

SURRENDER

2024 LENTEN JOURNAL
WITH ST. FAUSTINA



A Catholic Mom Calm Journal

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Surrender

2024 LENTEN JOURNAL FOR CATHOLIC MOMS

This is a very special project to me. I have read St. Faustina's diary many times. This last time, I took notes so I could journey through it with you this Lenten season.

This study is based on the passages I starred in her diary and each comes with an audio reflection on the Catholic Mom Daily podcast.

My hope is that this study will lead you closer to the Holy Spirit so you more fully understand the great gift of Divine Mercy. Appropriate, St. Faustina experienced great doubt and darkness as she brought this powerful message to the world.

We will walk into the desert alongside St. Faustina and the Lord. As He brings her hope and relief, we will experience it too.

Words in bold in each passage are the words of Christ. Imagine He is speaking them to you. Really let them sink in.

I hope you come to know this great saint and love her as much as I do. She gives us so much wisdom for how to live in the hustle and bustle of our modern life but not to be distracted from our real aim - sainthood.

I prayed for each and every one of you who are doing this study as I put it together. We are connected through our Catholic sisterhood. Be open to what God wants to share with you in this study. He wants to heal and transform you this Lenten season.

In Christ,

Sterling

Do Not Plunge into the Future

WEDNESDAY, FEBRUARY 14TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (2)

When I look into the future, I am frightened, But why plunge into the future? Only the present moment is precious to me, As the future may never enter my soul at all.

It is no longer in my power to change, correct or add to the past; For neither sages nor prophets could do that. And so what the past has embraced I must entrust to God.

"O present moment, you belong to me, whole and entire. I desire to use you as best I can. And although I am weak and small, You grant me the grace of Your omnipotence. And so, trusting in Your mercy, I walk through life like a little child, offering You each day this heart Burning with love for Your greater Glory.

Reflect:

What future things are you worried about? Talk to the Lord about it. Set those worries down.

How Long Will You Keep Putting Me Off?

THURSDAY, FEBRUARY 15TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (8-9)

The eighteenth year of my life. An earnest appeal to my parents for permission to enter the convent. My parents' flat refusal. After this refusal, I turned myself over to the vain things of life, paying no attention to the call of grace, although my soul found no satisfaction in any of these things. The incessant call of grace caused me much anguish; I tried, however, to stifle it with amusements. Interiorly, I shunned God, turning with all my heart to creatures. However, God's grace won out in my soul.

Once I was at a dance [probably in Lodz] with one of my sisters. While everybody was having a good time, my soul was experiencing deep torments. As I began to dance. I suddenly saw Jesus at my side, Jesus racked with pain, stripped of His clothing, all covered with wounds, who spoke these words to me: *How long shall I put up with you and how long will you keep putting Me off?*

Reflect:

So often we know what God wants us to do but we chicken out or we let the world pull us away from our purpose. What is God calling you to do that you are not doing? What will it take for you to give Him your yes?

Unable to Find Comfort Anywhere

FRIDAY, FEBRUARY 16TH

Read: St. Faustina’s Diary - Divine Mercy in My Soul (23)

Toward the end of the first year of my novitiate, darkness began to cast its shadow over my soul. I felt no consolation in prayer; I had to make a great effort to meditate; fear began to sweep over me. Going deeper into myself, I could find nothing but great misery. I could also clearly see the great holiness of God. I did not dare to raise my eyes to Him, but reduced myself to dust under His feet and begged for mercy. My soul was in this state for almost six months. Our beloved Mother Directress [Mary Joseph] encouraged me in these difficult moments. But this suffering became greater and greater.

The second year of the novitiate was approaching. Whenever I recalled that I was to make my vows, my soul shuddered. I did not understand what I was reading; I could not meditate; it seemed to me that my prayer was displeasing to God. It seemed to me that by approaching the Holy Sacraments I was offending God even more. But despite this, my confessor [Father Theodore [15]] did not let me omit one single Holy Communion. God was working very strangely in my soul. I did not understand anything at all of what my confessor was telling me. The simple truths of the faith became incomprehensible to me. My soul was in anguish, unable to find comfort anywhere.

Reflect:

When we experience spiritual dryness, we often think something is wrong with us. And yet, almost all of the great saints experienced this. How do you want to coach yourself (talk to yourself in your mind) when you feel a lack of consolation?

Jesus, I Trust in You

SATURDAY, FEBRUARY 17TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (23)

That dreadful thought of being rejected by God is the actual torture suffered by the damned. I fled to Jesus' Wounds and repeated the words of trust, but these words became for me an even greater torture. I went before the Blessed Sacrament, and I began to speak to Jesus: "Jesus, You said that a mother would sooner forget her infant than God His creature, and that 'even if she would forget her infant, I, God, will never forget My creature.' O Jesus, do You hear how my soul is moaning? Deign to hear the painful whimpers of Your child. I trust in You, O God, because heaven and earth will pass, but Your word will last forever." Still, I found not a moment of relief.

Reflect:

There is power in the name of Jesus. When we feel doubt and darkness, we can say, "Jesus, I trust in you." Faustina's faith even when being Catholic didn't "feel good" was so strong. How can you deepen your faith despite what you're going through right now? How can you more fully trust in Jesus?

I Demand Obedience

SUNDAY, FEBRUARY 18TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (28)

Once Jesus told me, Go to Mother Superior [probably Mother Raphael 18] and ask her to let you wear a hair shirt for seven days, and once each night you are to get up and come to the chapel. I said yes, but I found a certain difficulty in actually going to the Superior. In the evening Jesus asked me, **How long will you put it off?** I made up my mind to tell Mother Superior the very next time I would see her.

... Mother answered, "I will not permit you to wear any hair shirt. Absolutely not! If the Lord Jesus were to give you the strength of a colossus, I would then permit those mortifications."

I apologized for taking up Mother's time and left the room. At that very moment I saw Jesus standing at the kitchen door, and I said to Him, "You commanded me to ask for these mortifications, but Mother Superior will not permit them." Jesus said, **I was here during your conversation with the Superior and know everything. I don't demand mortification from you, but obedience. By obedience you give great glory to Me and gain merit for yourself.**

Reflect:

Sometimes we get carried away with different devotions or checking boxes. We can let our desire to "get it right" or "be a good student" get in the way of listening to God and being obedient. It is not for us to know why God has asked us to do something. We must still trust Him. What comes up for you when you read today's passage?

