

# LIVING WISDOM FOR EVERY DAY

MINUTE MEDITATIONS FOR EVERY DAY  
TAKEN FROM THE WRITINGS  
OF SAINT PAUL OF THE CROSS

Compiled and Edited

by

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**Illustrated**



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## JANUARY 23

### **Trials Prepare for Blessedness**


 HEAR that you are experiencing the merciful trials of God. We have to bow our heads and kiss that loving hand which gently lightens the blow. In this union with the Divine Will, we dispose ourselves to receive unspeakable treasures and blessings both now and in eternity.

*PRAYER.* Dear God, I don't immediately see that the unpleasant things that happen are really trials from your loving hand. May I grow in that faith which sees all things as coming from you and leading to love.

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## JANUARY 24

### **Dryness in Prayer**

HEN you do not have interior peace or recollection, and when you are not able to meditate, let it be that way. However, you must remain with loving attention to God in the upper part of your spirit. In situations like this, stand before God like a statue in a niche, detached from all consolations.

*PRAYER.* Lord, it is so easy to pray when I feel sweetness and light, but not when I feel dry and distracted. When I feel that I am doing nothing, I have to remember that just being with you is of tremendous importance. Let me trust that just my very presence at prayer is pleasing to you.

## FEBRUARY 16

### Being Clothed by God



WHEN you feel yourself on the cross, stripped of everything, gently stir up your faith in God's presence, and abandon yourself in the immense sea of his love. He is stripping you of what you like in order to clothe you with a new garment adorned with virtue to become a true Spouse of the Supreme Good.

*PRAYER.* Dear Lord, I do feel stripped at times, and the feeling is most painful. Deepen my faith when this happens that the situation is not out of your control, but that you are using it to draw me into closer love-union with yourself.

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## FEBRUARY 17

### Value of Little Trials



LITTLE trials, both of body and of spirit, are the first rungs of that most holy and high ladder on which great and generous souls climb. There is found undiluted suffering without comfort either from heaven or from earth. But the result is the most pure love of God without mixture of anything else.

*PRAYER.* Dear Lord, when I think how high and steep must be the climb to you, I get scared and discouraged. But I remember that you have promised your Holy Spirit to empower me. Raise me up on your eagle's wings to that level of love to which I could never climb without you.

JULY 27

## Death, the Doorway to Love



WHEN you see death approaching, take courage. For those who love God, death is not death, but life. Continue loving Love Itself. Then Infinite Love will strike your heart with a fiery dart and your soul, filled with love, will escape the prison of the body and will fly to be united eternally with Infinite Love.

*PRAYER.* Jesus, only in the future life can I ever be eternally united in love with you and all those you have given me to love. When you see that I am ready, whether I think I am ready or not, come quickly!

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JULY 28

## Ignoring Temptations




PAY no attention to any assaults of temptations you may encounter, no matter how filthy and disgusting they may be. Say that you would rather die than consent to them and then don't be afraid. Leave the thoughts alone and don't worry about them.

*PRAYER.* When thoughts like that come, Lord, I get scared. I make the mistake of looking closely at them, going over them to see if I consented or not and then I worry. Teach me to relax and let temptations alone, realizing that they can do me no harm but only purify me.

## AUGUST 14

### Don't Worry about Faults


 KEEP your heart peaceful and contented without letting it be disturbed. If some of the dust of your imperfections clings to your spirit, don't be upset. Let it be burned and consumed in the fire of God's love.

*PRAYER.* I want to be peaceful at all times, Lord, but it is sometimes difficult. It seems that I am noticing more imperfections in myself all the time. It is consoling to me that saints often say one seems to be going backward when in fact, progress is being made. Take care of my faults, Lord, and let me come always closer to you.

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## AUGUST 15

### Rejoice with Mary

 HE great feast of Mary Most Holy is here. Her death of love, sweeter than life itself, put an end to that great sea of sorrow which this glorious Mother suffered throughout the course of her life. This suffering came not only from the Passion of Jesus, but in seeing God so offended by ungrateful people. Let us then rejoice in her triumph.

*PRAYER.* Dear Jesus, you certainly must have come to take your Mother to yourself at the end of her life. She had suffered so much and now you wanted her to rejoice. May I suffer too at the awareness that God is not loved as he should be, and do all I can to make him loved.