

# God Alone is Witness to the Soul's Interior Acts



## *Paragraph 2715 - III. Contemplative Prayer*

**2715** Contemplation is a gaze of faith, fixed on Jesus. “I look at him and he looks at me”: this is what a certain peasant of Ars in the time of his holy curé used to say while praying before the tabernacle. This focus on Jesus is a renunciation of self. His gaze purifies our heart; the light of the countenance of Jesus illumines the eyes of our heart and teaches us to see everything in the light of his truth and his compassion for all men. Contemplation also turns its gaze on the mysteries of the life of Christ. Thus it learns the “interior knowledge of our Lord,” the more to love him and follow him.<sup>11</sup> (521) **CCC**

## *Paragraph 1430 - IV. Interior Penance*

**1430** Jesus’ call to conversion and penance, like that of the prophets before him, does not aim first at outward works, “sackcloth and ashes,” fasting and mortification, but at the conversion of the heart, interior conversion. Without this, such penances remain sterile and false; **CCC**

### *Luke 12:2*

For there is nothing covered, that shall not be revealed: nor hidden, that shall not be known.

### *1 Peter 3:4*

But the hidden man of the heart in the incorruptibility of a quiet and a meek spirit, which is rich in the sight of God.

*V22 – July 30, 1922 - "My daughter, the interior acts of a soul who does the Will of God are Free from any evil and shadow of defect. God Alone is Witness of an interior act, and while no one points at her, no one looks at her, no one speaks of her, God, as Witness of the work of the creature, there where no one is given to Penetrate, in the interior of the creature, Points at her, Looks at her, and Speaks to the Whole of Heaven, and many times also to the earth, of the great Portents of the interior work of this creature.*

*"To be Pointed at, to be Looked at by God, to Make Him Speak of a creature, is the greatest Act and Honor that she Can Receive, and cannot be excluded from the great Works that God will Accomplish through her. The interior acts are Wounds, Darts, Arrows to the Divine Bosom, they are Celestial Messengers that are Released from the creature and Fly to her Creator, Bringing the Mark of Glory, of Love and of Pleasing only He Who Has Created her.*

*"In fact, who sees, who listens to, who appreciates all the things you do in your interior? No one. I Alone AM Witness of them, Listen to them and Appreciate them. This is Why in Our greatest Works We Choose souls who, in appearance, Show Nothing Great and Marvelous, but interior souls, who are Unblemished either by human views, or by the clamorous noise, the glory, the self-esteem that the external works bring.*

*"In fact, in Redemption We Choose a Simple Virgin, without external splendors, but She had Her interior Speaking, and Was Able to Say So Much, One on One with Her Creator, as to Conquer Him and Obtain Redemption. Now, We Have Done the Same for the Kingdom of the Divine Fiat: We Have Chosen another one, (Luisa) all interior, who will Say Much, and will Pray God to Concede the Longed for Kingdom.*

*"The external acts, also Good and Holy, Cannot Please Me like the interior acts, because the external ones are almost always impregnated with the air of self-glory, with human esteem, and sometimes times also with blame. And a poor heart feels within itself the effects of the praises or of the blame, after it has made sacrifices, and what is human enters the Field and invests the acts of the creature with its tenebrous air, and therefore they do not reach Me as Pure as they should be. On the other hand, an interior act is neither blamed nor praised by anyone, and what is human has no way in. Since she does not feel watched by anyone, to the soul herself it seems that she does nothing great, and therefore her acts are all Impregnated with Celestial Air. Therefore, Be Attentive, and let your interior Always Go Around in My Will."*