



CONSOLE THOSE WHO ARE SUFFERING

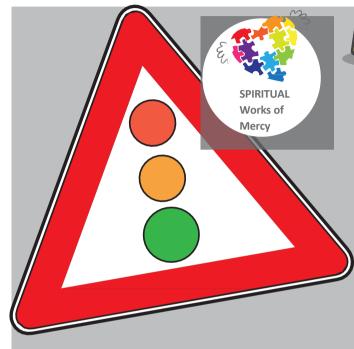
"May the Lord make you increase and abound in love for one another and for all" (1Thes 3:12)



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.



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.





