

**Meditations for the Holy Hour after the Holy Mass
on the second Thursday, 12 May 2016,
at the Church of the Divine Providence**

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in collaboration with Beata Krochmal, Danuta and Jerzy Hudecki**

**Meditations led by eight people:
B, D, G, M – women; J, P, W, Z – men.**

This translation was published here on 30 Oct 2023.

To see the original Polish text ← click, please!
(Duration with recitation of the Chaplet of Divine Mercy: about 80 min.)

Full text of St. Faustina's Diary ← <https://www.saint-faustina.org/diary-full-text/>

Prayer before the Chaplet of Divine Mercy
(Duration of this prayer with songs: about 21 min.)

G Be glorified, Jesus Christ, Most Holy God, hidden in the mystery of the Blessed Sacrament, who came to us under the forms of the Most Holy Host! Be exalted, our beloved Savior, who performs a miraculous transformation of each of us throughout our life and with extraordinary intensity during the Eucharist and the prayer immediately following it! **(0:43)**

G Song: *Your Heart, Jesus, is Burning with Love* – 1st stanza **(0:50)**

Z Beloved Savior! We desire not to waste the time You have given us today to meet You during the Eucharist and adoration. Therefore, we ask You for the grace to focus our hearts on You, on Your moving presence. We ask that You guide us on the paths of love by which we will reach the depths of our hearts to kindle in them a mighty flame of such love as You expect from us, as You longingly expect from us. **(0:50)**

D Jesus! We remember the revelations You gave to St. Margaret Mary Alacoque. You entrusted her with such a moving secret of Your Sacred Heart: "I thirst with such a terrible thirst to be loved by men in the Blessed Sacrament that this thirst consumes Me. Yet I find no one trying to quench it according to My desire by some return of My love."¹ **(0:44)**

D Song: *Your Heart, Jesus, is Burning with Love* – 2-3 stanza **(0:50)**

J Dearest Jesus! We are aware that, again and again, we must make a personal effort to discover what this desire of Yours is, according to which we are to respond to Your love. We note that in the revelation just read, You reveal to St. Margaret Your desire for us to love You in the Blessed Sacrament. Yes, You desire to be loved by us in the Blessed Sacrament. A MOMENT OF SILENCE Do we love You in the Blessed Sacrament? Do we notice You in the Blessed Sacrament... Am I, O Jesus, now abiding in prayer, consciously being with You..., for You..., for loving You...? **(1:08)**

J Song: *Your Heart, Jesus, is Burning with Love* – 4th stanza **(0:50)**

M O Jesus! Over and over again, we must make an effort to perceive this unappreciated yet extraordinary reality, which is Your presence in the Most Holy Eucharist, which is the opportunity to meet You in a sacramental way – when You are present with us in a way that cannot be compared to any other way of Your presence among us. O Lord! Do I believe You are indeed in the Blessed Sacrament as God Incarnate, as God who became man and is now bodily with us – in Your human body? Do I believe that You are so near and so intimate?... Do I love You, who are now so near to me?... **(1:10)**

M Song: *Your Heart, Jesus, is Burning with Love* – 5th stanza **(0:50)**

¹ Letter No. 133a of St. Margaret Mary to Father Croiset, 3 November 1689. See: <https://remnantnewspaper.com/web/index.php/articles/item/6665-the-signs-of-the-times-point-to-our-need-for-the-sacred-heart-of-jesus>.

P We remember, O Jesus, instructed by the Second Vatican Council, that You are with people in many ways – in every person in a state of sanctifying grace, in the liturgical assembly, in the reading of Scripture, in the person of the celebrant, in a brother in need of help... At the same time, we remember that the Council, in the Constitution on the Liturgy,² underlines that among these many different ways of Your presence, there is one absolutely unique, absolutely distinguished. It is Your substantive, truly fully human – spiritual and bodily – presence in the Blessed Sacrament. (1:21)

P Song: *The Hidden Jesus* – 1st stanza (0:53)

B Beloved Jesus! Although our senses cannot convince us that You are here not only spiritually but truly bodily, our hearts, seized by the teaching of the Church, faithfully profess gratitude to You for being here in such a unique way. You came physically, just as we came here physically from our homes. You came, and you are. You are, and you love... You are because you love... You love with the fullness of Your human, spiritual and bodily, presence... (0:50)

