

## Commentary on the Our Father (Slides 42-100)

### *Slide 42-43 Our Father: Christ as Master and Guide in Prayer*

Our Father Who Art In Heaven...how You do show Yourself to be the Father of such a Son; and how Your Son does show Himself to be the Son of such a Father...this favor would not be so great if it came at the end of the prayer. But at the beginning, You fill our hands and give a **reward** so large that it would easily fill the intellect and occupy the will so that one would be unable to speak a word. ...how readily should **perfect contemplation** come at this point! (W27 1)

You humble Yourself...in joining with us in prayer and making Yourself the **Brother of creatures** so lowly and wretched...You desire that He consider us His **children**...in being Father He **must** bear with us...pardon us...console us in our trials...(W 27 2)

Since You, Jesus, have vowed to **undergo disgrace** for us, leave Your Father **free**. Don't oblige Him to do so much for a people so wretched who will not thank You properly...what You say on earth will be done in heaven. (W 27 3,4)

If our Father had not so much majesty, it wouldn't surprise me if we refused to be known as His children.. such an **attitude doesn't belong here**...the one from a noble lineage should ...speak least about her father. All the Sisters must be **equal** ... you have a good Father, for He gives you the good Jesus. **Let no one in this house speak of any other father but Him.** (W27 5,6)

### *Slide 44-51 Who art in Heaven: Prayer of Recollection*

...Do you think it's of little importance to know *where heaven is and where you must seek your most sacred Father?*...for **wandering minds** it is very important ...to believe these truths...to strive to understand them by experience. Doing this is one of the ways of greatly **slowing down the mind** and **recollecting the soul.**(W28 1) Do you think it matters little for a soul with a wandering mind to understand this truth...there is no need to go to heaven ...to speak with one's Eternal Father or find delight in Him? Nor is there any need to shout. ...**He is near enough to hear us**...All one need do is go into solitude and look at Him within oneself...with great humility speak to Him as to a father. Beseech Him as you would a father, tell Him about your trials, ask Him for a remedy ...realizing that you are not worthy to be His daughter. (W 28 2)

...humility doesn't consist in refusing a favor the King offers you but in accepting it and understanding how bountifully it comes to you and being delighted with it...**I have the Emperor of heaven and earth in my house...speak with Him as a with a father, or a brother, or a lord or as with a spouse; sometimes in one way, at other times in another;** He will teach you what you must do in order to please Him. (W28 3)

The intellect is recollected much more quickly with this kind of prayer even though it may be **vocal**; it is a prayer that brings with it many **blessings**. This prayer is called '**recollection**' because the *soul collects its faculties together* and **enters within itself to be with its God**. And the **divine Master comes more quickly to teach it** and give it the **prayer of quiet** than He would through any other method it might use. For centered there within itself, it can think about the **Passion** and represent the Son...and not **tire the intellect**... (W28 4)

...Those who can enclose themselves within this **little heaven of our soul**, where the Maker of heaven and earth is present...should believe they are following an **excellent path** and that they will **not fail to drink water from the fount...It is the path of heaven.** (W28 5)

...anyone who walks by this path keeps his eyes closed...a praiseworthy custom...a striving so as not to look at things here below. This striving comes at the beginning; afterward, there's no need to strive...(W28 6)

...At the **beginning** since the **recollection is not so deep**— for there are **greater and lesser degrees of recollection**—the **soul should get used to this recollection**...If we make the effort, practice this recollection

for some days, and get used to it, the **gain will be clearly seen**; we will understand when beginning to pray that the **bees** are approaching and entering the beehive to make honey. And this recollection will be effected without our effort...the Lord has desired that ...the faculties are drawn inward...When the soul does no more than give a sign that it wishes to be recollected, the senses obey it and become recollected. Even though they go out again afterwards, their having already surrendered is a great thing; for they go out as captives and subjects and when the will calls them back...they come more quickly, , until after many of these entries the Lord wills that they rest entirely in **perfect contemplation**. (W 28 7)

Let's speak a little about **how we should get accustomed** to a method that 's so good...let's imagine that within us is an extremely rich palace, built entirely of gold and precious stones...you have a part to play in order for the palace to be so beautiful; for there is **no edifice as beautiful as is a soul pure and full of virtues**...in this palace dwells this **mighty King** ...seated upon an extremely valuable **throne**, which is your **heart**. .. I consider it impossible for us to pay so much attention to worldly things if we take that care to remember we have a **Guest** such as this within us...(W28 9)

...I understood that I had a soul. But what this soul deserved and who dwelt within it I did not understand because I had covered my eyes with the **vanities of the world**....if I had understood as I do now that in this little palace of my soul dwelt so great a King, I would not have left Him **alone** so often. I would have remained with Him ... striven... not to be so **unclean**. (W 28 11)

So that the soul won't be disturbed in the beginning by seeing that it is too small to have something so great within itself, the Lord doesn't give it this knowledge until **He enlarges it little by little** and it has the capacity to receive what He will place within it.....we should **give ourselves to Him with complete determination**...He doesn't give Himself completely until we give ourselves completely. (W 28 12)

...if we fill the palace with **lowly people**...how will there be room for the Lord with His court?... certainly His court attendants would never leave Him alone...they beseech Him on our behalf since they are full of charity. (W28 13)

...we have not come here to seek a reward. Let us always **direct our thoughts to what is lasting**...how quickly **all things come to an end**...Turn your eyes inward and look within yourself...you will find your Master...the less you have of exterior consolation the more He will favor you. (W 29 1,2)

...the solitude enjoyed between the soul and its Spouse when the soul desires to enter this **paradise within** itself to be with its God...you must understand that this **recollection is not something supernatural**, but that it is something we can desire and achieve ourselves with the **help of God**—for without this help we can do nothing, not even have a good thought. This **recollection**...is an **enclosure of the faculties** (body-5 senses; soul-will, intelligence and imagination) within the soul. (W 29 4)

