**FRAGMENTS OF CHRISTIAN SPIRITUALITY**

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

**Catanzaro 20 August 2018**

**THE VIRGIN MARY AT THE FOOT OF THE CROSS**

**The Virgin Mary is the Mother who stands near the cross of each of her children. What she lived on Golgotha she lives it on every other Golgotha on which her children are brought. She is present to make every pain her own.**

**That is how the disciples of Jesus pray their Mother: "O Mary, you who were under the cross of your Crucified Son Jesus, for your seven pains, for your sufferings, intercede for me!**

**Grant that I can truly look at the cross of Jesus without sin. Grant, O Mary, that my body turns away from evil. Grant, O Mary, that my soul, my heart be yours, all yours.**

**O Mary, when my father wants it, I want to come into your light. This is why I want to be truly yours. O Mary, lead me on a good path: on the way of good and turn me away from evil.”**

**When the Virgin Mary is at our side, because we invoke her with an uninterrupted prayer, there are no crosses that cannot be lived. She makes hers our own cross, she brings it together with us, she takes our place.**

**She helps us to carry our cross and also to make sure that we do not build crosses for our brothers. Every sin committed by us is a heavy cross loaded on our shoulders and on the shoulders of the world.**

**She comes and ensures that we can look at the cross of Jesus without sin. She helps us to live in grace. With her, by not sinning, we help the brothers to carry their cross, without giving them any others.**

**Without the Mother of God that takes us by the hand and leads us on the path of good, it is impossible not to sin. Sinning we make the crosses of our brothers heavier and bigger and even ours unbearable.**

**As it happened at the wedding at Cana, we always lack the wine of grace, truth, faith, perseverance, fortitude, charity and justice. If she is with us, because we invoke her, she always intercedes and always obtains.**

**If she is not with us, because she is not invoked by us, lacking us this ever new wine, we easily slip into sin and it is then that the cross becomes heavy and unbearable. We rebel against it.**

**Let's make a serious soul searching. How many crosses are the fruit of our vices, sins, transgressions, thoughts, desires, uncontrolled, not governed instincts, not subject to the rule of virtues? They are very many.**

**Every cross that is not the fruit of our holiness, our love and our mercy, must be removed from our shoulders. Every cross that we create for ourselves is one that is created for others. One not true thought suffices.**

**THE CONVERSION OF THE HEART**

**When can we say we are converted? When we live every event of our life according to the pure will of the Lord our God, guided by the Holy Spirit, with true obedience to his Gospel.**

**The true converted is the one who everyday lives this profession of faith which is also prayer: "FOR YOU... LORD: For you... Lord, I live, walk, go and announce your Word.**

**For you... Lord, I look for, I ask, I find and knock at your door. For you... Lord, I hope, I love, I believe and I wait for you to come. For you... Lord, I visit, I take care, I comfort and relieve suffering.**

**For you... Lord, I do not wait, I do not want, I do not desire and I do not aspire to the reward of men. For you... Lord, I suffer, I bear, I endure and die to always stay with you.**

**For you... Lord, suffering is joy, the cross is resurrection, death is life and the offering of me is a gift from you. For you... Lord, obedience, sacrifice, the stable and the cross is the way for the glory of your Father.**

**For you... Lord, our thoughts do not count, are of no value, do not give life, do not lead us to you for eternity. For you... Lord, the gift of life for the Gospel and your Word of truth give us the joy of paradise".**

**This is the true prayer of the converted person, because in it all life is lived by the holiness that comes from obedience to the Gospel and offered to the Father for the redemption and salvation of every man.**

**Who cannot yet recite this prayer must immediately put himself in prayer and ask the Mother of Jesus to ask her Son so much grace that his life may enter into the fullness of its truth.**

**When is life fully true? When it can be offered to the Lord in thoughts, in words, in works, in intentions, in desires and in every instant of it. That life that cannot be offered is not holy.**

**THE FALSE IDENTITY OF THE CHRISTIAN**

**When can we say that we are true Christians? When we abolish every idolatry from our heart, our mind and our desires. Here is a thought that can help us. However, it must be placed in the heart and guarded.**

**"IDOLATRY... The Lord asks for your conversion, man. For your brothers to be converted, you must model yourself on Christ and follow his example of humility and obedience.**

**If his feelings of peace and truth reign in you, you build the Church. Do not apologize and do not say: "The flesh is weak". Prayer and the sacraments turn you away from the scandal.**

**Do not let your brother fall into sin. Look up at the sky and meditates: "One day, even for me, the sun will darken and the light will no longer shine.**