My Love Deceives No One

MONDAY, FEBRUARY 19TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (29)

One of the Mothers [probably Mother Jane], when she learned about my close relationship with the Lord Jesus, told me that I must be deluding myself. She told me that the Lord Jesus associates in this way only with the saints and not with sinful souls "like you, Sister!" (12) After that, it was as if I mistrusted Jesus. In one of my morning talks with Him I said, "Jesus, are You not an illusion?" Jesus answered me, **My love deceives no one.**

Reflect:

Can you imagine being spoken to like that while you were trying to do work for the Lord? Sometimes the people closest to us do not understand our faith. They cause us to doubt or to feel bad about ourselves. How can you cling to the Lord when others challenge you?

The Flames of Mercy are Burning Me

TUESDAY, FEBRUARY 20TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (47-50)

After a while, Jesus said to me, Paint an image according to the pattern you see, with the signature: Jesus, I trust in You. I desire that this image be venerated, first in your chapel, and [then] throughout the world.

48 I promise that the soul that will venerate this image will not perish. I also promise victory over [its] enemies already here on earth, especially at the hour of death. I Myself will defend it as My own glory.

49 When I told this to my confessor 29 , I received this for a reply: "That refers to your soul." He told me, "Certainly, pain God's image in your soul." When I came out of the confessional, I again heard words such as these: My image already is in your soul. I desire that there be a Feast of Mercy. I want this image, which you will paint with a brush, to be solemnly blessed on the first Sunday after Easter; that Sunday is to be the Feast of Mercy.

50 + I desire that priests proclaim this great mercy of Mine towards souls of sinners. Let the sinner not be afraid to approach Me. The flames of mercy are burning Me - clamoring to be spent; I want to pour them out upon these souls.

Jesus complained to me in these words, Distrust on the part of souls is tearing at My insides. The distrust of a chosen soul causes Me even greater pain; despite My inexhaustible love for them they do not trust Me. Even My death is not enough for them. Woe to the soul that abuses these [gifts].

Reflect:

These are the actual words, the actual instructions, Jesus gave to Faustina about the Divine Mercy image. I think we forget how profound the image is sometimes. Read these words, pray and write down what God speaks into your heart.

Push Your Boat into the Deep Waters

WEDNESDAY, FEBRUARY 21ST

Read: St. Faustina's Diary - Divine Mercy in My Soul (55)

Toward the end of my novitiate, a confessor [perhaps Father Theodore] told me: "Go through life doing good, so that I could write on its pages: "She spent her life doing good.' May God bring this about in you."

Another time the confessor said to me, "Comport yourself before God like the widow in the Gospel; although the coin she dropped into the box was of little value, it counted far more before god than all the big offerings of others."

On another occasion the instruction I received was this: "Act in such a way that all those who come in contact with you will go away joyful. Sow happiness about you because you have received much from god; give, the, generously to others. They should take leave of you with their hearts filled with joy, even if they have no more than touched the hem of your garment. Keep well in mind the words I am telling you right now."

Still another time he gave me the following recommendation: "Let God push your boat out into the deep waters, toward the unfathomable depths of the interior life."

Reflect:

Let us pursue wisdom in our lives. I love that St. Faustina asked for spiritual advice and then wrote it down. She did this even though Jesus spoke to her regularly. Which of these different pieces of advice was meant for you today?

I Change Such Hard Work of Yours

THURSDAY, FEBRUARY 22ND

Read: St. Faustina's Diary - Divine Mercy in My Soul (65)

One time during the novitiate, when Mother Directress sent me to work in the wards' kitchen, I was very upset because I could not manage the pots, which were very large. The most difficult task for me was draining the potatoes, and sometimes, I spilt half of them with the water. When I told this to Mother Directress, she said that with time I would get used to it and gain the necessary skill. Yet the task was not getting any easier, as I was growing weaker every day. So I would move away when it was time to drain the potatoes. The sisters noticed that I avoided this task and were very much surprised. They did not know that I could not help in spite of all my willingness to do this and not spare myself. At noon, during the examination of conscience, I complained to God about my weakness. Then I heard the following words in my soul. From today on you will do this easily; I shall strengthen you.

That evening, when the time came to drain off the water from the potatoes, I hurried to be the first to do it, trusting in the Lord's words. I took up the pot with ease and poured off the water perfectly. But when I took off the cover to let the potatoes steam off, I saw there in the pot, in the place of the potatoes, whole bunches of red roses, beautiful beyond description. I had never seen such roses before. Greatly astonished and unable to understand the meaning of this, I heard a voice within me saying, **I change such hard work of yours into bouquets of most beautiful flowers, and their perfume rises up to My throne.**

Reflect:

Jesus doesn't just care about the big things we struggle with, He cares about the small things too. He is always there to help us. What help would you like to ask for today?

To Whom Are You Taking These Flowers?

FRIDAY, FEBRUARY 23RD

Read: St. Faustina's Diary - Divine Mercy in My Soul (71)

I was sent for treatment to our house in Plock, and there I had the privilege of decorating the chapel with flowers. That was at Biala. ³⁶ Sister Thecla did not always have time for this, so I often decorated the chapel by myself. One day, I had picked the prettiest roses to decorate the room of a certain person. When I was approaching the porch, I saw Jesus standing there. In a kindly way He asked me, **My daughter, to whom are you taking these flowers?** My silence was my reply to the Lord, because I recognized immediately that I had a very subtle attachment to this person, ³⁷ which I had not noticed before. Suddenly Jesus disappeared. At the same moment I threw the flowers on the ground and went before the Blessed Sacrament, my heart filled with gratitude for the grace of knowing myself.

O Divine Sun, in Your rays the soul sees the tiniest specks of dust which displease You.

Reflect:

Serving others is a good thing but an ungodly attachment to others or what they think of us keeps us from being fully attached to the Lord. Whose attention do you seek presently that is keeping your attention from being on God?

I Am Always in Your Heart

SATURDAY, FEBRUARY 24TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (78)

Once when I was being crushed by these dreadful sufferings, I went into the chapel and said from the bottom of my soul, "Do what You will with me, O Jesus, I will adore You in everything. May Your will be done in me, O my Lord and my God, and I will praise Your infinite mercy." Through this act of submission, these terrible torments left me.