...I'm speaking only of how **vocal prayer should be recited**...we should see and be present to the One with whom we speak...**all the harm** comes from not truly understanding that **He is near, but in imagining Him as far away**...to **acquire the habit** of easily recollecting our minds and understanding what we are saying and with whom we are speaking...the exterior senses must be recollected ...be occupied...**We have heaven within ourselves since the Lord of heaven is there**. (W29 5)

With this method we shall pray vocally with much calm, any difficulty will be removed...**He is very fond of taking away our difficulty**...of His willingness to give to us, how eagerly He remains with us...**get used to praying the Our father with this recollection**, you will see the **benefit before long**. This is a manner of praying that the soul gets so quickly used to that it doesn't go astray, nor do the faculties become restless...try this method...it may mean some **struggle**...**before the habit is acquired**. (W29 6)

...**I never knew what it was to pray with satisfaction until the Lord taught me this method**. ...so many *benefits from this habit of recollection*...you can if you want , avoid ever withdrawing from such good

company; ...if you can, **practice this recollection often during the day; if not, do so a few times**...Once this **recollection is given by the Lord, you will not exchange it for any treasure**. (W29 7)

...if you try, within a year, or perhaps half a year you will acquire the **habit** ... see how little time it takes for a **gain as great** as is that of **laying a good foundation**. (W29 8)

***Slide 52-56 Hallowed be Thy Name: Prayer of Quiet; Prayer of Union***

Your petition in the garden...manifested Your own desire and fear...but You (Jesus) abandoned them to His will...we are not as surrendered to the will of Your Father as you are...what He gives is better. (W30 2)

...we could not hallow...His holy name in a fitting way, ...He provided for us by **giving us His kingdom here on earth** ... one will no longer take any account of earthly things, but have a calmness and glory within ... (W30 4, 5)

...He doesn't tell us to ask for impossible things...there are times when...the Lord **calms our faculties and quiets the soul**...a clear **foretaste** of what will be given those He brings to His kingdom. And to those to whom He gives here below the kingdom we ask for, He gives **pledges** ...they may have great **hope** of going to enjoy perpetually what here on earth is given only in **sips**. (W 30 6)

... the **beginning of pure contemplation**...the **prayer of quiet**. But since I'm dealing with **vocal prayer**, it may seem...that vocal prayer doesn't go with contemplation; but I know that it does...there are many persons who while praying vocally ...are **raised by God** to sublime **contemplation**...those of you who are the **enemies of contemplatives** should not think that you are **free** from being a contemplative if you recite your vocal prayers as they should be recited, with a pure conscience ... (W 30, 7)

...I want to **explain this prayer of quiet**...the Lord begins to show that He hears **our petition**...to give us His kingdom here below so that we may truly praise and hallow His name...this prayer is **supernatural**...we cannot procure it through our own efforts...the Lord puts it (soul) at **peace** by His presence...**all the faculties are calmed**...not much more would be required for it to become **one with Him in union**...it (soul) sees it is in the **kingdom**, at least near the King who will give the kingdom to the soul...the state resembles an interior and exterior **swoon**...(W31 1,2)

A person feels the greatest **delight** in his **body** and a great **satisfaction in his soul** (prayer of quiet)...the **faculties are still**...**two of them are free** (Intellect, Memory). The **will** is the one that is **captive** here. ...if there is some **sorrow**...it comes from a realization that the will must return to the **state of being free**...Persons in this prayer **don't want the body to move**... to **lose that peace**...don't dare stir...They are within the palace, near the King...He is giving them His kingdom. In sum, while this prayer lasts they are so **absorbed ...with satisfaction and delight**...(W31 3).

Sometimes in this **prayer of quiet** the Lord grants **another favor** (sleep of the powers)...when this **quiet is great and lasts for a long while**...the will wouldn't be able to remain so long in that peace if it weren't bound to something...They (intellect & memory) are not wholly in what they are doing...the best part is lacking, that is, the will...is united with its God, and leaves the **other faculties free** to be **occupied in what is for His service**...in **worldly matters**, these faculties are **dull...in a stupor**...This is a **great favor**...the **active and contemplative lives are joined**...the **will** is occupied **in its work and contemplation** ... the **other two faculties serve in the work of Martha**. Thus, **Martha and Mary walk together**. (W31 5)

...it would be good to give some **counsel** for those whom the Lord ... has brought here...to think they'll be able to hold on to that satisfaction and don't even dare take a breath...this prayer is no longer our work...it's something very **supernatural**...only receive it with **gratitude**, as most **unworthy** of it...you will be **unable to manage the other two faculties**...the soul will be in the greatest quiet and the intellect will be so distracted

...sometimes I want to die in that I cannot cure this **wandering** of the intellect...the will shouldn't pay anymore attention to the intellect than it would to a **madman**. (W 31 8)

...this prayer of quiet is different from that prayer in which the entire soul is united with God, for then the soul doesn't even go through the process of swallowing this divine food...the Lord places the milk within it. In the **prayer of quiet** it seems that He wants it (soul) to **work a little**...the intellect torments the will, it doesn't cause this torment when there is **union of all three faculties**, for He ...suspends them. With the **joy** He gives them He keeps them all **occupied**...the **delight** is in the interior of the **will**...In this prayer the will is the **ruler** and the powerful one. (W3110)

...to the soul placed in this prayer it seems the Eternal Father has already here below granted its petition for His Kingdom...when this **favor is granted by God**, we shall **forget the things of the world**...a soul to whom God gives such pledges has a **sign** that He wants to give it a great deal...if the Lord sees that after He **places the kingdom of heaven** in the soul's house this soul turns to earthly things, He will fail to show it the secrets in His kingdom...seldom grant it this favor... (W31 11)

When individuals **do not respond by service** that is in conformity with so great a favor...and take back their wills...the Lord **goes in search** of those who do love Him to give more to them...But there are persons...who **make themselves deaf** when the Lord... gives the **kingdom** and places them in this **prayer of quiet**...they do not receive it...they distract themselves from the prayer of quiet...Do not do this...be on your guard when the Lord grants you this favor. ... consider that you are losing a great treasure...you do much more by saying one word of the Our Father...than rushing through the entire prayer many times. You are very close to the one you petition...herein lies the true praise and hallowing of His name... (W31 12,13)