**My power and my wealth, my pride and my vainglory will disappear into nothingness. If I will not be converted, I will perish in darkness for eternity".**

**Fear the right judgment of God, man, and do not think that the Lord, good and merciful, also justifies evil.**

**He forgives the sinner, that gets converted, that returns to the fold, that abandons the path of injustice and iniquity.**

**In the realm of darkness, in which you live, Man too many scandals, too many abominations and atrocities are committed; orgies and false prophecies are rampant, you live as iniquitous people, you easily commit perjury.**

**The people of God are taught in ignorance and heresy. They are very serious sins that offend the Lord our God.**

**By now, idolatry is a universal religion. Man, go back to the fold, be reconciled with your God and he will be reconciled with you".**

**When idolatry reigns never might God rule a heart. Idolatry is the kingdom of Satan and the idolaters are his subjects, ready to obey his every command. Out of the Gospel, idolatry is rampant.**

**If we invoke the Virgin Mary - it is proper to the idolater not to invoke her - she might free us from all that army of idols which are more numerous to us than the stars in heaven. We are all worshipers of idols.**

**It would be enough to free ourselves from some idol and we would transform our life into an instrument of evangelization and salvation. If we adore idols, we cannot worship Christ in our hearts, nor can we serve him.**

**THE FRUITS OF TRUE CONVERSION**

**Do you want to know if you produce real conversion fruits? Read this thought and you might respond to your heart with great light of truth:**

**"NO ONE CAN SAY... O my Lord, you can serve yourself of all, to save your people. To be your servants it is necessary to bring to faith and to the drink of salvation.**

**Even particular charismas are given by you so that hearts may change, charity may be strengthened, unity and communion are created in your Church, that must shine like a lamp placed on the candlestick.**

**No one can say: "The Lord serves himself of me", if he leads man to sin, to evil, to his own person and if he markets the things of the Lord.**

**Nobody can say: " God is with me", if he is an adulterer, a thief and liar, if he adores his golden calf and his silent idol.**

**God does not use those who work evil to lead his children to holiness. Do not let yourself be deceived, man, and do not let people make fun of your Lord.**

**The Lord your God works through you, if you get converted, if you are trained in his Gospel, if you meditate and pray, if you approach the sacraments of redemption with holiness, if you let, with all humility and simplicity, the Holy Spirit operate the fruits of his truth and justice.**

**With God in the heart, with his grace, which is strength and light, with your good will, which puts to fruit every talent received, with Mary who takes you by the hand and leads you, the Lord works his salvation through you too...".**

**True conversion is known from the fruits that our life produces. Who produces idols and transgression of the commandments, who cultivates vices and sins, might never produce real fruits of conversion. He is without the light of truth.**

**THE WORD OF JESUS ​​IS TRUE**

**Every Word of Jesus unfailingly takes place in heaven and on earth, in time and eternity. It is a sin against history, eternity, time and truth and it is false testimony to state the contrary.**

**It is blindness of the mind and heart, it is insensitivity of the spirit and it is a sign of the death of the soul, when the opposite of what Jesus has affirmed is said. If the damned of hell could speak, they would say it is so.**

**No one, neither on earth, nor in the heavens, nor in hell, nor in the past, nor in the future, nor in the present, neither believers and nor non-believers might show that one Word of God and of Jesus is false and it is not accomplished.**

**Only the Christian says so. When does he say it? When he affirms the opposite of what Jesus said, founding his thought and his words on the desires of his heart of sin. The holy heart does not know falsehood.**

**Since today many are Christians who attest and affirm the opposite of what God and Jesus said, it is a sign that these hearts are in obscurity, in falsehood and in darkness. Hell is out of the Word.**

**THE GIFTS OF THE HOLY SPIRIT**

**Here is a further holy thought that helps us to walk guided and moved by the Holy Spirit. The Holy Spirit wants to help us, but we too must let ourselves be helped. The two wills must live in communion.**

**"CONSOLING SPIRIT: I am not leaving you orphans. I send you the Comforter. The Holy Spirit dwells and will dwell in you. Man, they are words of the Lord. The Son of Man has not left you alone.**

**You're always with him. The Holy Spirit dwells in you. Be humble. Be poor in spirit. You will feel him. He will give you strength. Keep the commandments. He will live inside you. With him you will live in newness of life.**

**Love in you will be the offering and donation of yourself to the brothers. With him you will not condemn, you will not judge, you will not let yourself be taken by the cares for the things of this world, you will know how to forgive, you will love your brother and you will strip yourself of the world and of yourself.**

**With him you will know the Word of the Lord and you will be clothed with the truth of God. Your mouth will announce the Gospel and your life will bear witness to his presence within you.**

