



Saint Marie Eugenie of Jesus

January 27, 1894

Meditate on the Passion

My Dear Daughters,

What I want to recommend to you in just a few words today is to prepare for Lent by meditating on the Passion. We must get used to meditating on the Passion during Lent so that it may be a time that teaches us patience, abandonment in the hands of God.

Our Lord suffered so much for us! It is necessary to represent His sufferings to ourselves through meditation, to have our minds filled with them. Bossuet says that when a soul has come to meditate on the Passion, it finds there everything it needs; it no longer needs anything; it has in the sufferings and humiliations of Our Lord the greatest examples that can be given to it.