#### **Slide 57-60 Thy will be done (abandonment to God's Will): Rapture**

...He has granted us so great a **favor** as to **make us His brothers**, let us see what He desires us to give His Father, and how He offers this gift for us and what He asks of us...it is right that we serve Him in return for such great favors. (W 32 1)

"Your will be done on earth as it is in heaven."...your Father does what You ask Him ... giving us His kingdom here on earth...for **once earth has become heaven**, the **possibility is there for Your will to be done in me**...**His will must be done**...like it or not, and it will be done in heaven and on earth... great gain that comes from freely abandoning my will to Yours...what a great loss there is when we do not carry out what we offer to the Lord in the Our Father! (W 32 4)

...I want to ...remind you what His will is...Do you want to know **how He answers those who say these words** to Him sincerely? **Ask His glorious Son** who said them with such **determination and complete willingness**...sorrows, injuries and persecutions He suffered ...death on a cross...By that we understand what His will is. For these are **His gifts to the world**. He **gives according to the love He bears us**...the **measure** for being able to bear a large or small cross **is love**...**strive to suffer what His Majesty desires you to suffer**.(W 32 7)

...Let's give Him the **jewel** ... The truth is that He rewards us beforehand so that we might give the jewel to Him...Those in the world will be doing enough if they truly have the **determination to do His will**...everything I advise you is directed toward the **complete gift of ourselves to the Creator**, the **surrender of our wills to Him**, and detachment from creatures...**we are preparing ourselves** that we may quickly reach the end of our journey and drink the living water from the fount...**unless we give our wills we will never be allowed to do so**...**Drinking from the fount is perfect contemplation**. (W32 9)

In this contemplation...**we don't do anything ourselves**...nor is there anything else necessary...than to say...**Your will, Lord, be done in me**...If you want it to be done with trials, strengthen me and let them come; if with persecutions, illnesses, dishonors, and a lack of life's necessities, here I am. I will not run away, my Father, nor is it right that I turn my back on You. **Since Your Son gave You this will of mine in the name of**



**all**, there is no reason for any lack on my part. But grant me the favor of Your Kingdom that I may do Your will, since He asked for this kingdom for me, and use me as You would Your own possession, in conformity with Your will. (W32, 10)

...**strength lies in this gift!**...when accompanied by the necessary **determination**, it draws the Almighty so that **He becomes one with our lowliness, transforms us into Himself, and effects a union of the Creator with the creature...**(W 32 10)

...the more our deeds show that these are not merely polite words, all the more does the Lord bring us to Himself and **raise the soul from itself and all earthly things** so as to make it capable of **receiving great favors**, for He never finishes repaying this service in the present life....**Not content with having made this soul one with Himself, He begins to find His delight in it, to reveal His secrets, and rejoice that it knows what it has gained ...He makes it lose these exterior senses so that nothing will occupy it. This is rapture.** And **He begins to commune with the soul in so intimate a friendship that He not only gives it back its own will but gives it His.** For in so great a friendship the Lord takes joy in putting the **soul in command**...He does what it asks **since it does His will.** (W32 12)

It (soul) often grows weary seeing itself subject to so many difficulties, impediments and fetters...from dwelling in the prison of this body. It would want to repay something of what it owes...only **humility** can do something ...**a clear perception ...the truth**...about what a trifle we are and how very great God is. (W32 13) I give you one counsel...don't think that through your own strength or efforts you can arrive, for **reaching this stage is beyond our power**.... With **simplicity and humility, which will achieve everything**, say : fiat voluntas tua (thy will be done). (W32 14)

### ***Slide 61-69 Give us this Day...(The Eucharist)***

Jesus knows our weakness...we often show **we do not understand** what the Lord's will is. **We are weak and He is merciful**...He saw that **doing the Father's will was difficult**...once Jesus saw the need...to show the extreme of His love for us, and in His own name...**He made this petition**: "Give us this day, Lord, our daily bread." ...it is a matter of life and death not to pass over these words hastily. (W 33 1)

...it was necessary for us to **see His love and courage in order to be awakened---not just once but every day**. After He saw all this, **He must have resolved to remain with us here below**. Since to do this was something so serious and important...He well understood that He was asking for more in this request than He was in the others, for He knew beforehand the death they would make Him die and the dishonors and insults He would suffer...What father...would consent that his son **remain among us every day to suffer**? Certainly no Father, Lord, but Yours...how many insults will be committed today against this Most Blessed Sacrament! (W 33 2,3)

...**in exchange for doing Your will perfectly, and doing it for us, He allows Himself to be crushed to pieces each day**....Why must all of our good come at His expense?...**in this petition** He repeats the words: first He says and asks the Father to give us this daily bread, **and then repeats**, 'give it to us this day, Lord'...It's as though **Jesus tells the Father that He is now ours since the Father has given Him to us to die for us**; and asks that the **Father not take Him from us until the end of the world**;that **He allow Him to serve each day**...it seems that **Jesus is honored to be our slave**. (W 33 4)

...by **sharing in our nature He has become one with us** here below...and as Lord of His own will...He reminds the Father that because He belongs to Him the Father in turn can give Him to us. And so He says, '**our bread**.' **He doesn't make a difference between Himself and us, but we make one** by not giving ourselves up each day for His Majesty. (W 33 5)

In this petition the word '**Daily**' seems to mean forever...why after the word 'daily' ...'give us this day'...that it be ours every day...**He remains with us to help, encourage, and sustain us in doing this will**, that we have prayed might be done in us. (W 34 1)

In saying '**this day**,'...He is referring to **one day**...which lasts as long as the world and no longer...it will not be the Lord's fault if the unfortunate ones let themselves be conquered. He doesn't stop encouraging them until

the battle is over...So the Son tells His Father...**since there is no more than one day...let Him pass it in servitude**...He has given us this most sacred bread forever. His Majesty gave us...the **manna**...of His **Humanity that we might find Him**...and not die of hunger, save through our own fault...the soul will find delight and consolation in the most Blessed Sacrament ...He is teaching us to **set our wills on heavenly things and to ask to begin to enjoy Him here below**...would He get us involved in something so base as asking to eat?... **once we start worrying about bodily needs, those of the soul will be forgotten!**...There is no need, trial or persecution not easy to suffer if we begin to enjoy the delight and consolation of this sacred bread. (W34 2)

