnecessary things. One virtue the devil fears most is humility.

Criticism is nothing less than dressed up pride. It eats up all the love of God. A truly generous soul must never stoop to criticism. Refrain from prejudice, which means to set your mind against somebody.

A day alone with Jesus will spur us on to holiness through personal love for Him.

Give Jesus permission to use you, without consulting you.

Accept with joy all the little sacrifices that come daily. Do not bypass the small gifts.

Remember three things: total surrender to God, loving trust with each other, joy with all. Then you will be holy like Jesus. Holiness is joy, love, compassion, and especially, humility.

True friendship can help you lead a life of holiness.

God preserve us from any deliberate sin, no matter how small it may be. Nothing is small when it means going against God.

We, being his love, must bear fruit of compassion, love, and concern for one another and the people with whom we work.

Our first great responsibility is to be a family, a community, revealing first to one another something of God's own love and concern and tenderness. "See how they love one another." We need to help each other to forget the everyday deficiencies and to start a new life every day in the joy of Jesus.

Nothing adorns a human soul with greater splendor than the virtue of chastity and nothing defiles a human soul more than the opposite vice. Yet the glory of chastity is not in immunity from temptation -it is in victory over temptations. A chaste person is not free from temptations but overcomes them.

Let us accept whatever God gives and give whatever He takes with a big smile!

All we do is but a drop in the ocean, but if we do not do it, the ocean will be one drop less.

If our houses are real communities of love and union we will overcome hatred. Everything depends on how we love each other. Do not be afraid to love until it hurts because this is how Jesus loved.

Much of the hurt in our homes comes from uncontrolled use of words, said anywhere, in front of other people. Let us open our eyes to the harm we do.

Thoughtfulness is the beginning of great sanctity. If you learn the art of thoughtfulness you will become more and more Christlike. His heart was meek and he always thought of the needs of others.

Prayer is as necessary as the air, as the blood in our bodies, as anything to keep us alive- to keep us alive to the grace of God.

Love God generously, with trust, without looking back, without fear. Give yourself fully to Jesus. He will use you to accomplish great things if you believe much more in his love than in your weakness.

Receive forgiveness to give forgiveness.

Grumbling is a hidden devil. It is something highly contagious.

Our Blessed Mother calls us to fast and do penance and Pray. Let us be faithful to these things if we are sincere in our desire to bring souls to Jesus. Pray, fast, and do penance for priests, to help them be holy and bring souls to Jesus.

Everything depends on how we love each other.

Blessed are they that are hungry:
for God's love
for the Bread of Life

for human love
for holiness
for a life of prayer
for respect and human dignity
for recognition as a child of God
for a word of sympathy, for a smile
Do I recognize these hungers?
In the hunger of my loneliness, where do I turn?
In the hunger of my sinfulness, is Jesus my first thought?
Is Jesus the hunger of my life?
Is Jesus the deepest love in my life?

Obedience, well lived, frees us from selfishness and pride and helps us to find God.

Penance calls us away from sin and to God. It leads us away from mediocrity and to a life of fervor, generosity, and sanctity. We must give up sin, our past self-indulgence, and practice more intense self-sacrificing love for him.

The first weapon, the most cruel weapon is the tongue. we can really wound or kill a person with our tongue.

Penance is absolutely necessary. Nothing has greater effect in restraining the disordered passions of the soul and in subjecting the natural appetites to right reason.

How very happy I am to let God just do whatever he likes with me.

Our first great responsibility is to be a family. We are to reveal first, to one another, something of God's own love and concern and tenderness. When others see us, they should say, "See how they love one another".

Make an effort to radiate joy, which is the fruit of the Spirit and a mark of the kingdom of God. God is joy. We have no reason to be unhappy. Christ, wanting to share his joy with the disciples, prayed that "my joy may be in you and your joy be complete." Jesus must have radiated joy and you should do the same, in your eyes, attitude, the way you walk, the way you listen, and your whole being.

Prayer will give us a clean heart, a clean heart will help us to see God, & if we see God, we will obey.

To love, it is necessary to give. To give, it is necessary to be free from selfishness, to have the courage of poverty.

Even God cannot fill what is full already. We must empty ourselves so that God can fill us.

Do others notice if You are absent? Do they miss your warmth, your presence? We should radiate the presence of Christ by our compassion. Do we fulfill this responsibility to be God's love and compassion in the world, in the community, in our family~ Let us be his presence to others.

If you do your work with joy, you can bring many souls to God. Joy is prayer, a sign of our generosity, evident in our eyes, our faces, our actions.

When we neglect prayer, evil can penetrate our hearts. Ask yourself. Do I pray? How do I pray? How often do I pray? Do I feel the need to pray? When prayer is difficult, do I try to find a book that could help? At those times, do I pray for a longer period of, time and more frequently, with greater fidelity? Do I make up prayer that I have missed? Do I follow a method for meditation that will help me to pray? Do have some small aspirations that I pray often?