B Song: *The Hidden Jesus* – 2nd stanza (0:53)

W Beloved Lord Jesus! Behold, we gaze at You, veiled behind the whiteness of the Most Holy Host, placed in a golden monstrance... We huddle with You, present so intimately under the heart of each of us – veiled under the species of this Host, which is hidden in the bowels of each of us, who have received You in Holy Communion during the Eucharist just concluded. We are aware that the entire Holy Mass is a great thanksgiving to God. We know, however, that You desire our thanksgiving now, too – You desire our presence after the end of the sacred liturgy... (1:05)

W Song: *The Hidden Jesus* – 3rd stanza (0:53)

G We know, O Beloved, that while still during the Eucharist, there is a part after Communion specifically dedicated to thanksgiving – thanksgiving for the Divine gift of Communion. Therefore, we ask ourselves now, as we abide in union with You in adoration after the end of the Holy Mass: do You, O Divine Master, want us to celebrate thanksgiving after the Holy Mass? Do You care about it? Are we not wasting time while prolonging our encounter with You after the Eucharist, thirsting to bestow love on You, thirsting to thank You for love? (0:59)

Z As we ask these questions about love for You, O Jesus, we bring out from memory the testimony of the life of the holy Italian Capuchin, Padre Pio, who was raised to the altars to be a model for us on our way to holiness, and therefore a model for celebrating thanksgiving after Mass. He is a model for us all the more so because, by the orchestration of Your Divine Providence, his relics are kept here in our parish church. (0:51)

Z Song: *Be Hail, Living Host* – 1st stanza (0:43)

D At different periods of his life, Padre Pio devoted varying amounts of time to thanksgiving. About one of the periods, we read such words in a book dedicated to him: “He would go to the choir systematically for morning prayers. (...) Then, he would go downstairs to celebrate the Holy Mass. Then he would return to the choir for **thanksgiving, which usually lasted more than an hour**” (pp. 37-38). Yes, Padre Pio would return to the choir for **thanksgiving, which usually lasted more than an hour.**” Moreover, in another place: “15 July 1933 [noted] ...: He always celebrated the Holy Sacrifice with the greatest piety. **After the Holy Mass, he celebrated thanksgiving, which lasted an hour or even two**” (p. 44). (1:14)

J Dear Lord Jesus! We wish now, abiding in prayer in Eucharistic union with You, to accompany You on the way You passed two thousand years ago after celebrating the liturgy of the Last Supper. We believe that participation in the Eucharist is participation in that one celebration that was the Last Supper. We believe that now, after the end of the Eucharist, the power of Eucharistic union gives us the grace to accompany You who, in the company of the Apostles, leave the Cenacle to descend to the brook Cedron, climb the slope of the Mount of Olives and there fall to Your knees, abide in prayer to the Father... (1:08)

M We wish to genuinely be with You in the events that happened to You after the Last Supper. They became so that You might accomplish, by undertaking them, the salvation of the human race from entanglement in evil. They became so that we, too, could accompany You with love in what is so challenging for You... They became so that we could detach ourselves from focusing on ourselves, on our mere problems, so that we could wake up to loving You... (0:49)

P O Jesus, Beloved Jesus! We will now pray the Chaplet of Divine Mercy and meditate on passages from the Diary of St. Faustina. We wish to genuinely be with You in the events that happened to You after the end of the Last Supper. They became so that we could the possibility to overcome, by the power of that love which thirsts for goodness for You, the inner bondage of our hearts, the inner concentration on seeking consolation for ourselves... We beg You to guide us on the way – through the Garden of Olives towards Calvary, and then forward and forward – towards the dawn of the Resurrection... towards the descent of the Holy Spirit... (1:02)

² Cf. Constitution on the Liturgy *Sacrosanctum Concilium*, No. 7. Cf. Catechism of the Catholic Church, No. 1373: “Christ Jesus, who died, yes, who was raised from the dead, who is at the right hand of God, who indeed intercedes for us,” is present in many ways to his Church: in his word, in his Church’s prayer, “where two or three are gathered in my name,” in the poor, the sick, and the imprisoned, in the sacraments of which he is the author, in the sacrifice of the Mass, and in the person of the minister. But “**he is present ... most especially in the Eucharistic species.**”

Meditations for the Chaplet of Divine Mercy

(Duration of meditations with songs and the Chaplet: about 30 min.)