Suddenly I saw Jesus, who said to me, **I am always in your heart**. An inconceivable joy entered my soul, and a great love of God set my heart aflame. I see that God never tries us beyond what we are able to suffer. Oh, I fear nothing; if God sends such great suffering to a soul. He upholds it with an even greater grace, although we are not aware of it. One act of trust at such moments give greater glory to God than whole hours passed in prayer filled with consolations. Now I see that if God wants to keep a soul in darkness, no book, no confessor can bring it light.

Reflect:

Jesus never leaves us. We are never alone. If you feel darkness, it is for the purification of your soul in some way. Where do you feel darkness in your life? Where does it feel like Jesus has left you?

In The Beginning

SUNDAY, FEBRUARY 25TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (95)

In the beginning, God lets himself be known as Holiness, Justice, Goodness - that is to say, Mercy. The soul does not come to know this all at once, but piecemeal, in flashes; that is to say, when God draws near. And this does not last for long because the soul could not bear such light. During prayer the soul experiences flashes of this light which make it impossible to pray as before. Try as it may to force itself to pray as it did before, all is in vain; it becomes completely impossible for it to continue to pray as it did before it received this light. This light which has touched the soul is alive within it, and nothing can either quench or diminish it. This flash of the knowledge of God draws the soul and enkindles its love for Him.

But this same flash, at the same time, allows the soul to know itself as it is; the soul sees its whole interior in a superior light, and it rises up alarmed and terrified. Still, it does not remain under the effects of terror, but it begins to purify itself, to humble and abase itself before the Lord. These lights become stronger and more frequent; the more the soul is crystallized, the more these lights penetrate it. However, if the soul has responded faithfully and courageously to these first graces, God fills it with His consolations and gives himself to it in a perceptible manner.

At certain moments, the soul, as it were, enters into intimacy with God and greatly rejoices in this; it believes that it has already reached the degree of perfection destined for it, because its defects and faults are asleep within it, and this makes it think that they no longer exist. Nothing seems difficult for it; it is ready for everything. It begins to plunge itself into God and taste the divine delights. It is carried along by grace and does not take account of the fact that the time of trial and testing may come. And, in fact, this state does not last long. Other moments will soon come. I should add here, however, that the soul will respond more faithfully to divine grace if it has a well-informed confessor to whom it can confide everything.

Reflect:

What came up for you when you read these passages?

A Magnificent Building

MONDAY, FEBRUARY 26TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (112)

A magnificent building will never rise if we reject the insignificant bricks. God demands great purity of certain souls, and so He gives them a deeper knowledge of their own misery. Illuminated by light from on high, the soul can better know what pleases God and what does not. Sin depends upon the degree of knowledge and light that exists within the soul. The same is true of imperfections.

Although the soul knows that it is only sin in the strict sense of the term which pertains to the sacrament of penance, yet these petty things are of great importance to a soul which is tending to sanctity, and the confessor must not treat them lightly. The patience and kindness of the confessor open the way to the innermost secrets of the soul. The soul, unconsciously as it were, reveals its abysmal depth and feels stronger and more resistant; it fights with greater courage and tries to do things better because it knows it must give an account of them.

Reflect:

There is a fine line between being aware of our sins and being swallowed up by scrupulosity. Do you think you tend toward not seeing your sins enough or feeling trapped in seeing sins everywhere even where they might not be?

A Chattering Soul

TUESDAY, FEBRUARY 27TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (118)

The tongue is a small member, but it does big things. A religious who does not keep silence will never attain holiness; that is, she will never become a saint. Let her not delude herself - unless it is the Spirit of God who is speaking through her, for then she must not keep silent. But, in order to hear the voice of God, one has to have silence in one's soul and to keep silence; not a gloomy silence, but an interior silence; that is to say, recollection in God. One can speak a great deal without breaking silence and, on the contrary, one can speak little and be constantly breaking silence. Oh, what irreparable damage is done by the breach (56) of silence! We cause a lot of harm to our neighbor, but even more to our own selves.

In my opinion, and according to my experience, the rule concerning silence should stand in the very first place. God does not give Himself to a chattering soul which, like a drone in a beehive, buzzes around but gathers no honey. A talkative soul is empty inside. It lacks both the essential virtues and intimacy with God. A deeper interior life, one of gentle peace and of that silence where the Lord dwells, is quite out of the question. A soul that has never tasted the sweetness of inner silence is a restless spirit which disturbs the silence of others. I have seen many souls in the depths of hell for not having kept their silence; they told me so themselves when I asked them what was the cause of their undoing. These were souls of religious. My God, what an agony it is to think that not only might they have been in heaven, but they might even have become saints! O Jesus, have mercy!

Reflect:

Are you carving out silence in your life so you can hear the Lord? How can you help yourself from chattering so you can hear Him more often and more clearly?

Bear Everything in Silence

WEDNESDAY, FEBRUARY 28TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (125-126)

But when the Lord demanded that I should paint that picture, they began to speak openly about me and to regard me as a hysteric and a fantasist, and the rumors began to grow louder. One of the sisters came to talk to me in private. She began by pitying me and said, "I've heard them say that you are a fantasist, Sister, and that you've been having visions. My poor Sister, defend yourself in this matter." (59) She was a sincerely soul, and she told me sincerely what she had heard. But I had to listen to such things every day. God only knows how tiring it was.

Yet, I resolved to bear everything in silence and to give no explanations when I was questioned. Some were irritated by my silence, especially those who were more curious. Others, who reflected more deeply, said, "Sister Faustina must be very close to God if she has the strength to bear so much suffering." It was as if I were facing two groups of judges. I strove after interior and exterior silence. I said nothing about myself, even though I was questioned directly by some sisters. My lips were sealed. I suffered like a dove, without complaint. But some sisters seemed to find pleasure in vexing me in whatever way they could. My patience irritated them. But God gave me so much inner strength that I endured it calmly.

Reflect:

There will be spiritual attacks against you. Well meaning people will try to sway you from your path. Your job is to discern God's will and to carry it out. What came up for you today?

