

**Prayer of union
with the Risen Jesus
after going with Him through
the Sorrowful Mysteries
of the Holy Rosary.
Meditations for the “Holy Hour”
during adoration after the Holy Mass
on the second Thursday, 9 July 2015,
at the Church of Divine Providence in Bielsko-Biala.**

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

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(Duration of meditations with songs: about 49 min.)

Meditations concluding adoration after Holy Mass

W Beloved Jesus! Let silence fill our hearts with the light of love for You when You are dying and descending from the height of the Cross into the Abyss. Silence alone can open our hearts to the accomplishing work of new creation, which the Heavenly Father willed to enclose in the poignant mystery of Your Sacrifice... We remain for a moment in silence, gazing with the loving attention of heart at the Love of God – at Your Love, O Jesus, who are descending with the divine light of the Holy Spirit into the dark gloom of the Abyss of our hearts... O Jesus! Transform our hearts to resemble Your Heart! A LONG MOMENT OF SILENCE (1:06)

W Song: *I Greet You* – 1-2 stanza (1:12)

J Beloved Savior! You passed through the darkness of the Abyss, through the dark valley of dying. How aptly this reality is reflected in Psalm 23. We will now listen to its words, contemplating Your and our experience of passing through the dark valley of death... through the valley of challenging life experience. Each such experience is a test of the quality of our faith, of our trust in You. Every such passage must finally prove victorious, for God is with us as He is with You, walking through the darkness of the Abyss toward the dawn of the third day – the day of Resurrection. (1:03)

P READ CALMLY, SLOWLY, WITH PAUSES: “The Lord is my shepherd; there is nothing I lack. In green pastures you let me graze; to safe waters you lead me; you restore my strength. You guide me along the right path for the sake of your name. Even when I walk through a dark valley, I fear no harm for you are at my side; your rod and staff give me courage. You set a table before me as my enemies watch; You anoint my head with oil; my cup overflows. Only goodness and love will pursue me all the days of my life; I will dwell in the house of the Lord for years to come.” (Psa 23:1–6) (1:08)

B Beloved Jesus! While reciting the Sorrowful Mysteries of the Holy Rosary, we passed with You along the way of salvation that You passed in a time two thousand years distant from our own. We confessed to You during the prayer that we believe that – thanks to the Divine power of Holy Communion – we not only remember those painful Events but truly participate in them. What does it mean that we believe this way? (0:43)

B Song: *I Greet You* – 3-4 stanza (1:12)

Z We firmly believe, O Beloved Jesus, that You have allowed us to truly participate in Your passing through the dark valley of death. We believe that thanks to the Eucharist... thanks to the received Holy Communion, we were allowed to truly participate in this salvific Event, which, from the point of view of our historical time, has already irretrievably passed two thousand years ago! We believe You, O Beloved, are the Almighty God, for whom nothing is impossible. Therefore, we believe that You, passing two thousand years ago through the successive stages of this challenging path towards death and through the world of death, really saw us near close to You. You saw us, You saw our concentration, You saw our love, our involvement in being with You in Your pain... To You, we sing a song. (1:20)

Z Song: *O Lord You are my shepherd* – 1-2 stanza (1:12)

A Dearest Jesus! You, going on the way towards death and through its darknesses, saw us, people of a different historical time than Yours, saw us by Your side... You saw us and were grateful to us for this real presence with You. This presence of us cannot be comprehended in a human way since, from the point of view of our human history, we have not yet existed two thousand years ago. We profoundly believe in this supernatural possibility of being present with You. Faith in these miraculous Realities – the Holy Mass and the Blessed Sacrament – allows us to truly marvel at the greatness of God, the greatness of the incomprehensible Giver of miraculous divine gifts. Thanks to them, we can indeed be with You in the historically past events. (1:15)

P Beloved Jesus! Oh, how we are amazed... and how deeply we believe that You had been seeing us just when you most needed the presence of those who truly know and love You. We thank You with all our hearts, O Lord, for this gift of our participation in Your saving path... The love that burns in our hearts towards You wants to show You heartfelt compassion at the very time when You are extremely painfully experienced... when You the most need our presence – loving You by being with You. (0:56)

P Song: *O Lord You are my shepherd* – 3-4 stanza (1:12)

D Dearest Jesus! As we abide in prayer after the Eucharist, we accompany You on the path You took two thousand years ago, going after the Last Supper from the Upper Room towards death on the cross embedded in the rock of Golgotha. Our way with You, however, does not end at the cross. Behold, together with the Apostles, we return from Golgotha to Jerusalem, to the Upper Room, in order to experience with them Your coming to us as the Risen Lord. About this extraordinary encounter with You, in which we too share through the Divine power of Holy Communion, St. Luke wrote in the Gospel as follows: (1:01)