Our Father, Hail Mary, I believe...

Meditation 1.

Lord Jesus' agony in Gethsemane

B Song: *Garden of Olives* – 1-2 stanza (1:20)

B “And His sweat was like thick drops of blood falling on the ground,” St. Luke records in the Gospel (22:44). With You, O Dearest Jesus, I kneel among the trees of the Garden of Olives... Thirsting for my love, O Beloved, You have arranged in a supernatural way that by the power of the received Blessed Sacrament, I can genuinely be with You at that time two thousand years ago. I desire to respond to Your longing for my love. That is why I abide after the Holy Mass in prayer to be with You, O Beloved... I wish to express all my love for You through this presence... (1:00)

W Blood sweat, O Dearest Jesus, Your bloody sweat, oozing onto the Palestinian ground, let it reach the ground of our hearts as well. O Beloved, let Your love cause the miracle of transforming our weak, timid love. O Most Beloved Jesus! Transform our hearts... transform them now, in this time of grace... transform them into the fertile and life-giving soil of our mutual spousal love. May our hearts live for You from this day forward... May they utter love for You, present in the Blessed Sacrament, with every beat... (0:55)

G Sister Faustina noted in her *Diary*: “Let the greatest sinners put their trust in Me. They have the right of priority over others to trust in the infinite depth of My mercy. My daughter, write about My mercy upon anguished souls. I delight in souls that invoke My mercy. On such souls I bestow more graces than they ask for. (0:39)

Z If anyone appeals to My mercy I cannot punish him, were he even the greatest of sinners; but in My infinite and unfathomed mercy I shall justify him. Write this down: Before I come as the just Judge, I shall first fling wide open the door of My mercy. Whoever does not want to pass through the door of My mercy must pass through the door of My justice...” (Faustina’s *Diary*, No. 1146) (0:42)

D A MOMENT OF SILENCE Beloved Jesus! As we recite the first decade of the Chaplet of Divine Mercy, we unite ourselves with You, kneeling in the Garden of Gethsemane before the Face of the Father. (0:19)

Meditation 2.

Scourging of the Lord Jesus

J Song: *Let us Love the Lord* – 1st stanza (0:42)

J “Then Pilate took Jesus and had Him scourged,” St. John records in his Gospel (19:1). I am with You, O Beloved Jesus, when You suffer such a cruel smacking of the scourges... In Your love for me, You willed that, while receiving the Blessed Sacrament, I should receive at the same time the opportunity to genuinely be there with You – at a time two thousand years ago. I am with You, O Beloved One... I keep vigil with You, O Dearest One... Through this presence, I wish to express all my love for You... I know that You desire my love... (0:56)

M Sister Faustina noted in her *Diary*: Today, I made my one-day recollection. When I was at the final talk, the priest spoke of how much the world is in need of Divine mercy; he said now was a special time and mankind needed a lot of prayer and Divine mercy. (0:32)

P Then I heard the voice in my soul, “These words are meant for you, do all you can in this work of My mercy. I want My mercy to be worshipped; I am giving mankind its last resort, refuge in My mercy; My Heart rejoices in this feast.” On hearing these words, I knew that nothing would absolve me from the duty the Lord wanted me to carry out. (Faustina’s *Diary*, No. 998) (0:43)

B A MOMENT OF SILENCE Beloved Jesus! As we recite the second decade of the Chaplet of Divine Mercy, we unite ourselves with You, who, with humble obedience to the Father’s Will, accept the punishment of scourging for our intentions. (0:23)

Meditation 3. The crowning of the Lord Jesus with thorns

W Song: *Adoro Te Devote* – 1st stanza (0:42)

W With You, O Dearest Jesus, I participate in the poignant crowning with thorns... Your love for me makes it possible, through the power of the received Blessed Sacrament, to truly be there with You at a time two thousand years ago. I desire to express through this presence all my love for You... I know that You desire my love... I am with You, O Beloved... I am with You with all my heart, O Jesus, when You suffer so much for me. (0:47)