A Great Mystery

THURSDAY, FEBRUARY 29TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (138)

A great mystery has been accomplished between God and me. Courage and strength have remained in my soul. When the time of adoration came to an end, I came out and calmly faced everything I had feared so much before. When I came out into the corridor, a great suffering and humiliation, at the hands of a certain person, was awaiting me. I accepted it with submission to a higher will and snuggled closely to the Most Sacred Heart of Jesus, letting Him know that I was ready for that for which I had offered myself.

Suffering seemed to spring out of the ground. Even Mother Margaret herself was surprised. For others, many things passed unnoticed, for indeed it wasn't worth paying any attention to them; but in my case, nothing passed unnoticed; each word was analyzed, each step watched. One sister said to me, "Get ready, (65) Sister, to receive a small cross, at the hands of Mother Superior. I feel sorry for you." But as for me, I rejoiced at this in the depths of my soul and had been ready for it for a long time. When she saw my courage, she was surprised. I see now that a soul cannot do much of itself, but with God it can do all things. Behold what God's grace can do. Few are the souls that are always watchful for divine graces, and even fewer of such souls who follow those inspirations faithfully.

Reflect:

God gives us strength to endure any trial. If life feels heavy, ask yourself, "What am I carrying that God is not asking me to carry right now?" A burden that comes from Him is light.

Cope Bravely

FRIDAY, MARCH 1ST

Read: St. Faustina's Diary - Divine Mercy in My Soul (147)

I recall that I have received most light during adoration which I made lying prostrate before the Blessed Sacrament for half an hour every day throughout Lent. During that time I came to know myself and god more profoundly. And yet, even though I had the superiors' permission to do so, I encountered many obstacles to praying in such a way.

Let the soul be aware that, in order to pray and persevere in prayer, one must arm oneself with patience and cope bravely with exterior and interior difficulties. The interior difficulties are discouragement, dryness, heaviness of spirit and temptations. The exterior difficulties are human respect and time; one must observe the time set apart for prayer. This has been my personal experience because, when I did not pray at the time assigned for prayer, later on I could not do it because of my duties; or if I did manage to do so, this was only with great difficulty, because my thoughts kept wandering off to my duties. I also experienced this difficulty: when a soul has prayed well and left prayer in a state of profound interior recollection, others resist its recollection; and so, the soul must be patient to persevere in prayer. It often happened to me that when my soul was more deeply immersed in God, and I had derived greater fruit from prayer, and God's presence accompanied me during the day, and at work there was more recollection and greater precision and effort at my duty, this was precisely when I received the most rebukes for being negligent in my duty and indifferent to everything; because less recollected souls want others to be like them, for they are a constant [source of] remorse to them.

Reflect:

Life gets busy and we make many excuses not to pray or not to pray well. Are you giving the Lord your time with great openness to what He wants to tell you? Explore this.

Be Your Living Reflection

SATURDAY, MARCH 2ND

Read: St. Faustina's Diary - Divine Mercy in My Soul (163)

O Most Holy Trinity! As many times as I breathe, as many times as my heart beats, as many times as my blood pulsates through my body, so many thousand times do I want to glorify Your mercy.

I want to be completely transformed into Your mercy and to be Your living reflection, O Lord. May the greatest of all divine attributes, that of Your unfathomable mercy, pass through my heart and soul to my neighbor.

Help me, O Lord, that my eyes may be merciful, so that I may never suspect or judge from appearances, but look for what is beautiful in my neighbors' souls and come to their rescue.

Help me, that my ears may be merciful, so that I may give heed to my neighbors' needs and not be indifferent to their pains and moanings.

Help me, O Lord, that my tongue may be merciful, so that I should never speak negatively of my neighbor, but have a word of comfort and forgiveness for all.

Help me, O Lord, that my hands may be merciful and filled with good deeds, so that I may do only good to my neighbors and take upon myself the more difficult and toilsome tasks.

Help me, that my feet may be merciful, so that I may hurry to assist my neighbor, overcoming my own fatigue and weariness. My true rest is in the service of my neighbor.

Help me, O Lord, that my heart may be merciful so that I myself may feel all the sufferings of my neighbor. I will refuse my heart to no one. I will be sincere even with those who, I know, will abuse my kindness. And I will lock myself up in the most merciful Heart of Jesus. I will bear my own suffering in silence. May Your mercy, O Lord, rest upon me.

Reflect:

Which of these acts of mercy is God calling you to express more in your life? How can you obey?

You Are My Delight

SUNDAY, MARCH 3RD

Read: St. Faustina's Diary - Divine Mercy in My Soul (163)

When I learned I was to go for probation, my heart beat with joy at the thought of such an immense grace, that of the perpetual vows. I went before the Blessed Sacrament; and when I immersed myself in a prayer of thanksgiving, I heard these words in my soul: **My child you are My delight, you are the comfort of My Heart. I grant you as many graces as you can hold. As often as you want to make Me happy, speak to the world about My great and unfathomable mercy.**

Reflect:

The Lord delights in you. Write all the memories you can think of about how God has given you perfect gifts in your life simply because He loves you.

O Blood and Water

MONDAY, MARCH 4TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (186)

Today Jesus said to me, I desire that you know more profoundly the love that burns in My Heart for souls, and you will understand this when you meditate upon My Passion. Call upon My mercy on behalf of sinners; I desire their (93) salvation. When you say this prayer, with a contrite heart and with faith on behalf of some sinner, I will give him the grace of conversion. This is the prayer: "O Blood and Water, which gushed forth from the Heart of Jesus as a fount of Mercy for us, I trust in You."

Reflect:

Say this prayer a few times and write down what comes up for you. What does the Lord put on your heart?

What Would You Do For This Child?

WEDNESDAY, MARCH 6TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (229)

At the beginning of the retreat, Jesus told me, **During this retreat, I Myself will direct your soul. I want to confirm you in peace and love.** And so, the first few days passed by. On the fourth day, doubts began to trouble me; Is not this tranquility of mine false? Then I heard these words, **My daughter, imagine that you are the sovereign of all the world and have the power to dispose of all things according to your good pleasure. You have the power to do all the good you want, and suddenly a little child knocks on your door, and trembling and in tears and, trusting in your kindness, asks for a piece of bread lest he die of starvation. What would you do for this child? Answer Me, my daughter.**

And I said, "Jesus, I would give the child all it asked and a thousand times more." And the Lord said to me, **That is how I am treating your soul. In this retreat I am giving you, not only peace, but also such a disposition of soul that even if you wanted to experience uneasiness you could not do so. My love has taken possession of your soul, and I want you to be confirmed in it. Bring your ear close to My Heart, forget everything else, and meditate upon My wondrous mercy. My love will give you the strength and courage you need in these matters.**

Reflect:

What came up for you when you read this? Bring your heart to the Lord like a child does to an adult she loves and trusts.

