**FRAGMENTS OF CHRISTIAN SPIRITUALITY**

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

***Catanzaro 18 June 2018***

**BREATHLESS HEARTS**

**The heart is breathless when it lives outside the Word of Jesus. In the Word it has self-government. Outside the Word, the things of this world conquer it, enslave it and make it a prisoner.**

**Out of the Word, the heart is always empty. You want to fill it with the things of the earth. The body feeds on earth. The heart is nourished on God. Never can the earth nourish the heart, never the soul and never the spirit.**

**When the heart is without God it is always in great breathlessness, because nothing satisfies it and nothing gives it joy. Even if it possessed the whole earth, the heart is always empty. Only God is its food and only in the Word God nourishes it.**

**No vice satisfies the heart. Pride, avarice, lust, anger, gluttony, envy and sloth, empty it more and more. Emptying itself, the heart enters into a vortex of anxiety of ever greater unstoppable sin.**

**Bigger breathlessness, bigger sin, bigger vice. Man thinks that by adding a vice to vice the heart subsides. Nothing more wrong. More vices are given to the heart and the more the heart is emptied, the more the breathlessness grows.**

**Virtues instead placate it and fill it. Faith, hope, charity, prudence, justice, temperance and fortitude, are real nourishment. The more we grow in these virtues, the more the heart finds its peace, its serenity and its joy.**

**But everything must start with the Word. Virtues are the holy way on which every Word of Jesus must be lived. The more our obedience to the Word is great, the more the heart is full. Nothing is missing. You need nothing.**

**Today man has decided that the Word does not serve him, that God is useless, that he can do without Christ and that prayer is a vain word. What are the fruits of this ignorant decision? A heart more and more in breathlessness.**

**A society without Christ Jesus is a society always in breathlessness. It thinks that the problems of its infinite worries are resolved by writing laws upon laws, precepts upon precepts, but without any truths and deprived of any justice.**

**Jesus died on the cross with his heart in peace and wants to give every man his heart so that he too may live in peace. We reject him, rejecting his Word. Without his heart in us the breathlessness will always overwhelm us.**

**The same disciples of Jesus collaborate in this rejection of the world to welcome the heart of Christ as their heart. Many of them teach that Jesus is not even useful to man. A faceless God is enough for them.**

**If at least the Christian really believed in Jesus Lord. He would give the world a different vision of life. He would manifest it that it is possible not to have a heart that is breathless. He would show it a heart full of joy.**

**Unfortunately today the disciples of Jesus sail in a storm of breathlessness and their testimony is nothing. Also because they are often breathlessness of scandals and horrendous sins. For the many scandals, the world remains world.**

**THE HEART OF THE VIRGIN MARY**

**The truth of the heart without breathlessness of Jesus is seen on the cross. The centurion, seeing him die in that way, that is, in the peace of the heart, made his great profession of faith: "Truly this was the Son of God".**

**Even the whole truth of the heart of the Virgin Mary is seen at the foot of the cross. She is about to celebrate the cult of her priestly ministry. It is the priesthood of the common priesthood or of the faithful. Offering oneself to God.**

**Christ offers himself for the redemption of humanity. Even his Mother offers herself to the Father, offering the Son, for the redemption of humanity. She too fulfils what is lacking in Christ's sufferings in her body.**

**A heart that offers itself must necessarily be without worries. If it is a breathless heart it cannot be offered, it cannot offer itself because it is not pure, free, holy, true and full of God. Only the heart full of God offers itself.**

**The heart can be offered to God only if it is in God and in his will. If it is in sin, in vice and in disobedience to the Word never might it be offered. It is a life of breathlessness, that life that cannot be offered to the Lord.**

**But if it cannot be offered to the Lord it is also a life that produces no salvation either for oneself or for others. The saved in Christ generates salvation and the redeemed in God produces fruits of redemption.**

**A breathless heart is neither redeemed nor saved because it is not in the will of God, it is not in the Gospel of Jesus and it is not in the truth of the Holy Spirit. A heart that is not redeemed never might generate redemption and never life.**

