

“Meditating continuously on my Passion pleases Me the most.”

Effects of meditating continuously on the Passion of our Lord

Finding myself in my usual state, I was thinking about the Passion of Our Lord.
And while I was doing this, He came and *told me*:

"My daughter, one who meditates continuously on my Passion
and feels sorrow for it and compassion for Me,
pleases Me so much that I feel as though comforted for all that
I suffered in the course of my Passion.

And by always meditating on it, the soul arrives at preparing a continuous food.
In this food there are many different spices and flavors, which form different effects.

So, if in the course of my Passion
-they gave Me ropes and chains to tie Me,
the soul releases Me and gives Me freedom.

-They despised Me, spat on Me, and dishonored Me.
She appreciates Me, cleans Me of that spittle, and honors Me.

-They stripped Me and scourged Me.
She heals Me and clothes Me.

-They crowned Me with thorns, mocking Me as king, embittered my mouth with bile,
and crucified Me.

While the soul, meditating on all my pains,
-crowns Me with glory and honors Me as her king,
-fills my mouth with sweetness, giving Me the most delicious food,
which is the memory of my own works.
-And unnailing Me from the Cross, she makes Me rise again in her heart.

And every time she does so,
I give her a new life of grace as recompense.

She is my food,
and I become her continuous food.

So, the thing that pleases Me the most is meditating continuously on my Passion."