Before Time Began

THURSDAY, MARCH 7TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (231)

No one can comprehend what my heart feels when I meditate on the fact that God unites me with Himself through the vows. God makes known to me, even now, the immensity of the love He already had for me before time began; and as for me, I have just begun to love Him, in time. His love was [ever] great, pure and disinterested, and my love for Him comes from the fact that I am beginning to know Him. The more I come to know Him, the more (107) ardently, the more fiercely I love Him, and the more perfect my acts become.

Meanwhile, each time I call to mind that in a few days I am to become one with the Lord through perpetual vows, a joy beyond all description floods my soul. From the very first time that I came to know the Lord, the gaze of my soul became drowned in Him for all eternity. Each time the Lord draws close to me and my knowledge of Him grows deeper, a more perfect love grows within my soul.

Reflect:

How can you draw closer to the Lord through the vocation He has chosen for you?

Refer Everything to God

FRIDAY, MARCH 8TH

Read: St. Faustina’s Diary - Divine Mercy in My Soul (253)

I must never judge anyone, but look at others with leniency and at myself with severity. I must refer everything to God and, in my own eyes, recognize myself for what I am: utter misery and nothingness. In suffering, I must be patient and quiet, knowing that everything passes in time.

Reflect:

Sometimes passages like this can make us feel sad as if we’re supposed to feel awful all the time. On the contrary, when we see ourselves as little, when we see our nothingness, it relieves pressure. We know that to do anything we must run to the Lord. What comes up for you when you read this passage today? Ask the Lord to reveal Himself to you.

I Will Not Retreat From the Battlefield

SATURDAY, MARCH 9TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (287)

My Jesus, when I look at this life of souls, I see that many of them serve You with some mistrust. At certain times, especially when there is an opportunity to sow their love for God, I see them running away from the battlefield. And once Jesus said to me, **Do you, my child, also want to act like that?**

I answered the Lord, "Oh, no, my Jesus, I will not retreat from the battlefield even if mortal sweat breaks out on my brow; I will not let the sword fall from my hand until I rest at the feet of the Holy Trinity! Whatever I do, I do not rely on my own strength, but on God's grace. With God's grace a soul can overcome the greatest difficulties.

Reflect:

In what ways do you distrust the Lord right now? What areas of your life are you scared to give entirely over to Him?

A Little Bit of Good Will

SUNDAY, MARCH 10TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (291)

On a certain occasion, I saw a person about to commit a mortal sin. I asked the Lord to send me the greatest torments so that that soul could be saved. Then I suddenly felt the terrible pain of a crown of thorns on my head. It lasted for quite a long time, but that person remained in the Lord's grace. O my Jesus, how very easy it is to become holy; all that is needed is a bit of good will.

If Jesus sees this little bit of good will in the soul, He hurries to give Himself to the soul, and nothing can stop Him, neither shortcomings nor falls - absolutely nothing. Jesus is anxious to help that soul, and if it is faithful to this grace from God, it can very soon attain the highest holiness possible for a creature here on earth. God is very generous and does not deny His grace to anyone. Indeed He gives more than what we ask of Him. Faithfulness to the inspirations of the Holy Spirit - that is the shortest route.

Reflect:

Are you listening for inspirations of the Holy Spirit? How do you think you could hear the Holy Spirit more clearly?

Trust in My Mercy

MONDAY, MARCH 11TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (299-300)

During prayer I heard these words within me: The two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls

These two rays issued forth from the very depths of My tender mercy when My agonized Heart was opened by a lance on the Cross. These rays shield souls from the wrath of My Father. Happy is the one who will dwell in their shelter, for the just hand of God shall not lay hold of him. I desire that the first Sunday after Easter be the Feast of Mercy.

Ask of my faithful servant [Father Sopocko] that, on this day, he tell the whole world of My great mercy; that whoever approaches the Fount of Life on this day will be granted complete remission of sins and punishment. Mankind will not have peace until it turns with trust to My mercy.

Reflect:

Take out your calendar or write yourself a note. Really sit with and contemplate these words on Divine Mercy Sunday. You can decide now what you want to pray for on that special day.

A Childlike Spirit

WEDNESDAY, MARCH 13TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (332)

When I started the Holy Hour, I wanted to immerse myself in the agony of Jesus in the Garden of Olives. Then I heard a voice in my soul: **Meditate on the mystery of the Incarnation.** And suddenly the Infant Jesus appeared before me, radiant with beauty. He told me how much God is pleased with simplicity in a soul.

Although My greatness is beyond understanding, I commune only with those who are little. I demand of you a childlike spirit.

Reflect:

How can you bring more of a childlike spirit to your faith and to your relationship with God?



I Desire to Bestow My Graces

THURSDAY, MARCH 14TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (367)

On one occasion, Jesus gave me to know that when I pray for intentions which people are wont to entrust to me, He is always ready to grant His graces, but souls do not always want to accept them: My Heart overflows with great mercy for souls, and especially for poor sinners. If only they could understand that I am the best of Fathers to them and that it is for them that the Blood and Water flowed from My Heart as from a fount overflowing with mercy.

For them I dwell in the tabernacle as King of Mercy. I desire to bestow My graces upon souls, but they do not want to accept them. You, at least, come to Me as often as possible and take these graces they do not want to accept. In this way you will console My Heart. Oh, how indifferent are souls to so much goodness, to so many proofs of love! My Heart drinks only of the ingratitude and forgetfulness of souls living in the world. They have time for everything, but they have no time to come to Me for graces.

Reflect:

Pray for sinners today. Ask the Lord for many graces. Ask Him to pour out His mercy on you. Write down whatever comes up for you.

Self-Denial is Needed

FRIDAY, MARCH 15TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (392)

The Lord God grants His graces in two ways: by inspiration and by enlightenment. If we ask God for a grace, He will give it to us; but let us be willing to accept it. And in order to accept it, self-denial is needed. Love does not consist in words or feelings, but in deeds. It is an act of the will; it is a gift; that is to say, a giving. The reason, the will, the heart - these three faculties must be exercised during prayer.

