

me. My substance is transformed into yours, and yours into mine; so that you cannot be any longer said to live by yourself, but I live in you, and you live by me. I will even bring my Father, and we will take up our abode in you. If you continue to abide in me, and I in you, the principle of supernatural life will be always in you. You will thus live by me, through me, and for me. All your thoughts, all your words, all your actions will spring from me, and will return to their source. Oh! what an ennobling union is this! How grand, how awful, how mysterious, how divine!

Exult and praise, O habitation of Sion! because the Holy one of Israel is in the midst of thee. *Isaias xii. 6.*

Ardent desire to be united to Jesus in the Holy Communion.

---

I am all, to all.

In the holy Eucharist I am light to the blind, strength to the weak, health to the sick, and life to the dead. I am a heavenly remedy for all your spiritual miseries. I here renew all the mysteries of my incarnation, life, death, and resurrection. I am spiritually born in the faithful soul: I live in it, and it lives in me; I suffer with it, and it suffers with me, and unites its sufferings and intentions to mine; I die with it, and it dies to its sins. Through the participation of my immortal body it arises gloriously from the grave of sin. I have come that they may have life, and may have it more abundantly. I have come that the sinner, who is dead, may be restored to life, and that the just who possess life, may have it more

abundantly, may advance in grace, and pass from virtue to virtue.

Thou didst feed thy people, O Lord, with the food of angels, and gavest them bread from heaven, having in it all that is delicious, and the sweetness of every taste:—*Wisdom, xvi. 20.*

Spiritual gust for Jesus in the Holy Eucharist.

---

Learn of me, for I am meek and humble of heart.—*Matth. xi. 29.*

In the sacrament of the Eucharist. I am here as in the school of humility where I give lessons to my followers. I teach meekness and humility, for they bring rest to the soul. Learn of me then not to be proud, nor vain, nor ambitious: learn of me not to understand profane sciences, but learn of me to be meek; learn of me to be humble; learn of me to suffer with patience and silence learn of me to pray for, and love your enemies; learn of me to look upon all your fellow creatures as your brethren; learn of me to be perfectly resigned to the will of your heavenly Father in all things. These are the grand instructions which I deliver in the holy Eucharist. You are my disciple. Will you then not learn from so good and so wise a Master?

It is good for me, O Lord, that Thou hast humbled me, that I may learn thy justifications.—*Ps. cxviii. 71:*

Love of meekness and Humility in honour of the Meek and Humble Jesus.—*Matt. xxviii.*