



THE RESURRECTION, FRA ANGELICO

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# WEEK 4

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Knowledge of Jesus Christ

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## NOTE:

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In this week, St. Louis directs us to resolve to **know Jesus Christ**, by repeating throughout the day the prayer of St. Augustine: “*Lord Jesus, let me know You.*” We will follow the advice Saint Louis teaches in the section: “How to live the Consecration in Holy Communion.” (*Treatise of True Devotion* 266-273). Therefore, you can apply this advice for the reception of Holy Communion. If you are unable to receive sacramentally, you can make a spiritual communion, which will be explained below.

*Prayers for week 4 begin on page 132.*

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## Twenty Seventh Day

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Treatise of True Devotion to the Virgin Mary [191-200]

### Jacob is a Figure of Chosen Souls

St. Louis compares the behavior of Jacob with that of the true devotees of the Virgin Mary.

#### Jacob

1) Jacob, the younger son, was of a frail constitution, gentle, peaceable and usually stayed at home to please his mother, whom he loved so much. If he did go out it was not through any personal desire of his, nor from any confidence in his own ability, but simply out of obedience to his mother.

#### Souls consecrated to Jesus through Mary

1) They stay at home with their mother—that is, they have an esteem for retreat, love the interior life, and are assiduous in prayer. They always remain in the company of the Blessed Virgin. At times they do venture out into the world, but only to fulfill the duties of their state of life, in obedience to the will of God and the will of their Mother. No matter how great their accomplishments may appear to others, they attach far more importance to what they do within themselves in their interior life, in the company of the Blessed Virgin. There they work at the great task of perfection.

#### Jacob

2) He loved and honored his mother. That is why he remained at home close of her. He was never happier than when he was in her presence. He avoided everything that might displease her, and did everything he thought would please her. This made Rebecca love him all the more.

### Souls consecrated to Jesus through Mary

2) They have a great love for our Lady and honor her truly as their Mother and Queen. They love her not merely in word but in deed. They honor her not just outwardly, but from the depths of their heart. Like Jacob, they avoid the least thing that might displease her, and eagerly do whatever they think might win her favor. Jacob brought Rebecca two young goats.

#### Jacob

3) He was submissive to his mother in all things. He obeyed her entirely in everything, promptly without delay and lovingly without complaint. At the least indication of her will, young Jacob hastened to comply with it. He accepted whatever she told him without questioning. For instance, when she told him to get two small goats and bring them to her so that she might prepare something for his father Isaac to eat, Jacob did not reply that one would be enough for one man, but without arguing he did exactly what she told him to do.

### Souls consecrated to Jesus through Mary

3) They are subject and obedient to our Lady, their good Mother, and here they are simply following the example set by our Lord himself, who spent thirty of the thirty-three years he lived on earth glorifying God his Father in perfect and entire submission to his holy Mother. They obey her, following her advice to the letter, just as Jacob followed that of Rebecca, when she said to him, *My Son, follow my advice*; or like the stewards at the wedding in Cana, to whom our Lady said, *Do whatever He tells you!*

Through obedience to his Mother, Jacob received the blessing almost by a miracle, because in the natural course of events he should not have received it. In the same way, until the end of time, all who are to receive the blessing of our heavenly Father and who are to be honored with his wondrous graces

will receive them only as a result of their perfect obedience to Mary.

#### Jacob

4) He had the utmost confidence in his beloved mother. He did not rely on his own ability; he relied solely on his mother's care and protection. He went to her in all his needs and consulted her in all his doubts. For instance, when he asked her if his father instead of blessing him, would curse him, he believed her and trusted her when she said she would take the curse upon herself.

#### Souls consecrated to Jesus through Mary

4) They have great confidence in the goodness and power of Mary, their kind Mother. They constantly implore her help. They take her for their pole-star to lead them safely into harbor. They open their hearts to her and tell her their troubles. They even cast themselves into her virginal bosom, hide and lose themselves there in a wonderful manner. There they are filled with pure love, they are purified from the least stain of sin, and they find Jesus in all his fullness. He reigns in Mary for it is in her that our Lord placed his throne.

#### Jacob

5) Finally, he adopted, as much as he could, the virtues he saw in his mother. It seems that one of the reasons why he spent so much time at home was to imitate his dear mother, who was so virtuous, and to keep away from evil companions—who might lead him into sin. In this way, he made himself worthy to receive the double blessing of his beloved father.

