

CONSOLE THOSE WHO ARE SUFFERING

"May the Lord make you increase and abound in love for one another and for all" (1Thes 3:12)

1

MAKE YOURSELF ONE

Saint Paul says that those who love are: *"patient and kind, are not envious or boastful or arrogant or rude. They do not insist on their own way; they are not irritable or resentful; they do not rejoice in wrongdoing, but rejoice in the truth. Those who love bear all things, believe all things, hope all things, endure all things."* (Cf 1Cor 13:1-7)

To help us put all of these things into practice in our daily life, we can sum it up in three words: **"MAKE YOURSELF ONE."** This means listening to the other person, being empty of OUR OWN THOUGHTS AND CONCERNS.



3

When we love, we receive light from God. Jesus said: *"...to those who love me (...) I will reveal myself"* (see Jn 14:21)

By making ourselves one with the other person, by making ourselves empty, by forgetting ourselves, we will experience that **the Holy Spirit, through the gift of counsel, suggests to us the answer to give or the action to be taken.**

Then, since the others will feel understood by us, and therefore relieved, they will have pure eyes to see the things of God and will desire to know them. **Living in this way, we can walk together along the way that Jesus will show us.**

We have to be "completely empty" of ourselves in order to take on everything that burdens them, including their problems and their needs, as Jesus always did.

2