...Ask the Father ... to give you your **spouse 'this day'** so that you will **not be seen in this world without Him**. To **temper such great happiness** it's sufficient that he **remain disguised in these accidents of bread and wine**...Beg Him not to fail you. .. Carefully avoid wasting your thoughts at any time on what you will eat...**Leave this care...to your Spouse; He will care for you always.**(W34 4)

**Your attitude should be like that of a servant when he begins to serve**. His care is about **pleasing his master in everything**...be concerned with asking for this bread...let us ask that we might merit to receive our heavenly bread in such a way that the Lord may reveal Himself to the eyes of our soul and make Himself known...our bodily eyes cannot delight in beholding Him, ...He is so hidden. (W 34 5)

Do you think this heavenly food fails to provide sustenance, even for these bodies, that it is not a great medicine even for bodily ills? (W34 6)

...for many years when she received Communion...she strove to strengthen her faith so that **in receiving her Lord it was as if ...she saw Him enter her house**...she freed herself from all exterior things when it was possible and entered to be with Him. She strove to recollect the senses ...She considered she was at His feet and wept with the Magdalene...**even though she didn't feel devotion, faith told her that He was indeed there.** (W34 7)

...Receiving Communion is not like picturing with the imagination...**In communion the event is happening now, and it is entirely true...why doubt, if we have faith, that miracles will be worked while He is within us and that He will give what we ask of Him, since He is our house?** His Majesty is not accustomed to paying poorly for His lodging if the hospitality is good. (W34 8)

...to see Him with our bodily eyes...is not fitting for us...there is no person capable of enduring such a glorious sight...**In seeing the Eternal Truth one would see that all the things we pay attention to here below are lies and jokes...Beneath the bread He is easy to deal with**...who would dare approach...with so many imperfections! (W 34 9)

He has **many methods of showing Himself to the soul**, through great interior feelings...Be with Him willingly; don't lose so good an occasion for **conversing with Him as is the hour after receiving Communion**...strive to **leave your soul with the Lord**. If you immediately turn your thoughts to other things...how will He reveal Himself to you? This is a good time for our Master to teach us and for us to listen to Him ...and beg Him not to leave. (W 34 10)

**If you have to pray to Him by looking at His picture**...it would seem foolish. You would be **leaving the Person Himself to look at a picture of Him**...it is good to have a picture of Christ...when He is absent, or when by means of dryness He wants to make us feel He is absent...With what better...thing can our eyes be occupied than with One who loves so much...(W 34 11)

.....**after having received the Lord, since you have the Person Himself present, strive to close the eyes of the body and open those of the soul and look into your own heart**...acquire the habit of doing this every time you receive Communion...Though He comes disguised, the disguise ...does not prevent Him from being recognized in many ways, in conformity with the desire we have to see Him. And you can desire to see Him so much that He will reveal Himself to you entirely. (W 34 12)

On the other hand, if we pay no attention to Him...what is there for Him to do?...**He wants to reveal Himself to us**. No, for they didn't treat Him so well when He let Himself be seen openly by all and told them clearly who He was; very few were those who believed Him...His Majesty is being merciful...to all of us who love Him, by letting us know that it is He who is present in the most Blessed Sacrament. **He doesn't want to show**

**Himself openly...and give His treasures except to those who He knows desire Him greatly;** these are His true friends...whoever is not His true friend...will quickly forget what took place...hurry on ...to other...worldly impediments so that the Lord of the house may not occupy it. (W34 13)

...in the Prayer of Recollection, I spoke of the significance of entering within ourselves to be alone with God...when you do not receive Communion...but hear Mass, you can make a **spiritual communion**...highly beneficial...you can **recollect yourselves** in the same way after Mass for the **love of this Lord is deeply impressed on the soul**. If we prepare ourselves to receive Him, He never fails to give in many ways we do not understand....it is like approaching a fire...the fire may be a large one, it will not...warm you if you turn away ...if the soul ...remains there for a while, it will stay warm for many hours. (W35 1)

...the devil will make you think you find more devotion in other things and less in **recollection after Communion. Do not abandon this practice**; the Lord will see in it how much you love Him...there are few souls who accompany Him and follow Him in trials. Let us suffer something for Him; His Majesty will repay you for it... since He suffers and will suffer everything...**to find even one soul that will receive Him and lovingly keep Him within**, let your desire be to do this ... the Father is so fond of friends...in seeing the will of His Son He doesn't want to hinder this excellent work; in it the Son's love for Him is fully demonstrated ...He shows how much He loves us and helps us suffer our trials. (W35 2)

...holy Father in heaven, since You desire and accept this work, ... You will not deny us anything that is good for us...O my God, would that I might have begged You much and served You diligently so as to be able to ask for this great favor in payment of my services, since You don't leave anyone without pay!...what is there for me to do , my Creator, but offer this most blessed bread to You, and even though You have given it to us, return it to you and beg You through the merits of Your son to grant me this favor since in so many ways He has merited that You do so? Now, Lord, now; make the sea calm! May this ship, which is the Church, not always have to journey in a tempest like this (Lutherians). **Save us, Lord, for we are perishing.**(W35 5)

***Slide 70-78 Pardon us our offenses...(Pardon of offenses & detachment from honor & esteem)***

Since our Good Master saw that with this heavenly bread everything is easy for us, save through our own fault...He says..."And forgive us, Lord, our debts **as we forgive our debtors.**" (W 36 1)

...He doesn't say 'as we will forgive.'"...**whoever asks for a gift as great as the one last mentioned** (give us this day our daily bread) and ...has already **surrendered his will to God's will**, should have already forgiven...at least ...have the **resolve to (forgive)**...**the saints were pleased with the wrongs and persecutions they suffered**; they then had **something to offer the Lord**...that **our Lord forgives our faults**, which deserve eternal fire, ...by means of something **so lowly as our forgiving others**...**I have nothing ...to give You** ... that **I may ask You to forgive my debts**. **May Your Son pardon me; no one has done me an injustice**, and so **I have nothing to pardon for your sake**, unless Lord, **You accept my desire**. (W36 2)