G In this time of grace, when I am genuinely with You, who are flooded with the blood coming out of deep head wounds, I give my heart to You as a source of thought. I desire to always think well of my neighbors; I desire to take on the harder, more strenuous work without complaining about having to take on hardship. I desire it, however, not wholly, and, however, not with all my heart, and, however, not with all my strength. In this hour of grace, I beg: heal my heart so that it, likened to Your self-sacrificing Heart, may now become a consolation to You. Amen. (0:59)

Z Sister Faustina noted in her *Diary*: This morning during Mass, I saw Jesus suffering. His Passion was reflected in my body, albeit invisibly but no less painfully. Jesus looked at me and said, “Souls are perishing despite My bitter Passion. I am giving them a last resort, the Feast of My Mercy. If they do not worship My mercy they shall perish forever. Secretary of My mercy, write of this, and tell souls about My great mercy, for the terrible day, the day of My justice is close at hand” (Faustina’s *Diary*, No. 964-965) (1:00)

D A MOMENT OF SILENCE Beloved Jesus! As we recite the third decade of the Chaplet of Divine Mercy, we unite ourselves with You, who accept with humble obedience to the Father’s Will the cruelty of crowning with thorns for our intentions. (0:25)

Meditation 4. The Way of the Cross of the Lord Jesus

J Song: *You go Through the Ages* – 1st stanza (0:48)

J Together with You, O Dearest Jesus, I participate in this challenging way to Calvary ... Loving me very much, You have made it possible for me by the power of the received Blessed Sacrament to truly go there with You at a time two thousand years ago. I am with You, O Beloved... I follow You, O Dearest One... I earnestly desire to express my love for You through this presence... I know that You desire my love... I am with You with all my heart, O Beloved One... I am with You while You exert yourself so much for me. (0:53)

M Jesus! In this time of grace, when I, genuinely being in Your time of life, carry the beam of the cross with You, I choose to deny my tendency to overlook brothers or sisters in need. No doubt, little is often needed, but I refuse, out of fear for my time, to give that “little” as well. O Jesus, deliver me now, in this time of grace, from this lack of love! Let me believe that just as we now share the burden of Your cross, so also You will surely come to me during my life to assist me in my care for my neighbors... (0:58)

P Sister Faustina noted in her *Diary*: “Today, during the Devotions of the Passion, I saw the tortured Jesus with the crown of thorns on His head and a reed in His hand. Jesus was silent, while the soldiers were trying to out-race each other in torturing Him. Jesus said nothing, He only looked at me; in that look I sensed His terrible agony, so terrible that we have no idea at all what Jesus suffered for our sake before He was crucified. (0:43)

B My soul is full of longing and pain; in my soul, I feel a great revulsion to sin; the slightest infidelity on my part seems a huge mountain, and I am making reparation for it by mortification and penance. When I see Jesus tortured, my heart is torn to pieces, and I wonder what will become of sinners if they do not make use of Jesus’ Passion. In His Passion, I see a whole sea of mercy. (Faustina’s *Diary*, No. 948) (0:40)

W A MOMENT OF SILENCE Beloved Jesus! As we recite the fourth decade of the Chaplet of Divine Mercy, we unite ourselves with You, who are, with humble obedience to the Father’s Will, undertaking the immense effort of carrying the cross to Calvary for our intentions. (0:26)

Meditation 5.
The death of the Lord Jesus on the cross

G Song: *I Greet You* – 1st stanza (0:56)

G Together with Mary, O Dearest Jesus, I participate in this most poignant drama – in Your dying on the cross at Calvary... You love me very much, and therefore, You have hidden for me in the Most Blessed Sacrament not only Yourself but also the preternatural possibility of genuinely participating in Your life and Your dying... You know that my heart thirsts to show You love by being present in the moments that are most difficult for You... I am with You, O Beloved Jesus... I am with You with all my heart, O Beloved, when You suffer so much, when You, because of Your love for me, give Your life so that I may live forever. (1:06)