#### Souls consecrated to Jesus through Mary

5) Finally, chosen souls keep the ways of the Blessed Virgin, their loving Mother—that is, they imitate her and so are sincerely happy and devout and bear the infallible sign of

God's chosen ones. They are happy in this world because of the abundance of grace and sweetness I impart to them out of my fullness. They are happy at the hour of death which is sweet and peaceful for I am usually there myself to lead them home to everlasting joy. Finally, they will be happy for all eternity, because no servant of mine who imitated my virtues during life has ever been lost.



## Meditation

In this week, St. Louis directs us to resolve to **know Jesus Christ**, by repeating throughout the day the prayer of St. Augustine: “*Lord Jesus, let me know You.*”

We also continue to follow the advice Saint Louis teaches in the section: “How to live the Consecration in Holy Communion.” (*Treatise of True Devotion* 266-273).

1. See “Consecration in Holy Communion” Prayers Pg. 132
2. Pray the **Litany of the Incarnate Word** (pg. 130). You could recite all of the invocations or eight per day. Conclude with the *Ave Maris Stella* [Hail, Star of the Sea].

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## Twenty Eighth Day

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Treatise of True Devotion to the Virgin Mary [201-207]

### Services of Our Lady to her Faithful Servants

Here now are the services which the Virgin Mary, as the best of all mothers, lovingly renders to those loyal servants who have given themselves entirely to her *in the manner described in the story of Jacob and Rebecca*. Today we will consider the

## How to live the Consecration in Holy Communion.

### Before communion (Sacramental or Spiritual Communion)

1. Place yourself humbly in the presence of God.
2. Renounce your corrupt nature and dispositions, no matter how good self-love make them appear to you.
3. Renew your consecration saying, *"I belong entirely to you, dear Mother, and all that I have is yours."*
4. Implore Mary to lend you her heart so that you may receive her Son with her dispositions.

### During Holy Communion

When you are about to receive our Lord, in honor of each person of the **Holy Trinity**, say **three times** the prayer, ***"Lord, I am not worthy that you should enter under my roof but only say the word and my soul shall be healed."***

1. Say it the first time as if you were telling the **eternal Father** that because of your evil thoughts and your ingratitude to such a good Father, you are unworthy to receive his only-begotten Son, but that here is Mary, his handmaid, who acts for you and whose presence gives you a special confidence and hope in him.
2. Say to **God the Son**, *"Lord I am not worthy,"* meaning that you are not worthy to receive him because of your useless and evil words and your carelessness in her service, but nevertheless you ask him to have pity on you because you are going to usher him into the house of his Mother and yours.



3. Say to the **Holy Spirit**, “*Lord I am not worthy.*” Tell him that you are not worthy to receive the masterpiece of his love because of your lukewarmness, wickedness and resistance to his inspirations. But nonetheless, you put all your confidence in Mary, his faithful Spouse.

Then you will approach to receive Holy Communion or, if you do not have the possibility of communicating sacramentally, you can make it spiritually with a formula like this:

*“Lord, I believe you are really present in the Blessed Sacrament. I love you above all things and I wish you in my soul. Since now I cannot receive you sacramentally, come spiritually into my heart (brief pause in which you join Jesus). Having come to me, I embrace you and join with you; never allow me to be separated from you.”*

#### After Holy Communion

Close your eyes and recollect yourself. Then usher Jesus into the heart of Mary: You are giving him to his Mother who will receive him with great love and give him the place of honor, adore him profoundly, show him perfect love, embrace him intimately in spirit and in truth, and perform many offices for him of which we, in our ignorance, would know nothing.

Or, maintain a profoundly humble heart in the presence of Jesus dwelling in Mary. Or be in attendance like a slave at the gate of the royal palace, where the King is speaking with the Queen. While they are talking to each other, with no need of you, go in spirit to heaven and to the whole world, and all upon all creatures to thank, adore and love Jesus and Mary for you, “*Come, let us adore.*”

## Litany of the Incarnate Word

*Blessed be the Word who was incarnate of the Virgin Mary*

[repeated after each invocation]

