

Be Vigilant



Paragraph 2754 - ARTICLE 3 THE PRAYER OF THE HOUR OF JESUS

*2754 The principal difficulties in the practice of prayer are distraction and dryness. The remedy lies in faith, conversion, and **vigilance** of heart. CCC*

2 Timothy 4:5 - But be thou vigilant, labour in all things, do the work of an evangelist, fulfill thy ministry. Be sober.

V6 - December 29, 1904 - "My daughter, that which is said to be human weakness, most of the time is lack of Vigilance and of Attention from one who is leader – that is, from parents and superiors. In fact, when a creature is watched over and checked, and is not given the freedom she wants, not receiving its nourishment, the weakness is destroyed by itself, while yielding to one's weakness is nourishment to becoming worse in that weakness." Then He added: "Ah, My daughter, just as the soul becomes Impregnated with Virtue like a dry sponge becomes soaked with water – that is, with Light, with Beauty, with Grace, with Love - in the Same Way, sin and the weaknesses that one yields to, impregnate the soul just like a sponge becomes soaked with mud – that is, with darkness, with ugliness, and even with hatred against God."