...**pay no attention to the things they call wrongs**...like children, we are making **houses out of straw** with these **ceremonious little rules of etiquette**...if we **knew what honor is and what losing honor consists in!**...at the time I prized honor without understanding what it was. I was following the crowd...by **how many things was I offended!**...neither was I careful about the **main rule**...I didn't ...pay any **heed to the honor that is beneficial...the honor that benefits the soul...honor and profit don't go together...the soul's profit and what the world calls honor can never go together**...the world moves in the opposite direction. Blessed be the Lord who drew us out of it...O Lord, Lord! Are You our Model and Master?... **What did Your honor consist of**, You who honored us? Didn't you ...**lose it in being humiliated unto death? No, Lord, but You won it for all.** (W36 3 5)

...how we **get lost on the road** because we **start out wrong from the beginning**...we shall reach the point of **thinking that we have done a great deal if we pardon one of these little things, that was neither an offense, nor an injury, nor anything**...we shall think that the Lord pardons us because we have pardoned others. **Help us understand**...that **we do not know ourselves and that we come to You with empty hands**; and **pardon us through Your Mercy**...all things come to an end ... but the punishment is without end...You would grant us so great a favor...because of Your Son who asks it of You. (W36 6)



...how **the Lord must esteem this love we have for one another!**...He could have put other virtues first ... He said only, 'forgive us because we forgive.' Perhaps He said the prayer and offered it on our behalf because He knows **we are so fond of this miserable honor...**to be **forgiving is a virtue difficult for us to attain by ourselves but most pleasing to His Father.** (W36 7)

... consider carefully...He says, '**as we forgive,**' as though it were **something already being done...** when among the favors God grants in **perfect contemplation...there doesn't arise in the soul a very resolute desire to pardon any injury...do not trust much in that soul's prayer...**For the soul God brings to Himself in so sublime a contemplation **is not touched by these wrongs nor does it care whether it is esteemed or not...**nor does it care at all...**more afflicted by honor than dishonor and a lot of ease and rest than trials...when truly the Lord has given His kingdom here below, the soul no longer desires honor in this world...**seen through experience the **great gain and progress** that comes to it by **suffering for God.** Very seldom does God give such great gifts, save to persons who have willingly undergone many trials for Him...the **trials of contemplation** are great...the Lord looks for contemplatives among people who have been tested. (W36 8)

...contemplatives already know what everything is worth...if ...a great ...**trial causes pain,** their reason comes to their rescue, before the pain is fully felt, with another consideration...and almost **annihilates the pain by means of joy...**from seeing...something by which they will **gain more graces and perpetual favors** from His Majesty...they **prize trials and desire them,** they know that these latter ...will **make them rich...**they like others to know about their **sins** and like to tell about them when they see themselves **esteemed...**it is with those that God grants the **grace of this humility and great love for Himself...**they are already so **forgetful of self** that they **can't believe** that others **feel** some things...or consider them an **affront.** (W36 9,10)

These **effects...**found in persons ...**closer to perfection** ...the Lord very habitually favors by bringing to Himself through **perfect contemplation...**the **first effect...**resolve to suffer wrongs ...though this may be painful ... will soon be possessed by anyone who has from the Lord ...the **prayer of union...**if one **doesn't experience** these effects...one may believe ...the favor was **not from God...** (W36 11)

...in the **beginning** ...it can happen ... the soul will **not immediately experience this fortitude...**in a short while...if He continues to grant them (favors)...the soul will have fortitude in this **virtue of forgiving...**it **may not have fortitude in other virtues...**I cannot believe that a person who comes **so close to Mercy itself,** where he **realizes** what he is and the **great deal God has pardoned him of, would fail to pardon his offender** immediately...and with a **readiness to remain on very good terms with him...**mindful of the gift and favor granted by God ...he saw signs of great love...he **rejoices that an opportunity** is offered whereby he can **show the Lord some love...** (W36 12)

...I know many persons whom the Lord Has **favored** by raising to supernatural things, giving them this prayer or contemplation ...and, even though I see **other faults and imperfections** in them, I have never seen anyone with **this one ...nor do I believe that such a fault will be present if the favors are from God...**God's favor always **enriches the soul it reaches** ...although the favor ...passes quickly, it is **gradually recognized** through the **benefits the soul receives** ...since Jesus knows this well, He says resolutely to His holy Father that "**we pardon our debtors.**" (W36 13)

We ought to give great praise to the Lord for the sublime perfection of this evangelical prayer...**in so few words everything about contemplation and perfection is included;** it seems we need study no other book than this one...**the Lord has taught us the whole way of prayer and of high contemplation,** from the beginning stages to mental prayer, to the prayer of quiet, and to that of union...from here on, the Lord begins to teach us about the effects of His favors... (W37 1)

... since this prayer was intended for general use so that each one could petition according to his own intention, be consoled and think that he has a good understanding of the prayer, **the Lord left it in this obscure form.** Contemplatives...who no longer desire earthly things, ask for the heavenly favors...that can be given on earth. Those who still live on earth...may ask for bread. They must be sustained ...sustain their households. Such a petition is very just and holy, and so is their petition for other things according to their needs. (W37 2)

What a wonderful thing...to have a wise and cautious teacher who foresees the dangers. This is the entire good that a spiritual soul can desire here below because it provides great security...it is necessary to awaken and



remind us that we have enemies...so that we do not go about mistaken and without self-knowledge, He makes the following petitions so necessary for all as long as we live in this exile: "And lead us not, Lord, into temptation; but deliver us from evil." (W37 5)

**Slide 79-95 Deliver us from evil (Deliverance from deception & Illusions)**

...those who reach perfection do not ask the Lord to free them from trials or temptations or persecutions or struggles...a great and certain effect of the contemplation and the favors His Majesty gives and of the Lords' Spirit ...these persons desire, ask for, and love trials... (W38 1)

