



**Saint Marie Eugenie of Jesus**

***February 27, 1876***

**Meditate on the Passion**

My dear daughters,

I will make only one recommendation to you today: to meditate a lot on the Passion of Our Lord Jesus Christ during Lent. This meditation is essential to perfection, to the spiritual life; it is highly recommended by the holy authors. Unless there is a particular attraction to prayer that absorbs and occupies one, one must take advantage of this time to meditate on the Passion of our Lord and begin now, so that, having had ample time to explore and delve into all its details and circumstances, one will be better prepared to meditate on them more intimately when Holy Week comes.