**Seeing people with a breathless heart that receives the Eucharist to be more breathless than before, reveals the falsehood with which one approaches the anti- breathless sacrament. It is a false and lying approach.**

**Every Eucharist that is received should be for us the cleanser of evil more than ten universal floods. More than ten leaks of fire and sulphur with which the Lord purified the sin of Sodom and Gomorrah.**

**More than ten destruction of his temple and of Jerusalem which the Lord has used to purify from idolatry the earthly seat of his throne. Only one Eucharist should cleanse us of every vice, making us pure.**

**Only one Eucharist should make such a great modification of our spirit, of our soul and of our body, as to almost have no longer need of it. Yet we approach it without any effect.**

**Only one Eucharist should clean the heart of every breathlessness. It should fill the heart of all the love and mercy of the Father, of all the grace of Christ the Lord and of all the light and the truth of the Holy Spirit.**

**It should give us the heart of the Mother of God and our Mother, to know as she did at the foot of every cross. The Eucharist is all the crucified and risen love of Lord Jesus so that we learn how to die with Him and for Him.**

**One cannot receive the Eucharist and then have a restless, envious, pride and arrogant heart full of malice and wickedness. The filth which is in the heart then becomes filth of the tongue. Putrid tongue and putrid heart.**

**Who approaches the Eucharist necessarily must change in his very nature. He must become a Christic nature and a spiritual nature. You cannot waste such a great grace. Tomorrow we must give an account to God.**

**INVITATION TO LOVE**

**We are all invited to be converted to love. But what is the love to which we must be converted? Christian love is very pure obedience to every Word that has come out, comes out and will come out of the mouth of God and of Christ the Lord.**

**Love for the Christian begins with obedience to the Ten Commandments. Not to a single Commandment, but to all the Commandments. They are Ten and we must observe Ten, none excluded. One loves from the Commandments.**

**Who is outside even of a single Commandment, he does not love. Whoever transgresses even one Commandment he transgresses the will of God. In transgression one does not love. One loves from full obedience to the Law.**

**To the Commandments all the other prescriptions on true love for God and neighbour must be added. Even these prescriptions must be observed if one wants to love. Be holy because I, the Lord your God, am holy.**

**Immediately we enter the Discourse of the Mountain and it must be observed word by word, according to the most pure truth of the Holy Spirit. But is this enough to love? No. The Christian loves from the sacrament he receives.**

**But not even loving from the sacrament or from the sacraments received suffices. We must love from the measure of grace given to us by the Holy Spirit and his charismas. For every Christian, love is special, unique and personal.**

**Is all this enough? Not yet. Every Word of Christ Jesus must be heard today, in the truth of the Holy Spirit, so that our life may be very pure obedience to the present will of our God and Lord.**

**If the Lord, through his Mother, asks that we remind the Word, we love if we remind the Word. Do we do other things? We do not love. The other things come from our will and not from the will of God.**

**Obedience must never be to one's own will, but only to the Law of the Lord and to his Word, not imagined, but listened by our ear. Obedience is always to objectivity and never to subjectivity.**

**Today we are moving from objective obedience to the Word to a subjective obedience, that is to a word imagined and thought by man. Thus love becomes every transgression of the Commandments.**

**ABRAHAM’S LOVE**

**Abraham's love was always obedience to the Word that God made to reach his ear. The Lord God first called him to leave his land and set out for a land that He would have showed him.**

**Abraham leaves all his world and sets off towards another world as immediate obedience. The Lord asks him for the sacrifice of his beloved son and Abraham sets out to offer him.**

**Once again obedience is perfect. God spoke and Abraham obeyed. This is true religion and true love: most pure obedience to a Word of God that reaches our ears, today, tomorrow and always.**

**OUR LOVE**

**What love does Jesus ask of his disciples? That they love one another as He loved them. One another means to start with those who are close to us, who share the same path and the same house.**