...the soldiers of Christ, those who experience contemplation and engage in prayer, are **eager to fight**... the enemy has no power against the strength the Lord gives... **they always come out victors with much gain**...they fear...the **angels of light who come disguised**. Not until they have done much harm to the soul do they allow themselves to be recognized...let us ask and often beg the Lord in the Our Father to free us and not let us walk into temptation, so that they will **not draw us into error or hide the light and truth from us**... (W38 2)

Consider...the **many ways these enemies can cause harm**. Don't think they do so only by making us suppose that the delights and consolations they can feign in us are from God...this seems ...the least harm...it could be by this means that they make one advance more quickly...being fed on that delight, a person will spend more hours in prayer...he doesn't stop thanking God...he feels greater obligation to serve Him...dispose himself so that God will grant him more. (W38 3)

**Strive always...for humility** and to see that you are **unworthy of these favors; do not seek them**...the devil loses many souls who strive for this humility...the Lord draws good from evil...**His Majesty looks at our intention...to please and serve Him and remain with Him in prayer**... the Lord is faithful...be on one's **guard against...a break in humility... or in some vainglory** ...beseech the Lord to free you from this...His Majesty will not allow you to be favored ...by anyone other than Himself. (W38 4)

...The way **the devil** can do a great deal of harm, without our realizing it, is to **make us believe we have virtues when we do not**...a pestilence...it seems that we are serving and giving... so the Lord is obliged to pay...little by little this notion does great harm...it weakens humility...**we grow careless about acquiring that virtue we think we have**...what is the **remedy?**...prayer and supplication to the Eternal Father **not to let us enter into temptation**. (W38 5)

...If it seems **the Lord has already given us virtue**, ...and it has been received ...**He can take it away**, as in fact often happens...sometimes I think I am very detached...at another times I will find myself so attached and perhaps to the thing that the day before I would have made fun of, that I almost don't know myself...(W38 6)  
...since this is true, who will be able to say of himself that he is virtuous or rich?...at the very moment...that there is a need for virtue one finds oneself poor...let us always think we are poor... and not go into debt when we do not have the means...to repay...if others in thinking we are good, bestow favors and honor on us...which is the borrowing...we both will have been fooled...if we serve with humility, the Lord...will succor us... but if this **poverty of spirit is not genuinely present at every step**...the **Lord will abandon us**...**one of His greatest favors**... He does it so that we might **be humble and understand in truth that we have nothing we haven't received**. (W38 6)

...the devil makes us think we have a virtue...we are very satisfied...I advise you not to pay any attention to the virtue...when you suffer often, praise God that He is beginning to teach you a virtue and strive to endure, for the suffering is a sign that ... **He wants you to pay for the virtue**...He gives it to you...you do not possess it ...it is **on deposit**...(W38 8)

The devil brings about another temptation. We think we are very poor in spirit...we say we don't desire or care about anything...then an occasion arises to receive a gift...our poverty of spirit is completely ruined.....Great is the importance of always being careful to understand this temptation...**when the Lord truly gives one of these solid virtues, it seems it carries all the others in its wake**...**I warn you**...though it seems you possess it...fear lest you be mistaken. **The truly humble person always walks in doubt about his own virtues**, and usually those he sees in his neighbors seem more certain and valuable. (W38 9)

... be on your guard ...against ... **humility given by the devil ...great disquiet is felt** about the gravity of our sins. **This disturbance can afflict...to the point of giving up receiving Communion and practicing private prayer. ...one feels unworthy...**when such persons approach the Blessed Sacrament, the time they used to spend in receiving favors is now spent in wondering if they are well prepared. The situation gets so bad that the souls thinks God has abandoned it...it almost doubts His mercy. ...it feels such distrust of itself that it folds its arms and remains idle; what is good in others seems evil...within its own self. (W39 1)

...sometimes it will be through humility and virtue that you hold yourselves to be wretched...other times it will be a gross temptation...**humility does not disturb or disquiet or agitate...it comes with peace, delight and calm.** Even though a person...seeing himself so wretched understands that he merits to be in hell...if the **humility is genuine it comes with a sweetness...**a satisfaction that he wouldn't want to be without. **The pain of genuine humility doesn't agitate...the soul... it expands it and enables it to serve God more...**The devil's aim is to make us think we are humble...and if possible, **make us lose confidence in God. (W 39 2) 84** ...in this condition...turn your thoughts to the mercy of God, how He loves us and suffered for us...if undergoing a temptation...it will be enough if you recognize that it is a temptation...he tempts us in regard to excessive penances...if when told to stop you do not...you are clearly undergoing a temptation...strive to obey...since the **greatest perfection lies in obedience.** (W39 3) The devil sets up another dangerous temptation: **self- assurance...**that we will not return to our past faults and worldly pleasures...in beginners it is very dangerous...since the devil sees that he is dealing with a soul that can do him harm and bring profit to others, he uses all his power...(W39 4)

Strive, without hiding anything, to discuss these favors and consolations with someone who will enlighten you...and **however sublime the contemplation, let your prayer always begin and end with self-knowledge...**if the favor is from God...you will follow the advice most of the time because **God's favor brings humility...**and always **leaves greater light that we may understand the little that we are...**all that we say...cannot give us compete security. (W39 5)

Eternal Father, what can we do but have recourse to You and pray that these enemies not lead us into temptation?...we always need to pray to you for a remedy. Instruct us, Lord, so that we may understand ourselves and be secure. You already know that **few take this path;** but if they have to travel it with so many fears, many fewer will take it...(W39 6)

...**It's as though the devil tempts only those who take the path of prayer... everyone is more surprised by a mistake of one ... nearing perfection than by the mistakes and sins of a hundred thousand others...**among those who recite the Our Father as was explained...so very few are deceived by the devil that ...their mistake causes surprise...it is something very common among mortals...they pass over easily what they continually see and wonder about what seldom or most never happens...the **devil himself causes them to be surprised;** it is to his advantage: he loses many souls through one who reaches perfection...**souls who practice prayer walk so much more securely than those who take another road...prayer is a safe road; you will be more quickly freed from temptation when close to the Lord...** Beseech Him ...to deliver you from evil...in the Our Father..(W39 7)