I will rise from the dead in Jesus, but first I must live in Him. If I do not separate myself from the Cross, then the Gospel will be revealed in me. Jesus in me makes up for all my deficiencies. His grace operates without ceasing. The Holy Trinity grants me Its life abundantly, by the gift of the Holy Spirit. The Three Divine Persons live in me. When God loves, He loves with all His Being, with all the power of His Being. If God has loved me in this way, how should I respond - I, His spouse?

Reflect:

How can you work on receiving more graces? Do you need to ask for them and be more open to inspiration. Do you need to work on accepting the graces through self-denial? Explore.

You Shall Not Get Away From Me

SATURDAY, MARCH 16TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (429)

When I became aware of God's great plans for me, I was frightened at their greatness and felt myself quite incapable of fulfilling them, and I began to avoid interior conversations with Him, filling up the time with vocal prayer. I did this out of humility, but I soon recognized it was not true humility, but rather a great temptation from the devil. When, on one occasion, instead of interior prayer, I took up a book of spiritual reading, I heard these words spoken distinctly and forcefully within my soul, **You will prepare the world for My final coming.** These words moved me deeply, and although I pretended not to hear them, I understood them very well and had no doubt about them. Once, being tired out from this battle of love with God, and making constant excuses on the grounds that I was unable to carry out this task, I wanted to leave the chapel, but some force held me back and I found myself powerless. Then I heard these words, **You intend to leave the chapel, but you shall not get away from Me, for I am everywhere. You cannot do anything of yourself, but with Me you can do all things.**

Reflect:

This is an intense interaction between St. Faustina and the Lord. Have you ever been scared to pray and talk to the Lord? Notice how she "began to avoid interior conversations with Him, filling up the time with vocal prayer." Have you done this in the past? Explore.

Do Not Yield to Vain Terror

SUNDAY, MARCH 17TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (453)

On one occasion, the Lord said to me, Why are you fearful and why do you tremble when you are united to Me? I am displeased when a soul yields to vain terrors. Who will dare to touch you when you are with Me? Most dear to Me is the soul that strongly believes in My goodness and has complete trust in Me. I heap My confidence upon it and give it all it asks.

Reflect:

So often we feel unworthy of the Lord. While this is true, we are not worthy of His great sacrifice... He did make it and He made it for you and for me. It is prideful when we believe that we are help, when we don't believe that God can handle things. How can you have more confidence in Him?

A Great Joy Entered Her Soul

MONDAY, MARCH 18TH

Read: St. Faustina’s Diary - Divine Mercy in My Soul (628)

On the evening of the last day before my departure from Vilnius, an elderly sister 131 revealed the condition of her soul to me. She said that she had already been suffering interiorly for several years, that it seemed to her that all her confessions had been bad, and that she had doubts as to whether the Lord Jesus had forgiven her. I asked her if she had ever told her confessor about this. She answered that she had spoken many times about this to her confessors and... “the confessors are always telling me to be at peace, but still I suffer very much, and nothing brings me relief, and it constantly seems to me that God has not forgiven me.” In answered, “You should obey your confessor, Sister, and be fully at peace, because this is certainly a temptation.”

But she entreated me with tears in her eyes to ask Jesus if He had forgiven her and whether her confessions had been good or not. I answered forcefully, “Ask Him yourself, Sister, if you don’t believe your confessors!” But she clutched my hand and did not want to let me go until I gave her an answer, and she kept asking me to pray for her and to let her know what Jesus would tell me about her. Crying bitterly, she would not let me go and said to me, “I know that the Lord Jesus speaks to you, Sister.” Since she was clutching my hand and I could not wrench myself away, I promised her (86) I would pray for her. In the evening, during Benediction, I heard these words in my soul: **Tell her that her disbelief wounds My heart more than the sins she committed.** When I told her this, she began to cry like a child, and great joy entered her soul. I understood that God wanted to console this soul through me. Even though it cost me a good deal, I fulfilled God’s wish.

Reflect:

Where are you disbelieving the Lord? Bring your whole heart with Him. Share with Him your doubts. He can handle it. Then let Him bring you mercy and healing.

Grumbling Interiorly

TUESDAY, MARCH 19TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (690)

On one occasion, I came to know of the condition of two religious sisters who were grumbling interiorly about an order the Superior had given them, and for this reason God had withheld many special graces from them. (131) My heart ached at this sight. How sad it is, O Jesus, when we ourselves are the cause of the loss of graces. Whoever understands this is always faithful.

Reflect:

What might you be grumbling about interiorly? How could this be keeping you from His special graces?

The Feast of Mercy

WEDNESDAY, MARCH 20TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (742)

My daughter, if I demand through you that people revere My mercy, you should be the first to distinguish yourself by this confidence in My mercy. I demand from you deeds of mercy, which are to arise out of love for Me. You are to show mercy to your neighbors always and everywhere. You must not shrink from this or try to excuse or absolve yourself from it.

I am giving you three ways of exercising mercy toward your neighbor: the first- by deed, the second - by word, the third - by prayer. In these three degrees is contained the fullness of mercy, and it is an unquestionable proof of love for Me. By this means a soul glorifies and pays reverence to My mercy. Yes, the first Sunday after Easter is the Feast of Mercy, but there must also be acts of mercy, and I demand the worship of My mercy through the solemn celebration of the Feast and through the veneration of the image which is painted. By means of this image I shall grant many graces to souls. It is to be a reminded of the demands of My mercy, because even the strongest faith is of no avail without works.

O my Jesus, You Yourself must help me in everything, because You see how very little I am, and so I depend solely on Your goodness, O God.

Reflect:

Throw yourself at the feet of Jesus like a little child. Ask Him to pour out His mercy on you. Think of ways that you can exercise mercy toward your neighbor in the three ways described.

Unfathomable Mercy

FRIDAY, MARCH 22ND

Read: St. Faustina's Diary - Divine Mercy in My Soul (811)

When I entered my solitude, I heard these words: At the hour of their death, I defend as My own glory every soul that will say this chaplet; or when others say it for a dying person, the indulgence is the same. When this chaplet is said by the bedside of a dying person, God's anger is placated, unfathomable mercy envelops the soul, and the very depths of My tender mercy are moved for the sake of the sorrowful Passion of My Son.