**If the husband does not love his wife and the wife does not love her husband, there is no love. Love for others is false. Who does not love his own flesh, he might ever love nobody else. True love begins with the neighbour.**

**Neighbour is the nearest. Neighbour to the Pope are the Cardinals. Neighbour of Cardinals are the Bishops. Neighbour of the Bishops are presbyters and deacons. Neighbour of the presbyters is every lay faithful entrusted to them.**

**Neighbour is the person who is next to us, or the closest one. If the nearest is not loved, even the distant one might not be. Our heart either loves according to the Law of Christ or it might never know true love.**

**As Christ Jesus loved every man, who has come neighbour to him with the Law of Incarnation, so every one of his disciples must love every man with the Law of Incorporation. He is one body with Christ Jesus.**

**We must grow in this love. But even this love is very pure obedience to every Word of Jesus and of his Father. The Christian loves from the Beatitudes, from the Word, from the Holy Spirit and from his special mission.**

**PETER’S LOVE**

**Peter has denied for three times not knowing Jesus. Jesus asks him to make reparation before the other disciples. For three times he must show his love. But Peter knows that his heart still does not love like Jesus.**

**We always grow in love. The more we grow in love, the more we can live our ministry which is true ministry to show the world how we love according to Christ and to call every man to love according to Christ.**

**Never can one ask others to love according to Christ Jesus, if he does not love like Christ Jesus. How does one who is in vices ask others to love according to Christ? Never might he because love is not shown.**

**We show how we love with most pure obedience, we can ask to love with love of most pure obedience. If we are out of obedience, our mission is vain. We can also ask to love, but in vain.**

**How can someone who is in vice, in sin, out of every Word of God and of Christ Jesus believe that the Word can be lived, if he who calls to love attests him that the Word cannot be live, because he does not live it?**

**Whoever wants to be believed in the proclamation of the Word and in the invitation to conversion to pure and holy love must present himself with the lived Word. Obedience to the Word is the truth of the mission of salvation.**

**Today the mission is not even more carried out anymore, because disobedience to the Word makes the heart slothful, paralyzes the mouth, makes the feet of marble. The Gospel is no longer announced, because we do not live the Word.**

**LOVE OF MISSION**

**Our love is true only when it becomes love of mission. The mission is true when it is founded on our love of obedience. We show how the Word is lived. It is asked to get converted to the Word.**

**One gets convert to the Word, living with full obedience to it. If the Word is not lived, there is no true mission or not even true conversion. It is the failure of the mission. Word obedience invitation obedience.**

**WITH THE HELP OF THE ANGELS**

**The Lord has placed a Guardian Angel next to every man. The image of the Angel Guardian action in our life is the Archangel Raphael. He takes care of Tobias and leads him through unknown and dangerous ways.**

**But the Archangel Raphael and Tobias were in a perennial dialogue. Raphael spoke to Tobias, Tobias spoke to Raphael. They listened to each other. This is how our relationship with our Guardian Angel must be.**

**In the relationship with our Custodian Angel, everything depends on our faith. If we believe, we love him, we invoke him, he always intervenes effectively in our life. Otherwise he can do little for us.**

**LOVING FROM THE WILL OF JESUS**

**Loving from the will of Jesus means loving from his Gospel, from his Word, from obedience to his Law. It means then detaching, getting away distancing ourselves from all that is disobedience.**

**All that is against the Commandments and against the Gospel cannot be operated by the disciple of Jesus. Killing, aborting, getting drugged, divorcing and adulterating, are sins that might never be justified.**

**One cannot love what Jesus does not love. Nor wanting what He does not want. Not even can one declare holy what he has said that it is not saint. We love from the will of Christ Jesus, respecting the truth of things.**

**LOVING FROM RENUNCIATION TO VICE**

**Vice is sin in itself, because it is disobedience to the Word and also because it is disobedience to the virtues of faith, hope, charity, justice, fortitude, temperance and prudence. Vice kills life and leads it to death.**