**Man, the one and indivisible Lord makes us one body and in the variety of gifts one spirit.**

**Man, invoke the Spirit of the Lord. You will not be weaker. You will live of grace and of virtue in the love of God and of the brothers.**

**The Kingdom of Heaven will be yours if you always dwell in the truth to which the Holy Spirit leads you. The Holy Spirit is the Spirit of love. Anyone who loves "will know him."**

**The Holy Spirit knocks at the heart of the disciple of Jesus if the disciple of Jesus knocks at the heart of the Holy Spirit. If the disciple does not knock, even if he the Holy Spirit knocks, he will knock in vain. The heart is of stone.**

**FILLING THE FATHER'S HOUSE**

**Here is the true mission of the Christian: building up the Church of Christ Jesus, adding new members to his body, serving his body with dedication and love. Is it possible to do this? Here is the way that is indicated to us:**

**"GO... JESUS IS THERE​​... Go... Help your brother that suffers. Jesus is there. Go... Be trained in the Word of the Lord. Go... Deny yourself and take the cross.**

**Go... Feed in the house of the Lord, on the Body and the Blood of the Son of Man. Go... Repent and believe in the Gospel.**

**Go... Man, do not proclaim your word, do not tell your history, do not tell your wonders, do not look for the golden calf. Man, the Lord leads you to salvation, to the sacraments and to the whole law.**

**Freely you received, freely give. Do not make a market. It is a sin. Man, the Lord wants the conversion of the heart, listening to his voice, submission to the faith of the Church, to Peter, the Pope, to the Apostles, the Bishops, to the Presbyters, the Priests and their collaborators.**

**Go... Fill the Father's house. The Lord does not love idolatry, does not love those who shield themselves with him to proclaim falsehood and lie. It is blasphemy against the Holy Spirit.**

**Meditate, man. You will perish in the Gehenna. Get converted to the Gospel of Christ Jesus. Only he died on the cross. Only to him the power and glory forever and ever.**

**O Mary, Mother of the Redemption, intercede, come quickly to save the world from so much wickedness, from so much deception and from so much marketing, from so many idols and from so many false prophets".**

**It is a simple but effective way. Small, but big. It can always be followed. Nobody can say: it's difficult for me. A little grace drawn from the Eucharist and a little good will asked of the Holy Spirit, suffice.**

**DOING THE WILL OF CHRIST JESUS**

**The will of Christ, of Christ Jesus is in the Gospel of the Church of Christ Jesus. The Gospel is received from the Pastors of Christ Jesus, it is lived in the Church of Christ Jesus, in communion with every other member of the body.**

**The Church lives by two communions: communion of grace and truth that descend from the heart of the Father, through Christ, in the Holy Spirit. Communion of grace and truth that every Christian gives to the other Christian.**

**If the second communion is missing, it is a sign that the first is missing. The Christian is like a pitcher. He goes to the source in the Church, fills himself with water of life, gives water drawn to every other Christian so that he quenches his thirst.**

**In the Church everyone draws water from God and from the brothers. These two communions are essential. Filled with the water that comes from God and from the brothers, we can quench the world of the water of grace and truth.**

**Here is still a simple way to do the will of Jesus the Lord: "WAY, TRUTH AND LIFE. Know how to forgive as many times as the Lord has forgiven and forgives you. Love as the Son of man loved and loves you until death on the cross. Be humble. Be submissive.**

**Be obedient for the faith and for the good news. Never make your thoughts become thoughts of God. Careful! You would become blind. Do not judge. Judgment and sentence are only up to the Father who is in heaven.**

**Every day, every moment evil wants to enter your heart. Harden it for sin and soften it for Christ, the dead and risen Christ for the great love he had and has for you.**

**In solitude remember: you are never alone, there is him. In suffering you never suffer alone, there is him. Let suffering for you be always redemption. There is no joy if you do not rejoice for him. There is no love if you do not love for him. The Son of the living God, he alone, he will satisfy you, he will feed you, he will purify you, he will quench your thirst. Only he has words of eternal life.**

**Never expect anything from the other, from your brother, if this brother does not know the Christ. Who is my brother? He who does the will of my Father.**

**When you do not have the courage to turn to him, know that his Mother is there ready, with her great cloak, to cover you, to console you and, in this great love of mercy and forgiveness, she brings you to him by your hand: "Son, he is here". At that moment your way and your path become: way, truth and life. As children, take each other's hands, and put him and his mother in the centre. Only in this way can you reach and let reach, know and make known the Kingdom of Heaven. "Repent and believe in the Gospel".**

