



## MEDITATION ON OUR LORD'S PASSION

*9 March 1873*

All the saints and masters of the spiritual life insist on the importance of meditating on the Passion of our Lord. St Thomas Aquinas regarded the meditation on the Passion as the assured way to perfection; it is the theme to which we should return constantly and which should be foremost in the minds of Christians, and especially of those who tend to perfection.

Our Lord Jesus Christ is the way we should walk; he is the way of salvation. The resemblance that we acquire to Jesus differs according to our personality and state of life but for all, we seek conformity to the Gospel, conformity to Jesus' life, conformity to his Cross.

The Gospels, the Epistles, the writings of the Fathers are full of this doctrine. Saint Paul says: Those whom God has chosen, he has sanctified, he has predestined them to be conformable to the image of Jesus Christ crucified. (*Romans 8:29*). Certainly there are crosses in the world, and perhaps greater ones than in religious life. Don't we hear every day about the loss of fortunes, deaths, breakup of relationships, tragedies and revolutions? Crosses are not lacking, that is for sure. Why then, in great and small trials, in the contradictions and sufferings of each day, do so few people become conformable to this sign of salvation, to the Cross of Jesus Christ? It is meditation on the Passion that is missing. They are rare, the people who seek to enter into the dispositions of Jesus with regard to suffering and we do not know how to ask enough or try enough to acquire these dispositions.

If we meditate every day on the Passion of our Lord, we shall understand that the great affair of our lives is to become conformable to Jesus Christ, to be deeply united to him. Suffering will appear, then, as a gift of God and it will never separate us from Jesus Christ or trouble us when it approaches. We would accept it as a means to be united to Christ, and not just as a means, but as the most powerful of all. Sufferings lead us to eternal glory; they are the road to heaven. The big question is to know how to follow Jesus- Christ, and by meditation on the Passion, to arrive at love.

There is no more powerful motive of ardent love for Our Lord than to consider all he suffered on the Cross. It was the supreme witness of his love. There is no greater love than to give one's life for one's friends. (*John 15:3*)

Constant meditation on the Passion will attach us to the way of Our Lord and will make us share his sentiments and penetrate little by little into his heart so that he can love us and we can love only him.

### **The WAY of the CROSS**

-Let each one seek within her heart what she can do in place of fasting...Msgr. de la Bouillierie advised us to make the Way of the Cross more frequently, to draw more often from

the treasure of Jesus Christ's suffering so that, more closely united to Jesus crucified, with a more tender compassion, with greater devotion to his sorrows, we might find what is lacking in our penance. *Instruction: 5 March 1876*

-When you meditate on the Sorrowful mysteries, when you make the Way of the Cross, why not stop and say: "My God, I praise you, I admire you, I bless you for this humility, patience, generosity in the sufferings and sacrifices you have endured for me! I adore you, Lord, I bless you, and I want to give you thanks for the rest of my life." Thus, none of the sufferings of Jesus will be without its effect in your soul. ...What makes souls grow cold, freezes them, as it were, and makes them incapable of praise and blessing, is usually something making them suffer. Look at Our Lord, when he enters on the Way of the Cross, he praises His Father. What love he shows! With him and following him, we ought also to render thanks.

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