**One cannot love from death. Every vice deprives us of every physical, spiritual and material energy destined for true love. How can you love one from idleness, taking time away from study and scientific preparation?**

**LOVING FROM GRACE**

**The Christian can love only from the grace, that is, from the power of the Spirit, that transforms his nature, elevating it to the participation of the divine nature and infuses every charisma into it, making it capable of loving.**

**A nature not sanctified by grace by the work of the Holy Spirit is incapable of loving according to truth, because it does not observe the Commandments with perfect obedience. The Law is lived from grace in the Holy Spirit.**

**LOVING FROM PRAYER**

**Every grace is drawn in the sacraments with the prayer rich in faith and love. If prayer is omitted, the flow of grace is interrupted and our love fades, until it is completely extinguished.**

**Grace must always be revived. It is enlivened by a devout and pious participation in the sacrament of Penance and the Eucharist, with a heartfelt prayer to the Virgin Mary, to the Angels and Saints.**

**Never must prayer be left out. It must mark the return of our day. Everything is from prayer. One day without prayer is supernaturally lost. No fruit of life has been produced.**

**SHORT FINAL CONSIDERATIONS**

**Man's heart is an abyss. Only the Lord can fill it. Nothing in this world can give it peace. But when does God fill the heart? When does he fill it with himself? When man lives by his Word, lending all obedience to it. However, not to a Word, but to all his Word. When the heart lives in the Sermon on the Mount, the heart is always full of God. Man is in joy, in serenity and in peace. If he comes out of the Word, the heart again is in breathlessness. It seeks his fulfilment in the things of the earth, but in vain. Nourishment of the heart is only God, the Lord.**

***The truth of the heart without worries of Jesus is seen on the cross. The centurion, seeing him die in that way, that is, in the peace of the heart, made his great profession of faith: "Truly this was the Son of God". Even the whole truth of the heart of the Virgin Mary is seen at the foot of the cross. She is about to celebrate the cult of her priestly ministry. It is the priesthood of the common priesthood or of the faithful. Offering oneself to God. Christ offers himself for the redemption of humanity. Even his Mother offers herself to the Father, offering her Son, for the redemption of humanity. She too fulfils what is lacking in Christ's sufferings in her body. A heart that offers itself must necessarily be without worries. If it is a breathless heart it cannot be offered, it cannot offer itself because it is not pure, free, holy, true and full of God. Only the heart full of God is offered.***

***The heart can be offered to God only if it is in God and in his will. If it is in sin, in vice and in disobedience to the Word it might never be offered. It is a life of breathlessness, that life that cannot be offered to the Lord. But if it cannot be offered to the Lord it is also a life that produces no salvation either for oneself or for others. The saved in Christ generates salvation and the redeemed in God produces fruits of redemption. A breathless heart is neither redeemed nor saved because it is not in the will of God, it is not in the Gospel of Jesus and it is not in the truth of the Holy Spirit. A non-redeemed heart might never generate redemption, never life. Seeing people with a breathless heart that comes to the Eucharist to be more troubled than before, reveals the falsehood with which one approaches the sacrament anti-breathlessness. It is a false and lying approach. Every Eucharist that is received should be for us the cleanser of evil more than ten universal floods. More than ten leaks of fire and sulphur with which the Lord purified the sin of Sodom and Gomorrah. More than ten destructions of his temple and of Jerusalem of which the Lord has used to purify from idolatry the earthly seat of his throne. Only one Eucharist should cleanse us of every vice, making us pure.***

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**The Mother of God, Angels and Saints must be invoked so that they keep us firmly anchored in the Gospel of Christ the Lord. It is not a matter of sporadic, occasional and long-term prayer. Our prayer must be uninterrupted. We pray and they bind us in an indissoluble way to the Word. This grace must be asked in every moment of the day, because at every moment we are under attack of the temptation that wants to drag us into the realm of vice, of darkness and of death. Prayer is always salvation.**