**FRAGMENTS OF CHRISTIAN SPIRITUALITY**

**(How to be good disciples of Jesus today)**

***Catanzaro 12 February 2018***

**PRAYER TO THE VIRGIN MARY**

**The Virgin Mary is a true anchor of salvation, a safe haven for who turns to her, a faithful friend who never abandons and never betrays, a knowledgeable guide who knows how to lead and accompany a soul to Christ Jesus.**

**When suffering, pain and the difficulties of life assail us, more than hurricanes, we must have a certainty: "If I invoke her help with humility and a repentant heart, she will certainly listen to me and save me".**

**The Virgin Mary is the Mother who wants the good of her children and always intercedes for their salvation. She prevents our every desire and every invocation and prayer. She looks at us and knows what we need.**

**Her Son, Jesus Christ our Lord, always hears the prayer that the Mother addresses to him. If we address her with trust and a simple and humble heart, our prayer is made her prayer and Jesus listens to it.**

**You, our heavenly Mother, asks us only one thing: that we love her Son Jesus as she loves him. She wants us to love him, generating him in our hearts so that today he may be given to light to every other heart.**

**Love for Christ Jesus is either of generation so that it is given to every heart, or it is not true love. It is not true love, because Jesus has not yet formed in us and we, not having generated it, cannot even give it.**

**To be generated by the Holy Spirit in us and made to grow, Christ Jesus needs a virgin heart as virgin is the heart of the Virgin Mary. But also an immediate obedience like that of the Mother of God.**

**Who wants to give Christ Jesus to the hearts, must purify mind, soul, spirit, body, will, feelings and desires. He must consecrate himself to God according to most pure justice and charity. His heart must be entirely for him.**

**Our missionary failure attests that the heart is not for the Lord. It is given to the world, to the earth, to things, to people, very often to sin, to transgression, to disobedience and to vice.**

**When the heart is without the Word of the Lord, it is also without the Lord. If it is without the Lord, never might Jesus be conceived in it. The Holy Spirit is missing. The Mother whose heart is necessary to love is absent.**

**The mission has rules dictated by God and not by us. We can also make our own rules, but they will be rules of folly, insipidity, sin, absence of truth, justice and charity. Our rules do not save.**

**CONVERSION TO THE GOSPEL**

**Prayer to be heard must be born of a converted heart. The heart is converted if it is always oriented towards the heart of Christ Jesus, in order to reach its perfection in obedience to the Word of the Father.**

**Conversion is not a leap. One is in sin and jumps into the most perfect holiness. One is in vices and jumps into virtues lived in a heroic way. One is in the hell of evil and jumps into the paradise of grace and joy.**

**This is not conversion. Conversion is a hard, indeed very hard and tiring journey, which begins and ends almost always unfinished at the moment of death. The first conversion is obedience to the Law.**

**The Law is the Ten Commandments. Without this first rudimentary, initial and essential conversion, no journey towards Christ Jesus might be begun. The Commandments are the foundation of everything.**

**The second movement of conversion is obedience to the Word of Christ Jesus. It is the addition of the Beatitudes to the Old Law. But it is also a new life to be given to the Ancient Law. Jesus the Lord asks it.**

**When one has left the vice of every vice, even of the vice of the waste of time and of physical, spiritual and formative idleness, he must walk towards the acquisition of every virtue. This journey lasts for a lifetime.**

**What is the sign that our conversion is on the right path? When we begin to offer our lives to God, in purity, justice, charity, faith and hope, for the conversion of sinners and for the atonement of sins.**

**We are on the right path when we begin to see every evil that falls on us only as a grace that the Lord grants us, wanting to call us to cooperate with his Son for the redemption and salvation of the world.**

**When a heart moves towards the highest conversion, it has full control of the senses, of the body, of will and of desires. One becomes poor in spirit. He lives for the Lord and only for Him. He dies to himself.**

