

Letter from Sr. M. Consolata to the Littlest

Dearest Littlest of the Heart of Jesus,

At night, when you are getting ready to go to bed, make sure you pray to your good guardian angel, asking him to love Jesus for you while you sleep, and to inspire the act of love into you when he awakens you in the morning. If you are faithful to praying in this way every night, he will be faithful, every morning, to awakening you with a 'Jesus, Mary I love You! Save souls!'

With your day begun in this way, you will continue to love until your approach with the Eucharistic Jesus. However, this doesn't mean that you must abandon every other prayer; no, continue your usual pious practices without adding any new ones, but let the act of love absorb all of your free time. Afterwards, if Jesus moves you, you can even say some vocal prayers.

In Holy Communion, confide and abandon your person, your preoccupations, your projects, your desires, and your sorrows to Jesus, and don't think about them any longer. Because the whole life of a "Littlest Soul" is based on the divine promise "I will think of everything, up to the smallest details; you, think only of loving Me." (Copy these words onto an icon of the Sacred Heart, and try to have them always present in your spirit; they will be a great help to you, for freeing your spirit from all preoccupations, and they will be a proof, through experience, that Jesus is faithful to this promise.)

After having abandoned everything to Jesus in Holy Communion, renew your promise of the ceaseless act of love, the "Yes to everything" He will ask of you throughout the day, and the resolution to see Him, speak to Him, and serve Him with love in all creatures you will have to deal with.

Once and for all, intend to direct your entire act of love towards heaven, and beg Him to grant you the faithfulness to continue it uninterruptedly, until your next Communion, that it may be as a reparation for all your infidelities.

You will leave church having begun your act of love, that you will continue when you walk, at home, wherever your duty binds you.

Rest assured that Jesus promised that when you write, pray, or speak from necessity or for charity, the act of love continues just the same.

At your place of work, if possible, try to keep the words, written on an icon or a card, "Jesus, Mary, I love You, save souls!" in plain sight. It will serve you as a reminder.

From among the obstacles to give to Jesus the ceaseless act of virginal love,

Jesus Himself teaches to combat three: useless thoughts, discussions, attachments. Thoughts, preoccupations: everything becomes useless, considering that Jesus promises to his Littlest that He will think of everything, right up to the tiniest details. Useless conversations: if you speak beyond what concerns duty, charity, politeness, it's wasted time, stolen from Love. Attachments, curiosities, etc.: everything, in short, which distracts your spirit from the single thing you committed yourself to: loving Jesus ceaselessly and with virginal love.

Meanwhile, it's necessary for you to admit that in order to realize the divine desire: not omit a single act of love or any of charity, from one Communion to the next, the work of your soul, carried along by grace, will be lengthy and continue to require constant and generous efforts, especially without discouragement, for a long time.

At each more or less voluntary infidelity, renew your resolution for virginal love and begin again. If this infidelity causes you to suffer, offer it to Jesus as an act of love!. You will see and be aware of the tenderness with which Jesus will raise you back up after a fall or an infidelity; how He will hasten to set you back on your feet, so that you can continue your song of love.

What will help you most to give to Jesus the ceaseless act of love will be renewing, every moment, your resolution to do it; and after that, your self examination on this resolution.

Note that in the self examination on the ceaseless act of love, you will consider as failure only the time wasted in useless conversations or in following the fantasy, useless thoughts, etc. Repent, and peacefully return to love.

However the purpose to which you must devote all your energy, will always be on the ceaseless act of love. But don't be afraid, Jesus will always help you. He said: "Love Me, and you will be happy, and the more you will love Me, the happier you will be!" Take courage, Jesus and Mary will help you. Don't be afraid, ever, have confidence and believe in their love for you.

Sr. M. Consolata