

hour will be longed for, will be hailed with joy. Sweetly nourish in your heart the desire for it. Say to yourself: "In four hours, in two hours, in one hour, I shall go to the audience of grace and love with Our Lord. He has invited me. He is waiting for me. He wants to see me."

When an hour painful to nature falls to you, rejoice even more. Your love will be greater, because more suffering. That is a privileged hour. It will count for two.

When through infirmity, sickness, or any impossibility, you cannot make your adoration, be sad of heart for an instant. Then adore in spirit and in union with the other adorers of the moment. In your bed of suffering, on a journey, or during the occupation that detains you, observe great recollection throughout that hour, and you will reap the same fruit from it as if you had gone to the feet of the good Master. That hour will be credited to you, and, perhaps, even doubled.

Go to Our Lord just as you are. Make a natural meditation. Exhaust your own fund of piety and love before you make use of books. Love the inexhaustible book of humanity and love.—It is well to take with you a pious book, in order to recall your thoughts when your mind wanders or when the senses are dull. But remember that our good Master prefers the poverty of our heart to the most sublime thoughts and affections borrowed from others.

Understand well that Our Lord wishes our *own* heart, and not that of others. He wants the thought and the prayer of that heart as the natural expression of love for Him.

To be unwilling to go to Our Lord with one's own misery, one's own humiliating poverty, is often the fruit of subtle self-love, of restlessness, or tepidity. And yet that misery, that poverty, is what Our Lord prefers to every other state. He loves it. He blesses it. You are in aridity?—Glorify the grace of God, without which you can do nothing. Open your heart to heaven at such a moment, as the flower opens its chalice to the rising sun, to catch its beneficent dew.

You are entirely powerless to act?—Your mind is in darkness?—Your poor heart is faltering under the weight of its worthlessness?—Your body is suffering?—Make,