**PRAYER WITHOUT CONVERSION**

**Man is made of soul, spirit and body. When we are in difficulty for our body, we immediately resort to the Mother of Jesus, to the Angels and to the Saints to ask for a grace. It's a good and right thing. Help must always be asked.**

**Instead, when we see that our spirit follows the path of the vice of transgression, dragging the body into disobedience to the Law of the Lord, then no prayer is raised to ask for help.**

**This does not even happen when the soul lives in mortal sin. To give a momentary life to a body even a patrimony is spent. Nobody cares and worries about giving eternal life to the soul.**

**To lengthen the life of the body of a single hour, all the sanctuaries of the world are travelled through. We go to God and Satan. We ask to faith, religion and superstition, we ask to holiness and magic. We do nothing for the soul.**

**Yet a good confession would suffice, and the soul would come back to life, giving life to the spirit and also to the body. Today many diseases of the body and the spirit are the fruit of the death of the soul.**

**Prayer must always be put in order. First, the life of the soul is asked, then the life of the spirit, finally health for the body and every other good is asked. Nothing iso f use to man if his soul is in death.**

**The Word of the Gospel is clear: "Seek first of all the kingdom of God and everything else will be given to you in addition". The kingdom of God is sought, bringing God into the soul and the spirit, to be the God of the soul and the spirit.**

**And again: "What good does it do to man if he gains the whole world, if he lives on earth for a thousand years, if then he loses his soul for eternity and with his soul also the body and the spirit are lost?". Having saved the soul, everything is saved.**

**Prayer is without conversion, when it is interested only in the things of time and body. Conversion begins when man begins with obedience to the Law of the Lord. One prays from the law and from the Gospel.**

**When we pray from the Law, from the Gospel and from the Word, then it is always true. It is true because it is made by a heart that loves God and wants to remain in the love of God. This is the true end of prayer.**

**Other ends are secondary. Indeed they are also useless, because God has already promised that when we are in his Law, He always blesses with every blessing. The fulfilment of prayer is the blessing.**

**Before beginning any prayer it is necessary that man prostrates himself before the Lord and with great humility asks forgiveness for every sin committed, with the firm resolve to never sin again for the future.**

**Having God been restored in the heart and the Spirit, every prayer can be raised to him. If it is made with love and faith, it will certainly be granted. The Lord rejoices when he can fulfil a prayer of his children.**

**The true man is made from his true prayer. A man that does not pray or with the false prayer will never become true man. He is without the Creator of his true humanity. God was not the Creator. Today, he is the Creator.**

**Today our God creates us true men, in Christ, through the Holy Spirit. But to be created according to divine charity it is necessary that we ask him it with a prayer without interruption. The prayer is the way to be true men.**

**BEING LIGHT OF THE WORLD**

**Jesus tells us, his disciples: "You are the salt of the earth. If salt loses its flavour, it is useless, if not to be thrown and trampled by men". Jesus is the true salt. We can be salt only in Him.**

**Jesus says again: "You are the light of the world. A lamp is not lit to put it under a bushel, but on a candlestick, so that it can give light to all those in the house". Jesus is the true light and we are light in him.**

**Why does Jesus want us salt of the earth? Because the whole world, the whole earth, seeing us tastes the beauty of God. We must be more than the stars of heaven. More than any other beauty of the visible universe.**

**The Book of Wisdom says that men are fool by nature that from the visible realities and their beauty and perfection, do not come to the contemplation of Him who made them. This truth is for us.**

**Whoever sees us must always be able to taste the beauty of Christ in the same way that those who saw Christ enjoyed the beauty of their Lord. For Christ the beauty of the Father. For us the beauty of Christ.**

**Why does Jesus want us the light of the world? So that every man seeing us who walk from light to light can see the difference with their path which is from darkness to darkness and from foolishness to foolishness.**

**If we are not light, man cannot make any difference. Darkness is us, darkness is the world. Where's the difference? Are we in darkness, is the world in the darkness? No difference can be made.**

**Jesus wants us light to attract every man to Him. He is the only true light of the world, of humanity. He illuminates time and eternity. When we are darkness, everything is obscured for the world. Even Jesus is obscured.**