**A way this also passable by everyone. For nobody it is difficult, impossible and burdensome. Whoever wants can run through it, on condition that he lets himself be attracted by Christ Jesus and moved by the Virgin Mary.**

**ALWAYS IN PRAYER**

**The disciple of Jesus is the man of constant prayer. He knows that he must first ask the Lord for forgiveness for every sin, even slight committed. Then he must thank, bless and praise the Lord for every grace.**

**But he, his Christian brothers and the whole world need every grace and truth. Everything must be asked of the Lord with an uninterrupted prayer. Everything is needed and everything is asked. The prayer is the breath of the Christian life.**

**SHORT FINAL CONSIDERATIONS**

**Today I want to offer to my meditation and of every other man of good will seven simple thoughts that reveal to our mind seven viable ways for whoever wants to be a good disciple of Lord Jesus. These thoughts have a supernatural flavour, a taste of the Holy Spirit and an evangelical scent that attracts the heart. They are particular thoughts because they are the fruit of a particular heart, a heart that loves Jesus and serves him with all his daily existence. They are thoughts and they are life. They are life made thought. When a human heart loves the heart of Christ and of the Virgin Mary, it is able to offer us such a powerful and holy light. From this heart I saw how Jesus is loved and how we think of Him. From this heart I would like to learn again and to love Jesus Christ more.**

**PRAYER TO MARY. O Mary, you who were under the cross of your Crucified Son Jesus, for your seven pains, for your sufferings, intercede for me! Grant that I can truly look at the cross of Jesus without sin. Grant it, O Mary, that my body turns away from evil. Grant it, O Mary, that my soul, my heart be yours, all yours. O Mary, when my Father wills it, I want to come into your light. This is why I want to be truly yours. O Mary, lead me to a good path: to the way of good and turn me away from evil.**

**FOR YOU... LORD: For you... Lord, I live, I walk, I go, I announce your Word. For you... Lord, I look for, I ask, I find and I knock at your door. For you... Lord, I hope, I love, I believe and I wait for you to come. For you.... Lord, I visit, I take care and I relieve suffering. For you... Lord, I do not wait, I do not want, I do not desire and I do not aspire to the reward of men. For you... Lord, I suffer, I bear, I endure and I die to always stay with you. For you... Lord, suffering is joy, the cross is resurrection, death is life and the offering of me is a gift from you. For you... Lord, obedience, sacrifice, the stable and the cross are the way for the glory of your Father. For you... Lord, our thoughts do not count, have no value, do not give life and do not lead us to you for eternity. For you... Lord, the gift of life for the Gospel and your Word of truth give us the joy of paradise.**

**IDOLATRY... The Lord asks for your conversion, man. For your brothers to be converted, you must model yourself on Christ and follow his example of humility and obedience. If his feelings of peace and truth reign in you, you build the Church. Do not apologize and do not say: "The flesh is weak". Prayer and the sacraments turn you away from the scandal. Do not let your brother fall into sin. Look up at the sky and meditate: "One day, even for me, the sun will darken and the light will no longer shine. My power and my wealth, my pride and my vainglory will disappear into nothingness. If I will not be converted, I will perish in darkness for eternity". Fear the right judgment of God, man, and do not think that the good and merciful Lord, also justifies evil. He forgives the sinner, that gets converted, that returns to the fold, that abandons the path of injustice and iniquity. Man, in the realm of darkness, in which you live, too many scandals, too many abominations and atrocities are committed; orgies and false prophecies are rampant, we live as iniquitous people, perjury is easily committed. The people of God are trained in ignorance and in heresy. These are very serious sins that offend the Lord our God. Idolatry is by now a universal religion. Man, return to the fold, be reconciled with your God and he will be reconciled with you.**

**NOBODY CAN SAY... O my Lord, you can serve yourself of all, to save your people. To be your servants it is necessary to bring to faith and to the drink of salvation. Even particular charismas are given by you so that hearts may change, charity may be strengthened, unity and communion be created in your Church, that must shine like a lamp placed on the candlestick. No one can say: "The Lord makes use of me", if he leads man to sin, to evil, to his person and does market with the things of the Lord. Nobody can say: " God is with me", if he is an adulterer, thief and liar, if he adores his golden calf and his silent idol. God does not use those who work evil to lead his children to holiness. Do not let yourself be deceived, man, and do not let people to make fun of your Lord. The Lord your God works through you, if you get converted, if you train yourself in his Gospel, if you meditate and pray and if you receive the sacraments of redemption with holiness, if you let, with all humility and simplicity, the Holy Spirit operate the fruits of his truth and justice. With God in the heart, with his grace, which is strength and light, with your good will, which puts to fruit every talent received, with Mary who takes you by the hand and leads you, the Lord works his salvation also through you...".**