Oh, if only everyone realized how great the Lord's mercy is and how much we all need that mercy, especially at that crucial hour!

Reflect:

How can we as Catholics and you specifically spread the word of Divine Mercy, especially to those who are dying or those who care for the dying?

Tell Me About Everything

SATURDAY, MARCH 23RD

Read: St. Faustina's Diary - Divine Mercy in My Soul (921)

Today, the Lord said to me, My daughter, I am told that there is much simplicity in you, so why do you not tell Me about everything that concerns you, even the smallest details? Tell Me about everything, and know that this will give Me great joy. I answered, "But You know about everything, Lord."

And Jesus replied to me, Yes, I do know; but you should not excuse yourself with the fact that I know, but with childlike simplicity talk to Me about everything, for My ears and heart are inclined towards you, and your words are dear to Me.

Reflect:

How special is it that Jesus wants to hear everything we have to say? He never gets tired of us. What do you want to tell Him now?

Run Like a Child

SUNDAY, MARCH 24TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (1033)

When I see that the burden is beyond my strength, I do not consider or analyze it or probe into it, but I run like a child to the Heart of Jesus and say only one word to Him:

"You can do all things." And then I keep silent, because I know that Jesus Himself will intervene in the matter, and as for me, instead of tormenting myself, I use that time to love Him.

Reflect:

We get tired when we try to carry everything ourselves. Instead, run to the Lord like a child and trust that He will take care of it. Imagine this right now. Write what comes up.

I Am Love and Mercy Itself

MONDAY, MARCH 25TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (1074-1076)

When I went for adoration, I heard these words: My beloved daughter, write down these words, that today My Heart has rested in this convent [the Cracow house]. Tell the world about My mercy and My love. The flames of mercy are burning me. I desire to pour them out upon human souls. Oh, what pain they cause Me when they do not want to accept them!

My daughter, do whatever is within your power to spread devotion to My mercy. I will make up for what you lack. Tell aching mankind to snuggle close to My merciful Heart, and I will fill it with peace.

Tell [all people], My daughter, that I am Love and Mercy itself. When a soul approaches Me with trust, I fill it with such an abundance of graces that it cannot contain them within itself, but radiates them to other souls.

Souls who spread the honor of My mercy I shield through their entire lives as a tender mother her infant, and at the hour of death I will not be a Judge for them, but the merciful Savior. At that last hour, a soul has nothing with which to defend itself except My mercy. Happy is the soul that during its lifetime immersed itself in the Fountain of Mercy, because justice will have no hold on it.

Write this: Everything that exists is enclosed in the bowels of My mercy, more deeply than an infant in its mother's womb. How painfully distrust of My goodness wounds Me! Sins of distrust wound Me most painfully.

Reflect:

Sit quietly with the Lord for a minute and ask Him to show you where you have a distrust of Him. Let Him show you your woundedness so you can invite Him in to heal you. Write what you hear.

Filled With Profound Peace

WEDNESDAY, MARCH 27TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (1090)

And this happened on the last day of my novena to the Holy Spirit. After this return to health, I found myself united with the Lord Jesus in a purely spiritual way. Jesus gave me strong assurances; that is, He confirmed me in respect to His demands. I remained close to the Lord Jesus all that day and talked with Him about the details concerning that congregation.

Jesus infused my soul with power and courage to act. Now I understand that if the Lord demands something of a soul, He gives it the means to carry it out, and through grace He makes it capable of doing this. So, even if the soul be utterly miserable, at the Lord's command it can undertake things beyond its expectation, because this is the sign by which it can be known that the Lord is with that soul: if God's power and strength, which make the soul courageous and valiant, is manifest within it. As for myself, I am always at first a bit frightened at the Lord's greatness, but afterwards my soul is filled with profound peace which nothing can disturb, as well as an inner strength to do what the Lord is demanding at that particular moment.

Reflect:

Have you been struggling to carry something out for the Lord? Do you feel called to something that is too big or too heavy? Talk to Him about it. Write what you hear.

Divine Mercy Novena

FRIDAY, MARCH 29TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (1209)

Jesus, I trust in You. Novena to The Divine Mercy. Which Jesus instructed me to write down and make before the Feast of Mercy. It begins on Good Friday.

I desire that during these nine days you bring souls to the fountain of My mercy, that they may draw therefrom strength and refreshment and whatever grace they need in the hardships of life, and especially at the hour of death.

On each day you will bring to My Heart a different group of souls, and you will immerse them in this ocean of My mercy, and I will bring all these souls into the house of My Father. You will do this in this life and in the next. I will deny nothing to any soul whom you will bring to the fount of My mercy. On each day you will beg My Father, on the strength of My bitter Passion, for graces for these souls.

I answered, "Jesus, I do not know how to make this novena or which souls to bring first into Your Most Compassionate heart." Jesus replied that He would tell me which souls to bring each day into His Heart.

Reflect:

Note: This is the beginning of the Divine Mercy Novena. The rest of it won't be included in this workbook. I highly recommend you find a copy of the Novena and pray it from now until Divine Mercy Sunday.

Take time now to find it and make a plan to remember to pray it every day. You can write the plan below.

Looking for Idle Souls

SATURDAY, MARCH 30TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (1106)

On one occasion, I saw Satan hurrying about and looking for someone among the sisters, but he could find no one. I felt an interior inspiration to command him in the Name of God to confess to me what he was looking for among the sisters. And he confessed, though unwillingly, "I am looking for idle souls [cf. Si. 33:28; Pr. 12:11]." When I commanded him again in the Name of God to tell me to which souls in religious life he has the easiest access, he said, again unwillingly, "To lazy and idle souls." I took note of the fact that, at present, there were no such souls in this house. Let the toiling and tired souls rejoice.

Reflect:

Do you have times when you are idle and make yourself an easy target for Satan? How can you pray and discern the difference between rest and being idle?

Anguished Soul

SUNDAY, MARCH 31ST

Read: St. Faustina's Diary - Divine Mercy in My Soul (1259-1260)

During this conversation, I came to know his anguished soul. This crucified soul resembles the Savior. Where he expects, with good reason, to find consolation, he finds the cross. He lives among many friends, but has no one but Jesus. This is how God strips the soul He especially loves.