If you were to die today, what would others say about you? What was in you that was beautiful, that was Christlike, that helped others to pray better? Face yourself, with Jesus at your side, and do not be satisfied with just any answer.

If we earnestly desire holiness, three things are necessary: Prayer, self-denial, and charity.

Give your heart to God willingly. it belongs to him.

Pray to know the will of God and to accept the will of God. This obedience is the surest way to true holiness.

People want to see love in action through humble works. It is necessary for us to be in love with Jesus in the hungry and lonely.

We forget, sometimes, that we are called to give God's love and compassion first to our families, those who are the very life of our life. so often, in our heart, there is bitterness; on our tongue, there are ugly words; in our attitude, there is pride.

Advent is like springtime in nature when everything is renewed, fresh, and healthy. Advent refreshes us, makes us healthy and able to receive Christ in whatever form he may come to us. At Christmas, he comes as a little child, small, helpless, and in need of his mother and all that a mother's love can give. His mother's humility enabled her to serve. If we really want God to fill us, we must empty ourselves through humility of all the selfishness within us,

The best Way to show gratitude to God and to others is to accept everything with joy.

Nothing win destroy our joy of loving Jesus as much as money. It is one of the keys of the devil that any heart. It is the beginning of great evil.

In preparation for the coming of Jesus, we need the simplicity of life. Keep things simple and do not introduce things that don't fit with our way of life.

Remember that you are special to him; he has chosen you with great love.

Much disorder has come into the world through the neglect of family prayer. Fidelity to prayer is the beginning of holiness.

Jesus wants us to prepare the way for his coming, for there are so many blocks in the Way of his becoming all in all for us. Give him whatever he takes and take from him whatever he gives with a big smile.

Be a cause of joy to others.

Speak Well of everybody.

Smile at all you meet.

Deliberately make three acts of loving kindness every day.

Confess any sin against charity.

If you offend anyone- even a small child- ask for forgiveness before going to bed.

Read about, meditate on, and speak of this love

Greet the children, the poor, the suffering, the lonely with a happy smile. Give them not only your

care but also Your heart. Kindness has converted more people than zeal or eloquence. Our service to others should be kind, sweet, humble, unspoiled by selfishness. Let no one ever Come to you without coming away better and happier. Be the living expression of God's kindness.

On this feast of the Immaculate Conception, let us consecrate our lives to Mary. How clean our words must be to be able to proclaim the good news. Mary will teach us to be Pure so that when others look at us they will see only Jesus.

Very often, small misunderstandings repeated over and over become the cause of so much suffering. Bring love to all you do.

Love, in order to be true must hurt. God loved the world so much that gave his son. His Son loved the world so much that he gave his life. He asks us to love as he loved, by giving ourselves.

The thoughtfulness of Jesus, Mary, and Joseph was so great that it made Nazareth the abode of the Most High. If we have that thoughtfulness for each other, our homes will really become the abode of God, Most High. The quickest and surest way to that goal is tame the tongue, using it to speak well of others. From the abundance of the heart, the mouth speaks. If your heart is full of love, you will speak of love. If Mary and Joseph were looking for a place to make a home for Jesus, would they choose your home?

In our community, does our life of poverty resemble that of the manger at Bethlehem? During this season of Advent, let us meditate on poverty so that we might love it and live it.

All the suffering in the world has started from the home. Today, we have not time even to look at each other, to talk to each other, to enjoy each other. And so more and more we are homeless at home because less and are in touch with each other.

Poverty is joy. We must be happy with what we have and be happy with what we don't have. Poverty is a choice and therefore a joy. The less we have the more we can give.

We are called to live the love of God not to feel the love of God. We live this love through prayer and action.

If we neglect Our work or are harsh, proud, moody or angry; then We should examine our prayer life. We will see that something has gone wrong there.

Radiate and live the life of Christ.

Be an angel of comfort to a sick friend.

Be a friend to little children.

Love others as God loves each of us, with a special, intense love.

Be kind to each other, speak kindly to each other. It is better to make a mistake while acting kindly than to work a miracle while acting unkindly.

At Christmas, may you be filled with the joy, love, and peace of Jesus, newly formed within you and around you. Christ comes at Christmas as a little child, small, helpless, so much in need of all that love can give. Are you ready to receive him? His parents looked for a simple dwelling place for his birth but there was none. If they came to you in search of a home, would they choose your heart and all that it holds?

The birthday of Jesus is coming very near.

Jesus is the light,

Jesus is the truth,

Jesus is the life.

We, too, must be the light of charity, the truth of humility, and the life of sanctity.

Christmastime shows us how small God made himself. Go to the crib and see how small he became, how he lived that total surrender to the full.

We must learn to be that child in complete surrender and trust and joy. See the joy of the child Jesus and the joy of Christmas! Never be moody, never let anything take away that joy. Christmas shows us how much heaven appreciates humility, surrender, poverty, because God himself, who made you and me, became so small, so poor, so humble.