**Jesus is obscured because the Father has established that today his disciple must be the light of Christ to bring to Christ, so that Christ may lead to the Father. If the Christian obscures himself, Christ is obscured and the Father is obscured.**

**Great, indeed very great is our mission and our responsibility. For us the world sees the light and for us it remains in darkness. If it does not see the light for us, it will always think that darkness is light and it will die in it.**

**If the Christian ceases to be light, there will no longer be salvation for the world. It misses the essential element for the knowledge of the darkness in which it walks. Without the Christian, the world lives in a gloomy cave.**

**The Christian light enters into this gloomy cave and immediately every man begins to see, to distinguish, to separate and to understand that there is another way to lead existence. His eyes open on eternal horizons.**

**When we become aware that it is our light that puts the world in a position to make all the difference, then Christ Jesus will shine in all his splendour and for him the light of the Father might flood the earth.**

**THE TRUTH OF OUR BEING**

**We are the light of Christ, to show Christ and to form the body of Christ. If we do not form the body of Christ, growing ourselves every day in it as his true body, our mission is sterile, empty and vain.**

**No one might form the body of Christ unless he becomes the body of Christ and if he does not grow as the body of Christ. One becomes the body of Christ by abandoning his own sinful life. It is the first step.**

**Sin is abandoned, approaching God. We approach God, obeying his Word. Without obedience to the Word of God, according to every truth given to it by Christ, one might never be the body of Christ.**

**But being the body of Christ is not yet sufficient. We must grow in it and we grow if we feed on truth and grace. The truth is from the Word. Grace is from the sacraments. But the body of Christ lives with the Word.**

**Who wants to be the true body of Christ to form the body of Christ must live with the Word. He must transform the Word into his body and into his blood. The body of Christ is born, lives and grows in the Parish.**

**The insertion into the Word is essential as it is essential to be the body of Christ. In the body of Christ one lives of hierarchical obedience. That is, we must obey every gift, charisma, ministry and vocations given by the Spirit.**

**In the body of Christ one lives in communion with all the other members of the body of Christ. One gives himself to the body of Christ. One does not go to the body of Christ to provide some services. One is in the body of Christ and he lives in it.**

**Not only does one live in it, he lives for it and with it. One lives according to one's own charism, ministry and gift. Obedience to the Spirit is essential and fundamental. Obedience to the Spirit must never be transgressed.**

**FATIGUED AND OPPRESSED**

**There is physical and spiritual fatigue. But there is also the fatigue of the soul. The fatigue of the spirit and of the soul is the fruit of venial sin and of the many imperfections that weigh the soul and the spirit.**

**Jesus invites us to go to Him because He gives us the gifts of the Holy Spirit and of grace which little by little clean and renew soul and spirit, and the gravity of imperfections is gradually defeat and overcome.**

**On the other hand, oppression is the fruit of mortal sin that kills the soul and deprives the spirit of every light, strength, wisdom and every other virtue necessary to exercise its work for the benefit of the soul and the body.**

**Oppression is overcome with the regeneration, renewal and return of the soul to life. The sacraments of baptism and penance give life. The Eucharist nourishes the life received and oppression ends.**

**To get rid of both fatigue and oppression, the very powerful help comes from the Prayer. With the prayer the doors of heaven are opened and all the grace of conversion and salvation is poured into our hearts.**

**Fatigue of the body is the fruit of folly. For the use of our body the Lord has established precise rules to be observed. If they are observed, God's blessing will preserve from all evil.**

**VAIN LISTENING**

**Listening is always in vain when we do not put what we are told into our hearts. You listen with love. You preserve in the heart with love. You live everything with love. Change occurs when listening is made life.**

**He who listens only but does not live, deceives himself. Whoever loves Christ the Lord must be a disciple of perfect listening and of the most pure obedience to what has been heard. Growth must correspond to listening.**