Blessed be the Word, the Second Person of the Most Holy Trinity. **R.**

Blessed be the Word who existed from all eternity. **R.**

Blessed be the Word through whom all things were made. **R.**

Blessed be the Word made flesh who dwelt among us. **R.**

Blessed be the Incarnate Word who enlightens all people. **R.**

Blessed be the Incarnate Word who emptied Himself and took the  
form of a slave. **R.**

Blessed be the Incarnate Word who for nine months was formed in  
the womb of the Blessed Virgin Mary. **R.**

Blessed be the Incarnate Word who was born in a manger,  
circumcised, and offered in the Temple. **R.**

Blessed be the Incarnate Word who was baptized by John in the  
Jordan. **R.**

Blessed be the Incarnate Word who chose his disciples. **R.**

Blessed be the Incarnate Word who proclaimed the Beatitudes. **R.**

Blessed be the Incarnate Word who announced repentance. **R.**

Blessed be the Incarnate Word, poor, chaste and obedient, even unto  
death. **R.**

Blessed be the Incarnate Word, Priest, King and Prophet. **R.**

Blessed be the Incarnate Word, the Bread of Life for the world. **R.**

Blessed be the Incarnate Word, who obediently accepted even death,  
death on a cross. **R.**

Blessed be the Incarnate Word, man of sorrows. **R.**

Blessed be the Incarnate Word, meek and humble of heart. **R.**

Blessed be the Incarnate Word, who descended into hell. **R.**

Blessed be the Incarnate Word who rose again on the third day in  
accordance with the Scriptures. **R.**

Blessed be the Incarnate Word who ascended into heaven. **R.**

Blessed be the Incarnate Word who will come again. **R.**

Blessed be the Incarnate Word, the Eternal High Priest. **R.**  
Blessed be the Incarnate Word, Head of all, in heaven and on earth. **R.**  
Blessed be the Incarnate Word, present in every soul through grace. **R.**  
Blessed be the Incarnate Word, under the appearance of bread and  
wine. **R.**  
Blessed be the Incarnate Word in the sword of the Spirit which is His  
Word. **R.**  
Blessed be the Incarnate Word in whom all things are restored. **R.**  
Blessed be the Incarnate Word, the King of all peoples. **R.**  
Blessed be the Incarnate Word, the sign of contradiction. **R.**  
Blessed be the Incarnate Word, the dawn from on high. **R.**  
Blessed be the Incarnate Word, the Lamb of God who takes away  
the sins of the world. **R.**

Blessed be the Incarnate Word, the Way, the Truth, and the Life. **R.**  
Blessed be the Incarnate Word, the Head of the Body, the Church. **R.**  
Blessed be the Incarnate Word who sent the Holy Spirit. **R.**  
Blessed be the Incarnate Word, who gave us the seven Sacraments. **R.**  
Blessed be the Mother of the Incarnate Word, Mary, Most Holy. **R.**  
Blessed be the Mother of the Incarnate Word, Co-redemptrix. **R.**  
Blessed be the Incarnate Word, the Alpha and the Omega, the first  
and the last, the beginning and the end. **R.**

Spirit who prays for us with inexpressible pleading.  
 Spirit who descended upon Jesus in the form of a dove.  
 Spirit by whom we receive new birth.  
 Spirit who fills hearts with charity.  
 Spirit of adoption of the sons of God.  
 Spirit who appeared over the Disciples in the form of tongues of fire.  
 Spirit with which the Apostles were filled.  
 Spirit who gives to each one according to His will.

Lamb of God who takes away the sins of the world,  
   *spare us, O Lord.*

Lamb of God who takes away the sins of the world,  
   *graciously hear us, O Lord.*

Lamb of God who takes away the sins of the world,  
   *have mercy on us.*

## Ave Maris Stella

1. Hail, bright star of ocean, God's own Mother blest, Ever sinless Virgin, Gate of heavenly rest.	Hear our prayers through thine.
2. Taking that sweet Ave Which from Gabriel came, Peace confirm within us, Changing Eva's name.	5. Virgin all excelling, Mildest of the mild, Freed from guilt, preserve us, Pure and undefiled.
3. Break the captives' fetters, Light on blindness pour, All our ills expelling, Every bliss implore.	6. Keep our life all spotless, Make our way secure, Till we find in Jesus, Joy forevermore.
4. Show thyself a Mother; May the Word Divine, Born for us thy Infant,	7. Through the highest heaven To the Almighty Three, Father, Son and Spirit, One same glory be. Amen.