Today I heard these words: **My daughter, be always like a little child towards those who represent Me, otherwise you will not benefit from the graces I bestow on you through them.**

Reflect:

Sometimes we think that if we are “good” Catholics that we will find consolation and we will feel good. Often, that is not the case and we find the cross instead. Being Catholic can often feel very lonely but God is always with us. How can you connect more with the Lord in your loneliness?

Lined area for reflection, consisting of approximately 20 horizontal lines.

Muster All My Strength

MONDAY, APRIL 1ST

Read: St. Faustina's Diary - Divine Mercy in My Soul (1310)

When one is ill and weak, one must constantly make efforts to measure up to what others are doing as a matter of course. But even those matter-of-course things cannot always be managed. Nevertheless, thank You, Jesus, for everything, because it is not the greatness of the works, but the greatness of the effort that will be rewarded. What is done out of love is not small, O my Jesus, for Your eyes see everything. I do not know why I feel so terribly unwell in the morning; I have to muster all my strength to get out of bed, sometimes even to the point of heroism. The thought of Holy Communion gives me back a little more strength. And so, the day starts with a struggle and ends with a struggle. When I go to take my rest, I feel like a soldier returning from the battlefield. You alone, my Lord and Master, know what this day has contained.

Reflect:

Our lives are very full and sometimes it's hard to get out of bed to start the day. Jesus understands this. Ask Him to give you strength. What do you need strength for today?

I Bless Your Efforts

TUESDAY, APRIL 2ND

Read: St. Faustina's Diary - Divine Mercy in My Soul (1361)

This firm resolution to become a saint is extremely pleasing to Me. I bless your efforts and will give you opportunities to sanctify yourself. Be watchful that you lose no opportunity that My providence offers you for sanctification. If you do not succeed in taking advantage of an opportunity, do not lose your peace, but humble yourself profoundly before Me and, with great trust, immerse yourself completely in My mercy. In this way, you gain more than you have lost, because more favor is granted to a humble soul than the soul itself asks for.

Reflect:

Do you have a firm resolve to become a saint? If you lack resolve or if it is not firm, ask the Holy Spirit to come down upon you to help you have more faith and fortitude. Write what you hear.

The Greatest Miracles

WEDNESDAY, APRIL 3RD

Read: St. Faustina's Diary - Divine Mercy in My Soul (1448)

Write, speak of My mercy. Tell souls where they are to look for solace; that is, in the Tribunal of Mercy [the Sacrament of Reconciliation] There the greatest miracles take place [and] are incessantly repeated. To avail oneself of this miracle, it is not necessary to go on a great pilgrimage or to carry out some external ceremony; it suffices to come with faith to the feet of My representative and to reveal to him one's misery, and the miracle of Divine Mercy will be fully demonstrated. Were a soul like a decaying corpse so that from a human standpoint, there would be no [hope of] restoration and everything would already be lost, it is not so with God. The miracle of Divine Mercy restores that soul in full. Oh, how miserable are those who do not take advantage of the miracle of God's mercy! You will call out in vain, but it will be too late.

Reflect:

Do you believe in miracles? List some miracles you'd love to see in your life and in the world. Then ask the Holy Spirit to show you where you might be blocked from receiving God's mercy and His miracles. Write what you hear.

You Glorify My Mercy

THURSDAY, APRIL 4TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (1488)

Jesus: I am pleased with your efforts, O soul aspiring for perfection, but why do I see you so often sad and depressed? Tell Me, My child, what is the meaning of this sadness, and what is its cause?

Soul: Lord, the reason for my sadness is that, in spite of my sincere resolutions, I fall again into the same faults. I make resolutions in the morning, but in the evenings I see how much I have departed from them.

Jesus: You see, My child, what you are of yourself. The cause of your falls is that you rely too much upon yourself and too little on Me. But let this not sadden you so much. You are dealing with the God of mercy, which your misery cannot exhaust. Remember, I did not allot only a certain number of pardons.

Soul: Yes, I know all that, (91) but great temptations assail me, and various doubts awaken within me and, moreover, everything irritates and discourages me.

Jesus: My child, know that the greatest obstacles to holiness are discouragement and an exaggerated anxiety. These will deprive you of the ability to practice virtue. All temptations united together ought not disturb your interior peace, not even momentarily. Sensitiveness and discouragement are the fruits of self-love. You should not become discouraged, but strive to make My love reign in place of your self-love. Have confidence, My child. Do not lose heart in coming for pardon, for I am always ready to forgive you. As often as you beg for it, you glorify My mercy.

Reflect:

In what ways are discouragement and an exaggerated anxiety keeping you from holiness?

Master of Her Heart

FRIDAY, APRIL 5TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (1683)

Write for the benefit of religious souls that it delights Me to come to their hearts in Holy Communion. But if there is anyone else in such a heart, I cannot bear it and quickly leave that heart, taking with Me all the gifts and graces I have prepared for the soul. And the soul does not even notice My going. After some time, inner emptiness and dissatisfaction will come to her attention. Oh, if only she would turn to Me then, I would help her to cleanse her heart, and I would fulfill everything in her soul; but without her knowledge and consent, I cannot be the Master of her heart.

Reflect:

Ask the Lord to cleanse your heart so He is the king of your heart. Write what comes up.

Knight in Battle

SUNDAY, APRIL 7TH

Read: St. Faustina's Diary - Divine Mercy in My Soul (1823)

Today, my soul is preparing for the coming of my Savior, who is goodness and love itself. Temptations and distractions torment me and do not let me prepare for the coming of the Lord. Therefore I desire even more ardently to receive You, Lord, because I know that when You come, You will rescue me from these torments. And if it is Your will that I should suffer, well then, fortify me for the struggle.

Jesus, Savior, who have deigned (10) to come into my heart, drive away these distractions which are keeping me from talking to You.

Jesus answered me, I want you to become like a knight experienced in battle, who can give orders to others amid the exploding shells. In the same way, My child, you should know how to master yourself amid the greatest difficulties, and let nothing drive you away from Me, not even your falls.

Reflect:

Life is hard because you are in a spiritual battle for your soul. Going forward, how will you put on the armor of God to be better equipped for this fight?