**UNIVERSAL PRAYER**

**The disciple of Jesus must be like his Master. The Master is the Redeemer and the Saviour of man. The disciple must be in Christ the Saviour and redeemer of man. A universal and not a particular mission.**

**The universal mission begins with prayer. He is the voice of the body of Christ near Christ in favour of the body of Christ and of the whole world. It is a voice for all suffering: of the body, of the spirit and of the soul.**

**There is no need on earth that must not be presented to the Lord. Everything is asked of the Almighty Lord for Christ Jesus and for the Virgin Mary, in the Holy Spirit. Everything for everyone always. The universal prayer.**

**SHORT FINAL CONSIDERATIONS**

**Jesus asks his disciple to live as a new man, according to the new word he preached, announced and taught. In his Holy Spirit Jesus creates the new man. In his Holy Spirit he tells the new man what his life must be. The disciple is made in his being salt and light. He must not bring light. He must always be light, in every place and in front of every man. He must illuminate all of humanity. Only with the light of the disciple of Jesus, humanity might make the difference between light and darkness. It sees the light, it knows the darkness. It does not see the light it will think that darkness is light. One sees and distinguishes.**

***Jesus tells us, his disciples: "You are the salt of the earth. If salt loses its flavour, it is useless, if not to be thrown and trampled by men". Jesus is the true salve. We can be salt only in Him. Jesus still says: "You are the light of the world. A lamp is not lit to put it under a bushel, but on a candlestick, so that it can give light to all those in the house". Jesus is the true light and we are light in Him. Why does Jesus want us salt of the earth? Because the whole world, the whole earth, seeing us tastes the beauty of God. We must be more than the stars of heaven. More than every other beauty of the visible universe. The Book of Wisdom says that foolish by nature are men who from the visible realities, from their beauty and perfection, do not come to the contemplation of Him who made them. This truth is for us.***

***Whoever sees us must always be able to taste the beauty of Christ in the same way that those who saw Christ enjoyed the beauty of their Lord. For Christ the beauty of the Father. For us the beauty of Christ. Why does Jesus want us the light of the world? So that every man seeing us that walk from light to light can see the difference with their path that is from darkness to darkness and from foolishness to foolishness. If we are not light, man cannot make any difference. Darkness is us, darkness is the world. Where's the difference? Are we in darkness, is the world in the darkness? No difference might be made. Jesus wants us light to attract every man to Him. He is the only true light of the world, of humanity. He illuminates time and eternity. When***

***Jesus is darkened because the Father has established that his disciple must be today the light of Christ to bring to Christ, so that Christ may lead to the Father. If the Christian obscures himself, Christ becomes obscure and the Father becomes obscure. Great, indeed very great is our mission and our responsibility. For us the world sees the light and for us it remains in darkness. If it does not see the light for us, it will always that darkness is light and it will die in it. If the Christian stops being light, there will no longer be salvation for the world. It misses the essential element for the knowledge of the darkness in which ite walks. Without the Christian, the world lives in a gloomy cave. The Christian light enters into this gloomy cave and immediately every man begins to see, to distinguish, to separate and to understand that there is another way to lead existence. His eyes open on eternal horizons. When we become aware that it is our light that puts the world in a position to make all the difference, then Christ Jesus will shine in all his splendour and for him the light of the Father might flood the earth.***

**The light of the disciple of Jesus must be first of all things the physical light, light of his body and visible light. Then it must be audible light. Finally it must be the palpable light. It is physical light when the whole body of man is far from any transgression of the Word of the Lord. When his body is without any vice. When his dress is the holy virtues. It is audible light when every word of his makes the Gospel of Jesus the Lord resonate. Between Christ Jesus and his disciple there must be no difference of Word. The disciple speaks, but it is as if Jesus were speaking. It is palpable light because whoever comes into contact with the Christian must feel the fire of his light also sensibly. The body of Christ emanated light of salvation. May the Mother of God help us to become true light in Christ, for Christ and with Christ. May she make of all the lights in Christ a beam so powerful as to set the earth on fire. May the Angels and Saints add light to our light every day.**