...Good Master, teach us to live without any sudden assault in so dangerous a war...**His Majesty gave us love and fear. Love will quicken our steps: fear will make us watch our steps to avoid falling...** on this way there are many stumbling blocks...with fear we will be secure against being deceived. (W40 1)... **how can you tell if you have these two great virtues?** ...you cannot be very certain ... if we possess love, we are certainly in the state of grace ... not many possess them perfectly; **Love and fear of God: what more could you ask for!...like two fortified castles from which one can wage war on the world and the devils.** (W40 2)

...Those who truly love God, love every good...they always join, favor and defend good people...**do you think it is possible for a person who really loves God to love vanities?**...he cannot...because he seeks only to please the Beloved...**they dedicate their lives to learning how they might please Him more...** hide itself? ... if it is genuine love...this is impossible...Love has this characteristic: it can be greater or lesser in degree... make itself known according to its intensity....but **where there is love of God...it is always recognized.** (W 40 3)

...the **deception and illusions the devil brings on contemplatives are not few. With contemplatives there is always much love**, or they wouldn't be contemplatives; ... **their love is clearly recognized...it is a great fire...if this splendor is not present**, they should walk with serious misgivings...have many reasons for fear...strive to understand ...pray, walk with humility, and beseech the Lord not to lead them into temptation...if this sign isn't present...we may walk into temptation...if one proceeds with humility, strives to know the truth, is subject to a confessor, and communicates with him openly and truthfully...the things...the devil intends to cause death will cause life. (W 40 4)

...since he can't win us over, he can ...try and make us lose something if you feel this love of God ...and the fear...rejoice and be at peace...to disturb your soul so that you will not enjoy these wonderful blessings the **devil will set a thousand false fears** . (W 40 5) 88

...do you think it matters little to **the devil** to set up these fears?...it matters a great deal...he causes **two kinds of harm**. First, those...struck with a **terror of approaching prayer**...think they will be deceived. Second, ...**if it were not for these fears many more would come closer to God**...(W 40 6)

...when you see... someone to whom the Lord gives favors, praise the Lord...but don't think she is...safe...help... with more prayer. **No one can be safe**...in the dangers of this tempestuous sea...You will not fail to recognize this love...could one conceal a love ... so strong and just that it always increases...its foundation is made from the cement of being repaid by another love? This other love can no longer be doubted since it was shown...with so many sufferings and trials... that we might have no doubt. (W 40 7)

**May it please His Majesty to give us His love before He takes us out of this life...it will be a great thing at the hour of death to see that we are going to be judged by the One who we have loved above all things.**

We shall be able to proceed securely with the judgment concerning our debts...the gain there is in this love...the loss in not having it. Such a loss puts us in the hands of the enemy... What will become of the poor soul...how mangled as it goes to hell...what a wretched inn! **It is hard for a self-indulgent person**...the ones who will be more likely to go there...**to spend one night in a bad inn**...what...will that sad soul feel at being in this kind of inn forever, without end?...Let us not desire delights,...**we are well-off here, the bad inn lasts for only a night**. Let us praise God...**force ourselves to do penance in this life**.. How sweet will be the death of one who has done penance **for all his sins**,...from here below you can begin to enjoy glory! You will find no fear within...but complete peace. (W 40 9)

As long as we have not reached this state...beseech God that if ...we are to receive sufferings, they will be received here below...with the hope of being freed from them, we can bear them here willingly... not lose His friendship and grace. Let us beseech Him to give us His grace in this life so we will not walk unaware into temptation. (W40 10)

...**Let me not leave this life, O my Lord, until I no longer desire anything in it**; neither let me know any love outside of You...**your very love for the world will afterward punish you**... this is what wears you down...let us deal with the fear of God. This trait is easily recognized...in the beginning it is not so developed...unless in some persons to whom...the Lord grants great favors, for in a short time He makes them rich in virtue. ...in the beginning one starts to turn away from sin...its occasions and from bad companions...once the soul has reached contemplation...the fear of God, as with love, ...becomes very manifest...you may watch these persons ...you will not see them become careless...the Lord keeps them ...**they will not advertently commit a venial sin**; mortal sin they fear like fire... **Let us beseech God always that the temptation may not be so strong as to make us offend Him**, that its strength might not outweigh the fortitude He gives us to conquer it...fear is what is important...it will help us.(W41 1)

...**in the end all must serve the Lord despite themselves**...those in hell do so by force, whereas we do so willingly...if we please the Lord, those in hell will be kept bound; they will not do anything that may be harmful to us...such as draw us into temptation... or set secret snares for us. (W41 2)

Be careful...until ...you are strongly determined not to offend the Lord, that you would lose a thousand lives rather than commit a mortal sin, and that you are most careful not to commit venial sins...But from any very deliberate sin...may God deliver us...there is nothing small if it goes against His immense Majesty.....**a sin is very deliberate when...one says: "Lord, although this grieves You, I will do it...I want to follow my whim...more than Your will."**...it's serious, very serious...**never become careless** in this regard... (W41 3)

...if you want to gain the fear of the Lord...understand the seriousness of an offense against God  
...reflect on this frequently ...it is worth our life and much more to have this virtue rooted in our souls.  
...until you have it...turn from every occasion... from any companion who does not help you come closer to God. ...take great care ...to **bend our will...that our speech be edifying...flee those places where conversations are not of God.** (W41 4)

It's ... necessary that this fear be deeply impressed within the soul. ...it is easy to obtain if there is true love... a **great inner determination not to commit an offense against God for any created thing**...the soul may sometimes fall...we are weak ... we have no reason to trust ourselves...our confidence must be placed in God...the Lord will protect us...the habit acquired will...be a help against offending Him. The need instead will be...a holy freedom, conversing with those who are good...somewhat worldly...who, **before you possessed this authentic fear of God, were... a means of killing the soul, will afterward often be a help to your loving and praising God more because He has freed you**...from ...a glaring danger. If previously you played a part...in their weaknesses, ... now **your mere presence** ...contributes to their **restraint**...(W41 4)  
...often a servant of God, without uttering a word, prevents things from being said against God...there is always some restraint...not to offend an absent person in the presence of someone known to be his friend. So it is with a servant of God: **his friendship with God wins him respect**...others avoid...offending God in his presence...**do not be tense**...such a feeling (constrained) will be very harmful to everything good...it will not bring many souls to God, because they will see so much ...tenseness. (W41 5)

