

BE STILL

AND KNOW I AM GOD

15 minutes
before the
Blessed
Sacrament

My Lord and my God, I firmly believe that you are here, that you see me, that you hear me. I adore you with profound reverence, I ask pardon for my sins and the grace to make these moments of prayer fruitful. My immaculate mother, St Joseph my father and lord, My guardian angel, intercede for me.

TO PLEASE ME, DEAR CHILD, IT IS NOT NECESSARY TO KNOW MUCH: ALL THAT IS REQUIRED IS TO LOVE ME A LOT, TO BE DEEPLY SORRY FOR EVER HAVING OFFENDED ME, AND TO ALWAYS DESIRE TO BE FAITHFUL TO ME IN THE FUTURE. SPEAK TO ME NOW AS YOU WOULD TO YOUR DEAREST FRIEND. TELL ME ALL THAT NOW FILLS YOUR MIND AND HEART.

Do you need to ask a favour on someone's behalf?

Do you want to pray for anyone? Tell Me their names, and tell Me what you want Me to do for them. Do not fear, ask for a lot. I love generous hearts, which, forgetting themselves, wish well for others. Speak to Me then, with simplicity, of all those suffering who you want to console; of the sick, of those who have gone astray who you want to see on the right path again; of your friends who are far away and who you would like to see at your side. Talk to Me like a friend, trusting with all your heart.

Remember, I have promised to hear every request that comes from the heart

And for you, do you need any graces?

Ask Me for graces for yourself. Make Me a list, if you wish, of all your needs and come read it in My presence. Aren't there many graces and blessings that would make you happier, more useful and pleasing to others, and more worthy of My love? Tell Me them with humility. Perhaps you are selfish, inconstant, and negligent...perhaps you are proud, love sensuality and luxuries. Then ask Me to help you as you struggle to be free of these miseries.

Do not be embarrassed!

There are many saints and pious souls who hold the highest rank in heaven and had the same faults as you! But they prayed with humility and, little by little, I helped them overcome their faults. Then ask Me to bless and crown your efforts.

You shall be Mine, body and soul. So don't be ashamed to ask Me, for gifts of body and mind, health, judgment, memory and success. Ask for them for My sake, so that in having these gifts, others will see Me through you.

What can I do for you today? What do you need? If you only knew how much I desire to grant you these favours! Just ask! I can grant everything and never refuse to give what may make a soul dearer to Me, and better able to fulfill My will.





Is there anything that is worrying you?

Tell Me your hopes, your fears. Is it about your family? Your future?
Do you not wish you could do something good for your neighbours, your friends, those whom you love very much that have perhaps forgotten Me?
Tell Me, what particular thing holds your attention today? What do you long for and with what means do you wish to attain it? Tell Me what went wrong with your projects, and I will tell you the cause of your failure. Do you not want to trust Me with something in your favor? My child, I look on all hearts without prejudice but with eyes of mercy, only wanting each heart to be happy.

And, what crosses have you, My dear child?

Have they been many and heavy ones?
Are you feeling sad or upset?
Confide, confide in Me with all your unhappiness and with all its details. Has someone caused you pain? Wounded your self-love? Tell Me everything, and in the warmth of My heart you will find strength to forgive, and even to forget that they ever wished pain to you. Have you been betrayed, and your heart felt broken? Have you felt that some have been ungrateful to you, and unfeeling toward you? Come to My heart, which is ready to hear all your hurts and heal them. Tell Me everything. In the end, you will find, that because of Me, you can forgive and forget everything, and in return, I will bless and console you.

And what fears have you, My child? My providence shall comfort you; never abandon you. Are some growing cold in the interest and love they had for you? Pray to Me for them; and I will restore them to you if it be better for you and your holiness.

And what good news do you wish to share with Me?

Tell me what has happened since you last came to Me to make you happy and to give you joy?
What is it?
A mark of true friendship you received?
A success unexpected and almost un hoped for? A fear suddenly taken away from you?
And did you remember all the while, that it was My will...

My love that brought this happiness to your heart? It was My hand, My dear child, that guided and prepared all of this for you. Look to Me now, and say like a simple child would tell its father, "Thank you, my Father, thank you."

You will soon leave Me now . .

Do you have a promise to offer Me?

You know, I can read what is deep in your heart. Man can be fooled very easily, but not Me. Speak to me with all sincerity.

Tell Me how carefully you will avoid every occasion that caused you to sin. Tell me how you will deprive yourself of that object which has harmed you? To not continue reading that book which has excited your imagination? Or to discontinue the relationship with that person who has robbed your soul of peace?

Will you be kind, amiable and considerate again towards that person whom you have seen as your enemy and has failed you until now? Promise Me to be kind, to forgive and to be charitable to all, not in work and action alone, but in your very thought. When you have little love for those around you, who you see, you are forgetting Me who am hidden from you.

Seek the help of your Holy Guardian Angel. And don't forget to love and honour My Mother, who is also your Mother. Speak to her often, and she will bring you to Me and for her sake I will love and bless you more each day.

Return to Me soon . . .

But come with your heart empty of the world for I have many more favours to give more than you can know of. Bring your heart so that I may fill it with many gifts of My love.

*I will wait for
you here!*

I thank you my God for the good resolutions, affections and inspirations that you have communicated to me during this time of prayer. I ask your assistance in putting them into effect. My immaculate mother, St Joseph my father and lord, My guardian angel, intercede for me.

