

All the saints have experienced the fact that there is no means more efficacious to quickly obtain the love of Jesus Christ than to visit the Blessed Sacrament very frequently, above all, at those hours of the day when He seems to be forgotten and the churches are empty.

A tender Devotion to Mary. — The fourth means is a tender devotion to the Blessed Virgin whose power over the Heart of Jesus is so absolute. One cannot doubt that Mary, above all creatures was the one who most loved Jesus, whom He most loved in return and who most ardently desired to see Him perfectly loved by all mankind. She is the Mother of perfect love, and it is to her that we should address ourselves to acquire it. The hearts of Jesus and Mary are so united, so conformed to each other that we cannot enter one without passing through the other. There is this difference, that only pure souls may unite themselves to the Heart of Jesus, but Mary, through the graces she obtains for them, purifies the souls who are not pure and prepares them thus to be received in the Heart of Jesus.

This means of approaching Jesus through Mary is the easiest means for many souls. There are few souls that have all the necessary dispositions for acquiring this love of God, but who are those who cannot obtain them easily by means of the prayers of Mary? Even sinners should not despair. "Mary is the Hope of Sinners," says St. Augustine in his sermons. She is their Refuge. She is the Help of all Christians. "Jesus Christ," says St. Augustine, "accords to her what we are not worthy to receive." *Quid indignus eras cui donneret, datum est Mariæ ut per illam acciperes quidquid haberes.* Christ has made her the dispenser of His graces and He has ordained that every grace shall pass through her hands.