Z In this hour of grace, I ask You, O Jesus, to renew my heart and the hearts of all believers in love for You, who are coming in Holy Communion to our hearts. I know that You are patient and forgiving, not discouraged by our slow growth toward the fullness of loving You. Oh, how I long, however, for a greater focus of the heart on You, when You, O Savior, show me such boundless love by giving Your life for me... Jesus, do now this miracle of the transformation of our hearts... O Jesus, give us to taste what it means to love You as You desire to be loved... (1:03)

D Sister Faustina noted in her *Diary*: “This evening, when I heard the hymn *Dobranoc, Głowo Święta Jezusa mojego* [Good night, Sacred Head of my Jesus] on the radio, suddenly my spirit was snatched up into the mysterious bosom of God and I saw what determines the greatness of a soul and what is of value in the sight of God: it is love, love, and once again love. And I saw that everything that exists is permeated by God, and I was flooded by such great Divine love that words fail to describe it. Happy is the soul that can love without reservation, for in that is its greatness.” ((Faustina’s *Diary*, No. 997) (0:56)

J A MOMENT OF SILENCE Beloved Jesus! As we recite the fifth decade of the Chaplet of Divine Mercy, we unite with You, with humble obedience to the Will of the Father, giving Your life to save us from eternal death. (0:24)

Meditations after the Chaplet of Divine Mercy
(Duration of meditations with songs: about 13 min.)

M Beloved Jesus! Behold, we have come with You to the end of the way You passed from the Upper Room to Golgotha two thousand years ago. We believe that the power of the Blessed Sacrament, which we have eaten during the Holy Mass, has genuinely moved us back to the time of Your life, to the Upper Room. Following St. John Paul II, we believe that when You celebrated the Last Supper in the Upper Room, You simultaneously, in some mysterious way, celebrated every Holy Mass Your priests celebrate during their earthly life.³ (0:54)

P Today, once again in our life, we have received from You the grace to participate in that celebration because every Holy Mass is always that Last Supper You celebrated on the night before Your way to death. In our adoration after the Holy Mass today, we also received the grace of accompanying You on the path You passed from the Cenacle to the Hill of the Skull. (0:40)

B So now here we are, on the Hill of the Skull, with Mary filled with pain, when You, our beloved Savior, are descending from the height of the Cross into the Abyss, into the land of the dead, to come out from there after three days on the morning of Resurrection. We believe, O Jesus descending into the Abyss, that in this hour of grace, You descend also into the Abyss of our souls. To You, we sing a song. (0:40)

B Song: *I Greet You* – 2nd stanza (0:56)

W You love us..., You love us, You love us so much... Jesus, Jesus, how much You love us... Love demands a response... Do I desire the love You give me?... True love makes lovers more like one another... You became like me – You became human. Do I desire to become like You – a truly holy man, a man of God, a man with a heart formed according to Your heart? Do I desire love? (0:49)

W Song: *I Greet You* – 3rd stanza (0:56)

³ Cf. John Paul II, Encyclical *Ecclesia de Eucharistia*, No: 29: “The ministry [of the priest] is essential for **validly linking the Eucharistic consecration to the sacrifice of the Cross and to the Last Supper.**” Cf. *Ibid.*, No. 5, 12, 21, 59.

G We are with You, desiring to become like You. Passing through the path of suffering with You, we gazed upon Your Heart, capable of such extraordinary generosity. You help us with Your life, into which You give us to enter by the power of our loving Eucharistic union. We thank You, O Lord, for this extraordinary Gift of Your Love... We thank You for the faith of the Church, from which we take the wisdom to know what paths to follow in order to approach You more and more fully, in order to become more like You. (0:54)

G Song: *I Greet You* – 4th stanza (0:56)

Z Jesus! You desire our great perfection, our likeness to You – not so much to You as the unattainably perfect God, but to You as the perfect Man, the model for us all. As a model, You give us both Yourself and many, many saints. We have a model above all in Your Mother Mary, about whom St. Luke writes that she pondered everything in her heart (cf. Luke 1:29; 2:19). Am I able to ponder with humble openness to the Will of God the meaning of the events that are happening to me? Am I able to respond to God, “Yes, may it be done to me according to Your word?” (Lk 1:38). To You, O Christ, Son of Mary, we sing a song of gratitude for who You are to us and who Mary is to us. (1:11)

Z Song: *Be Hail, Living Host* – 1st stanza (0:43)

