

after a good Communion, its radiance and warmth will eventually spread to other souls and influence them to higher and nobler things.

Dear Jesus, we come to Thee that we may grow in the love which leads to self denial and self conquest, that we may have strength to do the difficult things and thus in imitating Thee rise to what is most divine.



## THE COMPASSION OF THE SACRED HEART



ESUS CHRIST came into the world to suffer with us as well as for us. Every sort of suffering has a claim on His Divine compassion.

He has the most intense compassion for those who are suffering any earthly sorrow. None appreciates as He the utter loneliness of the mother who has lost her son ; of the friend who is separated from one who was dear as life itself. At the tomb of Lazarus and at the gates of Naim He manifested His tender sympathy with sorrow. To Him then we will have recourse when earthly shadows press hard upon us.

He has a still greater compassion for those who have separated themselves from God by sin, and who are desirous to be freed from the chain that has bound them down, and to return to their Father in Heaven. What countless, boundless graces flow from His Sacred Heart to help them in their difficulties.

He has the greatest compassion of all for His servants and saints who are suffering for Him. How it grieves Him to witness their pains ! What consolations He pours into their souls ! How He compensates them for their afflictions with spiritual delights ! What a reward He promises to give them for what they have endured for love of Him.

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