

Suffering Distractions for the Love of God

Distraction, Disturbance is Nothing but Lack of Abandonment in Jesus

II. Humble Vigilance of Heart Facing difficulties in prayer (CCC)

2729 The habitual difficulty in prayer is distraction. It can affect words and their meaning in vocal prayer; it can concern, more profoundly, him to whom we are praying, in vocal prayer (liturgical or personal), meditation, and contemplative prayer. To set about hunting down distractions would be to fall into their trap, when all that is necessary is to turn back to our heart: for a distraction reveals to us what we are attached to, and this humble awareness before the Lord should awaken our preferential love for him and lead us resolutely to offer him our heart to be purified. Therein lies the battle, the choice of which master to serve.¹⁶

In Brief

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

Ecclesiastes 8:16 - "And I applied my heart to know wisdom, and to understand the distraction that is upon earth: for there are some that day and night take no sleep with their eyes."

From the Book of Heaven

V11 – 8.3.16 - "My daughter, Good is always Good. Even more, You Must Know that each prayer, each reparation, each act of love, any holy thing that the creature does, is one more Paradise that she acquires. So, the Simplest Holy Act will be one more Paradise; one act less, a Paradise less. In fact, every Good Act comes from God, and therefore in every Good Act the soul takes God; and since God contains Infinite, Innumerable, Eternal, Immense Joys - so many that the very Blessed will not arrive at enjoying them all throughout all Eternity - it is no wonder, then, that since each Good Act acquires God, God is almost bound to substitute them with as many contentments. So, if the soul suffers even distractions for Love of Me, in Heaven her intelligence will have more Light and will enjoy as many more Paradises for as many times as she has sacrificed her intelligence; and so much more will she comprehend God. If she suffers coldness for Love of Me, so many Paradises will she enjoy of the variety of contentments which are present in My Love; if darkness, so many more contentments in My Inaccessible Light; and so with all the rest. This is what one prayer more or one less means."

V13 – 10.18.21 - I spent a day distracted because of a few things I heard - which it is not necessary here to say – and also a little disturbed; and as much as I tried, I could not free myself. So, for the entire day I did not see my Sweet Jesus, the Life of my soul, as if the disturbance were a veil which, placing itself between me and Him, prevented me from being able to see Him. Then, late at night, my mind, tired, calmed itself and my Lovable Jesus, as if He

were waiting, made Himself seen and, Sorrowful, told me: "My daughter, today with your disturbance you have prevented the Sun of My Person from rising in you. Disturbance is cloud between Me and you, which prevents the Rays from descending in you. And if the Rays do not descend, how can you see the Sun? If you knew what it means not to let My Sun Rise, and what great harm this is for you and for the whole world, you would well be attentive never to trouble yourself. In fact, it is always nighttime for disturbed souls, and at night the Sun does not rise. On the other hand, it is always Daylight for the Peaceful ones, and at whatever hour My Sun wants to Rise, the soul is always ready to receive the Good of My Coming.

Then, disturbance is nothing other than lack of Abandonment in Me, and I want you so Abandoned in My Arms that you must not have even one thought for yourself - I will take care of everything. Do Not fear; your Jesus cannot do without taking care of you, keeping you sheltered from all. You cost Me much - much have I placed in you. I alone have Right over you. Therefore, if the Rights are Mine, the Custody will be all Mine. So, be at Peace and Do Not fear."

Fiat!!!