D O Jesus! You give us a model in Your Mother Mary. In this hour of grace, then, I ask myself about the likeness to Her: On the one hand, am I able to abide valiantly on the cross of my plans and preferences destroyed? On the other hand, do I know how to strive for the good and protect it in a situation of danger – just as Mary strived for Your good when You were young and threatened by the forces of human heart evil?... O Jesus, in this hour of grace, I humbly ask, through Mary’s intercession, for the help of the Holy Spirit for each of us in wise and holy fulfillment of life’s tasks, just as Mary did. (1:03)

D Song: *Be Hail, Living Host* – 2nd stanza (0:43)

J O Jesus! On our way to the fullness of love, You give us saints as models. Thus, through St. Padre Pio, whose relics we keep in our church, You say to us today such words: “Valiant and generous hearts complain only for important reasons, but even then do not allow them to penetrate to the depths of their hearts.” A MOMENT OF SILENCE “Everything is madness and vanity because everything passes away; only God remains for the soul – but only if it knows how to love Him well.” A MOMENT OF SILENCE “Ah! What a precious value time is! Happy are those who know how to use it well.” (0:57)

J Song: *Be Hail, Living Host* – 3rd stanza (0:43)

**The prayer community will meditate now one by one on the texts
prepared by the adoration participants,
interspersed with successive stanzas of the song.
(Duration of meditations with songs: about 15 min.)**

J “Hail, O eternal Love, my sweet Jesus, You Who have deigned to dwell in my heart. I welcome and greet You, O glorious Divinity, Who have deigned to stoop down to me and humble Yourself so much, down to the negligible form of bread, out of love for me. I greet You, Jesus, never withering flower of humanity, You are the Only One for my soul. Your love is purer than the lily, and Your company is more pleasant for me than the fragrance of the hyacinth. Your friendship is gentler and more delicate than the scent of the rose, and yet mightier than death. O Jesus, infinite beauty, You understand most perfectly the souls that are pure, for they alone are capable of heroism and sacrifice. O sweet and rose-red Blood of Jesus, ennoble my blood and transform it into Your own Blood, let it be unto me according to Your wish.” (Faustina’s *Diary*, No. 1575) “O my Jesus, may the last days of my exile be fully in accord with Your most holy will. I unite my suffering, my bitter experiences, and my dying itself with Your Holy Passion, and I offer it up for the whole world, to beg for an abundance of Your mercy upon souls, and especially for the souls in our houses. I trust steadfastly in Your holy will and submit to it completely, for it is mercy itself. Your mercy will be my all at the last hour – just as You Yourself have promised me...” (Faustina’s *Diary*, No. 1574). (2:17)

J Song: *Be Hail, Living Host* – 4th stanza (0:43)

D “The Creator and the creature. I worship You, O Lord and Creator hidden in the Blessed Sacrament. I worship You for all the works of Your hands, in which so much wisdom, goodness, and mercy is made manifest. O Lord, You have filled the world with so much beauty, which tells me of Your own beauty, although it is barely a poor reflection of You, O infinite Beauty. And even though You have hidden and concealed Your beauty my eyes enlightened by faith reach out to You, and my soul recognises its Creator, its supreme good, and my heart is sinking in prayers of praise. O my Creator and Lord, Your goodness has emboldened me to talk to You. Your mercy has made the chasm separating the Creator from the creature vanish. Talking to You, O Lord, is my heart’s bliss; in You I have found everything that my heart could ever wish for. Here Your light is illuminating my mind and making it capable of knowing You more and more deeply. Here streams of grace are flowing down into my heart; here my soul is drawing eternal life. O my Creator and Lord, over and above these gifts, You are also giving me Yourself and uniting intimately with Your lowly creature. Our hearts understand each other with no need to select words; and no one can interrupt our conversation. What I say to you, O Jesus, is our secret no other creatures shall ever know, neither will the angels dare to ask. There are the secret acts of forgiveness, known only to Jesus and myself, and that is the mystery of His mercy, which envelops each and every soul. For this unheard-of goodness I worship You, O my Creator and Lord, with all my heart and soul. And even though my worship is so miserable and small, yet I am not worried, for I know that You know that it’s sincere, though so very inept...” (Faustina’s *Diary*, No. 1692) As I was writing these words, I saw Jesus leaning over me, and He asked, “My daughter, what are you writing?” I replied, “I’m writing about You, Jesus, about You being hidden in the Blessed Sacrament, about Your infinite love and for mankind. And Jesus told me, “Secretary of My most profound mystery, know that you are in My unique confidence; your task is to write down everything I let you know about My mercy, for the benefit of souls, who on reading these texts will receive comfort in their souls and draw courage to come up to Me. So I want you to spend all your spare time on writing” “But, Lord, will I always have at least a short while for writing?” Jesus replied, “It is not your business to think about that, just do as much as you can; I shall always arrange the circumstances so that you’ll easily accomplish what I ask you to do...” (Faustina’s *Diary*, No. 1693)(4:38)

