

# MEDITATING ON THE PASSION OF JESUS

## YOU PLEASE ME MOST WHEN YOU MEDITATE ON MY SORROWFUL PASSION

One of the quickest and surest ways to grow in holiness is by meditating on the Passion of Jesus<sup>1</sup>. Saint Maria Faustina Kowalska, whom Jesus called His Secretary of Mercy, made numerous notations in her *Diary*<sup>2</sup> about this practice and its power in leading souls to deeper levels of trust in the Lord's love and mercy. From her writings we learn how meditating on the Passion of Jesus delights the Lord, sanctifies us and can be of great benefit to others:

Let every soul trust in the Passion of the Lord, and place its hope in His mercy. God will not deny His mercy to anyone. (*Diary*, 72)

**Remember My Passion, and if you do not believe My words, at least believe My wounds. (379)**

## DELIGHTS THE LORD

There is no doubt that the Lord wanted Saint Faustina, and we in turn, to meditate on His Passion. In fact, she recorded that the Lord told her He was pleased "best" and "most" when she did so, and that it brought Him great joy:

Jesus told me that I please Him best by meditating on His sorrowful Passion, and by such meditation much light falls upon my soul. (267)

**You please Me most when you meditate on My Sorrowful Passion. (1512)**

**The contemplation of My painful wounds is of great profit to you, and it brings Me great joy. (369)**

Shouldn't we to do what brings Jesus great joy and pleases Him most? Turning our thoughts and minds to the suffering He endured and uniting ourselves with Him is of "great profit" that will last for all eternity.

## SANCTIFIES US

Meditating on the Passion of Jesus not only greatly pleases the Lord, it also draws us into the Heart of Jesus where we are blessed with understanding and grace for our sanctification:

Today Jesus said to me, **I desire that you know more profoundly the love that burns in My Heart for souls, and you will understand this when you meditate upon My Passion. (186)**

**There is more merit to one hour of meditation on My sorrowful Passion than there is to a whole year of flagellation that draws blood. (369)**

**There are few souls who contemplate My Passion with true feeling; I give great graces to souls who meditate devoutly on My Passion. (737)**

Saint Faustina made her way on her spiritual journey meditating often on the suffering of Jesus. She enlightens us with the value of this act in these passages recorded towards the end of her life:

Today, during Mass, I saw the Lord Jesus in the midst of His sufferings, as though dying on the cross. He said to me, **My daughter, meditate frequently on the sufferings which I have undergone for your sake, and then nothing of what you suffer for Me will seem great to you.** (1512)

**By meditating on My Passion, your soul acquires a distinct beauty.** (1657)

Each of us will encounter many difficulties as we travel along our spiritual path. Our Blessed Mother encourages us to focus on her Son's passion to help us stay clear of snares and traps. Let us follow her advice and be assured victory over any and all obstacles:

*Be courageous. Do not fear apparent obstacles, but fix your gaze upon the Passion of My Son, and in this way you will be victorious.* (449)

Saint Faustina wrote of the many benefits she received by meditating on the Passion. As we walk in her footsteps we too may be hopeful in receiving these gifts to help us in our quest for holiness:

When I meditate upon the Passion of Jesus, I get a clear understanding of many things I could not comprehend before. (267)

He who wants to learn true humility should reflect upon the Passion of Jesus. (267)

When I meditate on His Painful Passion, my physical sufferings are lessened. (1625)

When I began to immerse myself in the Divine Passion, the great worth of the human soul and the great evil of sin were revealed to me. (1762)

I understood that I did not know how to suffer. In order to gain merit for my suffering, I will unite myself more closely, in suffering, to the Passion of the Lord Jesus. (1762)

## BENEFITS OTHERS

The fruit of meditating on the Passion is that it ultimately leads to greater self-sacrifice. We become more Christ-like as we empty ourselves out and submit to God's Holy Will. In this way we share more deeply in the plan of redemption which is an honor, a privilege, and the duty of all who adore and glorify the Mercy of God:

During Holy Mass, I saw the Lord Jesus nailed upon the cross amidst great torments. A soft moan issued from His Heart. After some time, He said, **I thirst. I thirst for the salvation of souls. Help Me, My daughter, to save souls. Join your sufferings to My Passion and offer them to the heavenly Father for sinners.** (1032)

In order to gain merit for my suffering, I will unite myself more closely, in suffering, to the Passion of the Lord Jesus, asking of Him grace for dying souls, so that the mercy of God may embrace them in this grave moment. (1762)

Pondering the Passion of the Lord at any time is of great benefit, but particularly so at the three o'clock hour. Let us all take at least a moment each day in this hour and remember Jesus in His Passion. Let us not be wasteful of the opportunity available to us every day to entreat Our Lord for blessings upon our families and nation. Jesus promises that by submitting our many and various supplications in this manner great graces from heaven will pour down upon the world:

**At three o'clock, implore My mercy, especially for sinners; and, if only for a brief moment, immerse yourself in My Passion, particularly in My abandonment at the moment of agony. This is the hour of great mercy for the whole world. I will allow you to enter into My mortal sorrow. In this hour, I will refuse nothing to the soul that makes a request of Me in virtue of My Passion. (1320)**

Meditating on the Passion of Jesus brings us closer to Him and fills His heart with joy. It obtains for us incredible insights and spiritual gifts. It helps us to trust in the promises of The Divine Mercy so that we may better utilize them for the re-Christianization of our nation and the salvation of souls. The generosity of God and abundance of His grace freely given can indeed overwhelm our human hearts, especially as we consider what may be one of the most moving and humbling messages given to us by Christ through his secretary St. Faustina:

Today consider My Sorrowful Passion in all its immensity. Consider it as if it had been undertaken for your sake alone. (1761)

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<sup>1</sup> Two excellent resources for making the Stations of the Cross:  
[www. St. Faustina's Way of the Cross CD](http://www.St.Faustina'sWayoftheCrossCD.com)  
[St. Faustina's Way of the Cross Booklet](#)

<sup>2</sup> All references to Diary: Diary of St. Maria Faustina Kowalska: Divine Mercy in My Soul © 1987 Congregation of Marian Fathers of the Immaculate Conception of the B.V.M, Stockbridge, MA 01263. All rights reserved. [www.marian.org](http://www.marian.org)

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