W From Emmaus, the two disciples returned to Jerusalem, where they found the eleven gathered together and those with them, who said, ‘The Lord has truly been raised and has appeared to Simon!’ Then, these two recounted what had taken place on the way and how He was made known to them in the breaking of the bread. While they were still speaking about this, He stood in their midst and said to them, ‘Peace be with you.’” (Luke 24:33–36) In response to this greeting, we wish to sing to You, O Jesus, a song glorifying Your Resurrection. (0:51)

W Song: *The Lord of life knows not death* – 1-4 stanza (2:08)

J O Risen Jesus! We read next in St. Luke about this encounter, in which we now realistically participate, the following words, “But they were startled and terrified and thought that they were seeing a ghost. Then he said to them, ‘Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have.’ And as he said this, he showed them his hands and his feet. While they were still incredulous for joy and were amazed, he asked them, ‘Have you anything here to eat?’ They gave him a piece of baked fish; he took it and ate it in front of them.” (Luke 24:37–42) (1:10)

Z Beloved Jesus! Now, together with the apostles, we touch Your holy wounds. Now, together with them, we receive from You the gift of deep faith in Your presence with us. Now, with them, we rejoice in meeting You, who are truly coming to us after coming out from the darkness of the Abyss. Now, with them, we open our hearts to this experience... Now, with them, we open our hearts to You, O Jesus! Beloved Jesus! Speak to us, speak of Your love for us, speak to our hearts, we ask You! A LONG MOMENT OF SILENCE (0:55)

P Song: *Winner of Death* – 1-2 stanza (1:42)

B Jesus! I want to confess my love for You. I desire to profess my faith in You and the faith in Your presence in the Eucharist. I believe, O Messiah-Conqueror, who came out of the darkness of the Abyss, from among the dead (cf. Heb 13:20), that the miracle of Holy Communion is the food of immortality, the food for resurrection. The Holy Communion You feed us at every Holy Mass is You Yourself – God and Man in one Person. (0:43)

B Song: *The Hidden Jesus* – 1-2 stanza (1:46)

Z O Jesus, Holy Communion, Food of Immortality! Receive in this hour of grace, in the hour of sacramental union with You, receive, please, my confession of love. I love You, and I desire that we may all love You more and more and that we may kindle one another to ever more fervent love and raise the frigid to life. Beloved Jesus! Forgive me and us for any callous, subjective, frigid treatment of You coming in Holy Communion. Forgive me and us for lacking a personal relationship to You, O Jesus, Beloved Food, Food utterly different from all worldly food... I love You, Jesus... (1:06)

A Dearest Savior! In response to Your love, how we desire to confess our love for You. We will do so now with the words addressed to You by Bl. Candide, an Italian Carmelite who died in 1949: “O holy Host, make me immaculate, **transform me whole into love** so that, so transformed, appear before You. Nothing has the power to wound more than You, O little, snow-white Host! So wound me: You are more than a sword, **O holy Love in the Sacrament of the Altar. Kill me, inflict death with Your arrow. May I die at Your feet because of You!** May every atom burn within me... and ignite souls for You from pole to pole, Divine Sacrament! Mary, who gave me the Eucharist, my father St. Joseph, who adored and preserved the Wheat of the elect, intercede for me! Amen.”¹ (1:28)

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

P Beloved Jesus! With Bl. Candide, we apologize to You for the fact that we very often end our conscious being with You in Holy Communion too quickly. Oh, let us be moved by the words with which You filled her heart. She wrote in “Eucharistic Conversations”: “How many tears my heart has shed, what martyrdom it suffers seeing the lack of thanksgiving after receiving the Eucharist or receiving it as if out of habit, without proper preparation. Jesus, oh Jesus, may I be wrong, but love for You makes it possible to sense with what indifference You are received by many, what ingratitude we repay for Your great gift! Oh, what anguish! You know everything about my life, thanks to the Eucharist. You are heavenly; You are too good. That is why we relate to You so badly and respond to Your love with such indifference, O Jesus! What fruit can Holy Communion bear without proper thanksgiving? It is in its loving warmth that feelings and stirrings similar to Yours are born in the soul, Jesus. And it is then that unity is truly nourished and established.”² (1:54)

P Song: *O the Silent White Host* – 1-2 stanza (2:12)

D Dear Jesus, I ask for Your forgiveness for the times when I have hastily ended my encounters with You in Holy Communion. How many times have You received only a few words from me after You came into my heart in the miracle of Holy Communion... Jesus! Why am I in such a hurry when You desire my conscious presence with You after You came to and are with me? – when You are so close... so close as nowhere else... Why can I not command myself to love You tenderly... to love under the logic of Incarnation, under the logic of Your coming to me in the reality of Your human body, Your human nature?... Dear Jesus! In this hour of grace, I humbly ask You for the gift of a new heart for me, for the gift of a heart filled with holy fear toward You, for the gift of a heart filled with love toward You – toward You, who are thirsting for my conscious, loving presence with You. (1:33)