J Song: *Be Hail, Living Host* – 5th stanza (0:43)

B “The Lord’s Ascension. Ever since this morning, my soul has been touched by God. For a while after Holy Communion, I abided with the Heavenly Father. My soul was pulled into the very fire of love, and I came to know that no outward works can compare with the pure love of God... I saw the joy of the Word Incarnate, and I was immersed in the Divine Triunity. When I came round, longing flooded my soul; I was longing to unite with God. I was overwhelmed by such a lot of love for the Heavenly Father that I call this day a continuous ecstasy of love. The entire universe seemed but a little droplet compared with God. There is no greater bliss than God letting me know in spirit that each of my heartbeats is pleasing to Him, and when He shows me that He has a special love for me. This spiritual experience of God confirming me in the knowledge that He loves me and takes pleasure in my soul, fills my soul with profound peace. Today, I could not take any food; I felt nourished to the full by love. O God of great mercy, You have deigned to send down Your Only Begotten Son to us as the greatest sign of Your unfathomed love and mercy, You do not turn sinners away, but out of Your infinite mercy You have even opened up a treasure also for them, from which they may draw abundantly, not only justification, but also all the sanctity to which the soul can attain. Father of great mercy, I truly want all souls to turn trustfully unto Your infinite mercy. No-one can be justified in Your eyes unless he is attended by Your infinite mercy. When You reveal the mystery of Your mercy to us, eternity will not be enough to thank You for it as much as You deserve.” (Faustina’s *Diary*, No. 1121-1122). (3:01)

B Song: *O the Silent White Host* – 1st stanza (0:42)

W We are well here with You, O Lord! We adore You, O Dearest One... We adore You, O Most Holy Trinity, in the Lord Jesus, present under the species of the Most Holy Host... We adore You, O Eternal God, in Mary, present with Jesus here with us... We adore You, O Good God, in Your Angels and Saints, present with us here in adoration. We thank You for the presence of those persons whom, although we cannot see, but who, indeed, are here with us, adoring the Lord Jesus. We thank You, O God, for all of them. We also give thanks for those we see – for our sisters, for our brothers. How grateful we are for this presence, for this mutual support in winning our hearts to be ever more pleasing to God, His love, and the plan of salvation for all people. Now, we can meditate on some more thoughts of St. Padre Pio, thoughts that can be a help to us on our way to becoming more fully like the saints in loving God. “I repeat to you: be vigilant and do not worry too much about yourself.” A MOMENT OF SILENCE “Love is the queen of virtues. As pearls are united by thread, so the virtues are united by love.” A MOMENT OF SILENCE “Do not cease to seek the truth, to acquire the Highest Good.” A MOMENT OF SILENCE “Do not lose heart during present adversities: as long as your heart is faithful to the Lord, He will not allow the burden of tribulations to surpass your strength.” A MOMENT OF SILENCE “Do not start any work without asking for God’s help beforehand. In so doing, you will receive the grace of holy perseverance” (2:39)

W Song: *O the Silent White Host* – 2nd stanza (0:42)

At the end of the adoration:

B Beloved Jesus! We thank You so much for the love we can experience in our relationship with You. Oh, how good it is to be with You, to look into Your eyes, to listen to Your voice. We will abide in silence from this moment until the Jasna Góra Appeal. O Jesus, speak to our hearts, transform our hearts, rest in hearts so prepared by Your transforming grace. O Jesus, Love of our hearts, love us... O Jesus, Love of my heart, I love You... Amen. (0:49)