**CONSOLING SPIRIT: I do not leave you orphans. I send you the Comforter. The Holy Spirit dwells and will dwell in you. Man, they are words of the Lord. The Son of Man has not left you alone. You're always with him. The Holy Spirit dwells in you. Be humble. Be poor in spirit. You will feel him. He will give you strength. Keep the commandments. He will live inside you. With him you will live in newness of life. Love in you will be offering and donation of yourself to the brothers. With him you will not condemn, you will not judge, you will not let yourself be taken by the cares for the things of this world, you will know how to forgive, you will love your brother, you will strip yourself of the world and of yourself. With him you will know the Word of the Lord and you will be clothed with the truth of God. Your mouth will announce the Gospel and your life will bear witness to his presence within you. Man, the one and indivisible Lord makes us one body and in the variety of gifts one spirit. Man, invoke the Spirit of the Lord. You will no longer be weak. You will live of grace and of virtue in the love of God and of the brothers. The Kingdom of Heaven will be yours if you always dwell in the truth to which the Holy Spirit leads you. The Holy Spirit is the Spirit of love. He will known by whoever loves.**

**GO... JESUS IS THERE​​... Go... Help your brother that suffers. Jesus is there. Go... Train yourself in the Word of the Lord. Go... Deny yourself and take the cross. Go... Feed in the house of the Lord, of the Body and the Blood of the Son of Man. Go... Get converted and believe in the Gospel. Go... Man, do not proclaim your word, do not tell your history, do not tell your wonders, do not look for the golden calf. Man, the Lord leads you to salvation, to the sacraments and to the whole law. Freely you received and freely give. Do not make a market. It is a sin. Man, the Lord wants the conversion of the heart, listening to his voice, submission to the faith of the Church, to Peter, the Pope, to the Apostles, the Bishops, to the Presbyters and the Priests, their collaborators. Go... Fill the Father's house. The Lord does not love idolatry, he does not love those who shield themselves with him to proclaim lie and falsehood. It is a blasphemy against the Holy Spirit. Meditate, man. You will perish in the Gehenna. Get converted to the Gospel of Christ Jesus. Only he died on the cross. Only to him the power and the glory over the centuries. O Mary, Mother of the Redemption, intercede, come quickly to save the world from so much wickedness, from so much deception and from so much market, from so many idols and from so many false prophets.**

**WAY, TRUTH AND LIFE: Know how to forgive as many times as the Lord has forgiven and forgives you. Love as the Son of man loved and loves you until death on the cross. Be humble. Be submissive. Be obedient for the faith, for the good news. Never make your thoughts become thoughts of God. Careful! You would become blind. Do not judge. Only to the Father who is in heaven, judgment and sentence are only up to him.**

**Every day, every moment evil wants to enter your heart. Harden it for sin and soften it for Christ, the dead and risen Christ for the great love he had and has for you. In solitude remember: you are never alone, he is there. In suffering you never suffer alone, he is there. May suffering for you be always redemption.**

**There is no joy if you do not rejoice for him. There is no love if you do not love for him. He, the Son of the living God, he alone, he will satisfy your hunger, will feed you, will purify you, will quench your thirst. Only he has words of eternal life. Never expect anything from the other, from your brother, if this brother does not know the Christ. Who is my brother? He who does the will of my Father.**

**When you do not have the courage to turn to him, know that his Mother is there ready, with her great cloak, to cover you, to console you and, in this great love of mercy and forgiveness, she brings you to him by the hand: "Son, he is here". At that moment your way and your path become: way, truth and life.**

**As children, take each other by the hand, and put him and his mother in the centre. Only in this way can you reach and let reach, know and make the Kingdom of Heaven be known. "Get converted and believe in the Gospel".**

**I am convinced that it is a right thing to examine one's conscience to know what in our life is in conformity with the divine will, according to the Gospel of Christ the Lord in the light of the truth placed in it by the Holy Spirit and what instead is different. The risk of working in vain and even of living in vain is more than real. Temptations are so subtle, hidden, invisible and in an instant we can also find ourselves working for the prince of the world rather than for the Lord our God.**

**May the Virgin Mary obtain for us the grace to see our life in the light of these holy seven thoughts offered to the reflection and meditation of every man of good will. May the Angels and Saints lead us into the purity of light that comes from their word. The fruits will certainly be good. When one is confronted with the pure truth, good can only be born.**