W Dearest God! You give us Yourself... You give us the gift of being with You, the Risen One. Our faith is confirmed by the saints who had the extraordinary grace of seeing You after receiving You in Holy Communion... of seeing You in human form. Here, St. Teresa of Avila, a Carmelite, wrote about it: “**Now and then it seemed to me that what I saw was an image; but most frequently it was not so. I thought it was Christ Himself, judging by the brightness in which He was pleased to show Himself. ... If what I saw was an image, it was a living image, not a dead man, but the living Christ: and He makes me see that He is God and man, not as He was in the sepulchre, but as He was when He had gone forth from it, risen from the dead.**”³ (1:13)

J Then the saint continues to write about You, Jesus, “**He comes at times in majesty so great, that no one can have any doubt that it is our Lord Himself, especially after Communion: we know that He is then present, for faith says so.** He shows Himself so clearly to be the Lord of that little dwelling-place, that the soul seems to be dissolved and lost in Christ. O my Jesus, who can describe the majesty wherein Thou showest Thyself! How utterly Thou art the Lord of the whole world, and of heaven ...”⁴ (1:03)

P O Risen Jesus, hiding for us the full splendor of Your Divine majesty! St. Teresa describes next the significant, saving effects of meeting You after receiving You in Holy Communion, “Here it is plain, O my Jesus, how slight is the power of all the devils in comparison with Thine, and how he who is pleasing unto Thee is able to tread all hell under his feet. Here we see why the devils trembled when Thou didst go down to **Limbus**, and why they might have longed for a thousand hells still lower, that they might escape from Thy terrible **Majesty**. I see that it is Thy will the soul should feel the greatness of Thy Majesty, and **the power of Thy most Sacred Humanity, united with Thy Divinity.**”⁵ (1:14)

¹ Bł. Kandyda od Eucharystii [Bl. Maria Candida of the Eucharist], *Rozmowy eucharystyczne [Eucharistic Conversations]*, ed. Wojciech Ciak OCD (Poznań: Flos Carmeli, 2010), 124–125.

² Ibidem, p. 53–54.

³ St. Teresa of Jesus, *The Life of St. Teresa of Jesus*, trans. David Lewis, 3rd ed. (London: Thomas Baker, 1904), 240–241 (chapter 28, points 11–12).

⁴ Ibidem, 241 (chapter 28, point 12).

⁵ Ibidem, 241 (chapter 28, point 13).

B O Jesus! St. Teresa describes next the moving meeting with You after Holy Communion, “Here, too, we see what the day of judgment will be, when we shall behold the King in His Majesty, and in the rigour of His justice against the wicked. Here we learn true humility, imprinted in the soul by the sight of its own wretchedness, of which now it cannot be ignorant. Here, also, is confusion of face, and true repentance for sins; for though **the soul sees that our Lord shows how He loves it, yet it knows not where to go, and so is utterly dissolved.**”⁶ (1:06)

Z Dearest Jesus! Through abiding in prayer after the Eucharist, we meet You, the Risen One, and You, showing us gratitude for love, bestow upon us the gift of Your love and the gift of Your Spirit. The Holy Spirit descends upon us and bestows us the gifts that each of us needs to fulfill our life’s calling best. We wish now, O Jesus, in Your presence and with You, to ask the Holy Spirit to descend upon us. (0:48)

Z Song: *Come Holy Spirit* – 1-2 stanza (1:04)

A Beloved Jesus! We read in the Gospel of St. John: On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, “Peace be with you.” When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.” (John 20:19–23) (1:12)

A Song: *Come Holy Spirit* – 3-5 stanza (1:04)

P Dearest Jesus! From the bottom of our hearts, we thank You for the opportunity to be so closely with You and for You. With all our hearts, we thank You for the gift of the Holy Spirit! We believe that through the Holy Spirit, our love for You while You are coming to us in Holy Communion will become more and more mature... more and more beautiful. Oh, Holy Spirit! We trust that now You, descending into our hearts, will enable them to love the Lord Jesus in the way He expects of each of us. Grant, O Holy Spirit, that we may be able to love the Lord Jesus! (0:53)

P Song: *Your Heart, Jesus, is Burning with Love* – 1-4 stanza (3:20)

D We beg You, O Holy Spirit, to transform our hearts, transform them in this hour of grace, so that we will be able to lovingly respond to this moving longing of the Lord Jesus, which He confided to St. Margaret Mary Alacoque: “**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.**” (0:50)

D Song: *Your Heart, Jesus, is Burning with Love* – 5-9 stanza (4:10)

W Beloved Jesus! We now wish to remain silent until the Jasna Góra Appeal. In the silence of our hearts, we want to listen to Your voice – the voice of our Spouse. Amen. (0:17)

⁶ Ibidem, 241–242 (chapter 28, point 13).