... **constraint is frightening and oppressive to others**, ...they flee from following the road that you are taking...though they know ...it is the more virtuous path. (W41 5)

Another harm... is **judging others**. There are those who advance with greater holiness...and in order to be of benefit to their neighbor, speak with him...**since they do not journey by your path they at once seem to you to be imperfect**. If they have a holy joy, it will seem to be dissipation...This **constraint (judging others)** is a dangerous thing; it means going about in a continual temptation...it bears ill effects; it is detrimental to your neighbor. **To think that if all do not proceed as you do, in this constrained way, they are not proceeding well, is extremely wrong.** (W41 6)

...strive ...to be **affable and understanding**...that **everyone you talk to will love your conversation and desire your manner of living and acting, and not be frightened and intimidated by virtue**...the holier they are the more sociable they are...if conversations do not go as you would like them to, never turn away if you want to help...and be loved...**we must strive earnestly, to be affable, agreeable, and pleasing to persons with whom we deal** (W417)

...strive to think rightly about God...He doesn't look at trifles...don't lose your courage or allow your soul to be constrained...many blessings could be lost. Have the right intention, a resolute will...not to offend God...**Don't let your soul withdraw into a corner**...instead of obtaining sanctity you will obtain many **imperfections**...you will not be of as much benefit to yourself or to others...(W41 8)

...with these **two virtues...love and fear of God**...**you can advance on this road calmly and quietly**, but not carelessly since **fear** must always **take the lead**. As long as we live, we will never have complete security; that would be a great danger. ...this is what our Teacher understood when ...He spoke these words to His Father...(W41 9) 95

### Slide 96-100 *Deliver us from evil (Desires for eternal life)*

...It seems ...**Jesus was right to include Himself in this petition**, for we already see **how tired He was of this life** when he said...'I have greatly desired to eat his supper with you.' ...**Nowadays people don't tire of living** ...we don't suffer in life as much evil ... as many trials as His Majesty suffered, nor such poverty...what a good reason He had to beseech The Father to free Him...and bring Him to rest forever in the Father's kingdom...(W 42 1)

...Amen...all things come to an end, the Lord asks ...that we be freed from all evil forever. It is useless ...to think ...we can be free of many temptations ...imperfections...sins...whoever thinks he is without sin deceives himself... **if we turn to bodily ailments and hardships...it is not good that we ask to be without them**...let's understand what we are asking for...it seems **impossible to say 'from all evil'** ...it behooves us to



ask the Lord for a **remedy**...I do not find this remedy while living...so I ask the Lord to **deliver me from all evil forever**...(W 42 2)

...*deliver me* from ...so...many **things that tire and weary me**...I beseech the Lord to deliver me from all evil forever since I do not make up for what I owe...perhaps each day I become more indebted... what is unendurable, Lord, is not to know for certain that I love You ... that my desires are acceptable before You. O My Lord ... deliver me now from all evil and be pleased to bring me to the place where all blessings are. **What do they still hope for here**, those to whom You have given knowledge of what the world is ...who have a living faith in what the Eternal Farther has kept for them?(W 42 2)

**To ask for these blessings with ...desire...determination is a clear sign for contemplatives that the favors they receive in prayer are from God**...those who have a share in the consolations of God desire to be...where they will enjoy them more than in mere sips, ...they do not want to remain ...where there are ...any obstacles to the enjoyment of so much good...where the Sun of justice does not set. ...They could not live with any contentment if they have ...already begun to enjoy the Lord's Kingdom here below....such a person must ...live for the will of his King. (W42 3)

...how different this life would have to be ...to not desire death! How our will deviates ... from ... the will of God. He wants us to love truth... desire the eternal...the sublime...only what is secure...**Everything is a mockery...except beseeching God to ...draw us away from every evil**. ...let us force ourselves to make the request. What does it cost us to ask for a great deal? ... to be right, let us leave the giving to His will since we have ...given Him our own. His name be forever hallowed in heaven and on earth, and may His will be always done in me. Amen ...you see friends, what it means to pray vocally with perfection...be aware of ... who you are asking, who it is that is asking, and what your are asking for...**what you do not understand about prayer, beseech the Lord to teach you**...no one can take vocal prayer from you or make you recite the Our Father hastily ...without understanding it...(W42 4)

...the Lord gave me understanding of the great deal we ask for when reciting this evangelical prayer...it never entered my mind that **this prayer contained so many deep secrets**; for now you have seen **the entire spiritual way contained in it, from the beginning stages until God engulfs the soul and gives it to drink abundantly from the fount of living water, which He said was to be found at the end of the way**...

...it seems the Lord has desired to give us understanding of the great consolation contained in this prayer. It is **highly beneficial to persons who don't know how to read. If they understand this prayer, they can draw a lot of doctrine from it and find consolation...this book cannot be taken away for it comes from the mouth of Truth** itself, who cannot err...strive to learn from so excellent a Master the humility with which He prays...(W 42 5)

...**His Majesty...taught me what I have said**. Be grateful to Him....**The Lord has taught you and me the path** that I have described in the book (Life)...**how one reaches this fount of living water, what the soul feels there, how God satisfies it, takes away thirst for earthly things, and makes it grow in the things pertaining to the service of God. Those who have reached this fount will find that book (Life) very beneficial and receive much light from it**. You may get it from Father Domingo Banez....my confessor and the one to whom I'll give this book. (W42 6)

If he ...gives it to you, I will be consoled that you are consoled. If...no one may see it, you can accept my good will...I have obeyed your command. I consider myself well paid ...May the Lord be blessed and praised: from Him comes every good we speak of, think about and do. Amen.