

abjection, our eyes are raised to the mercy of God, far greater than our misery ; to his goodness, which is more powerful than our weakness.

O you who desire to please the Heart of Jesus, love, desire, and seek humility ; but remember that humility is the path which will lead you to that Divine Heart, as patience leads to peace, and study to science. Do not fly from abjection. Without doubt, it is hard for nature to be placed at such a rude school. Who has not shuddered in reading those words of the *Imitation* : " Love to be counted for nothing." But grace helps and supports our natural weakness. Here below, our happiness as Christians, consists in approaching as near as possible to our model, Jesus Christ. Disciple of Christ crucified, fear not to abase thyself ; the Eternal Truth has said : " He who humbles himself shall be exalted, and he who exalts himself shall be humbled." After humiliations will come the hour of exaltation and triumph.

If we wish one day to be found worthy of heaven, we must reproduce the traits of our Model, and the principal trait of the Divine Figure, is humility.

O Jesus meek and humble of Heart, make our hearts like unto Thine.

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