

# HOLY CHRISTMAS NOVENA – NINE EXCESSES OF LOVE

BEGINS OCTOBER 14



## *Theological Insight of the Nine Excesses of Love Christmas Novena The "Nine Excesses" that led Jesus to incarnate Himself. 15/12/2015*

*"The Word became flesh and dwelt among us" (John 1:14).* With these words our thoughts immediately turn to Christmas that is coming and the desire to live, always with new emotions, the day when God made himself visible to man, in the likeness of a Child.

We know that the time of Advent is a time of grace to prepare ourselves spiritually to the Event, being careful to put the spotlight on the conception of the Holy Child, on His Incarnation.

*"Behold the handmaid of the Lord; let it be to me according to your word" (Lk 1:38):* This is the **Fiat** of Mary, "insignificant" woman in the eyes of her contemporaries, without which the Holy Trinity couldn't make the Eternal Word descend upon earth and give rise to Redemption.

Mary, *by possessing* the Divine Will, had found grace before God and became the worthy dwelling to fulfill the miracle of the Incarnation: The Holy Trinity, by removing *Justice* and covering Themselves with the mantle of *Mercy* overflowed in her with love to form in her womb, through the encounter of the two Fiat, the *creature* would have to save humanity.

With a Novena of Holy Christmas (December 16 to 24), since the age of seventeen, Luisa prepared herself spiritually for the Feast of Holy Christmas, by contemplating and meditating on the excesses of love that led Jesus to incarnate Himself.

They are the first step towards the knowledge of the Kingdom of the Divine Will. They contain love and grace as they spring directly from the source of God's love. They are the flames of His love that rise to create new love with which to conquer creatures.

Love, then, that renews and multiplies itself whenever new hearts are invested.

They are the *treasure chest* that contains all the merit of the Incarnation through which Jesus comes to Divinize man, to purify him. From His conception, taking all sins upon Himself, He comes to embody His Divinity on the Cross, starting His Way of the Cross, with the Final Triumph of Love!

Every year Luisa remembered all phases of the mystery of the Incarnation, meditating and honoring the nine months that Jesus stood in the Womb of Mary, in the following order that we briefly mention:

**First Excess, Trinitarian Love:** The angel announces to Mary that the Holy Trinity is sending upon earth the Son of Man who promptly obeys the Will of the Father and she, through the Holy Spirit, is the depository of this mystery and of goods that will spring.

**Second Excess, Humble Love:** A God so great and infinite who descends from Heaven and is restricted into the maternal womb. There He will stay for nine months, but His Divinity will remain imprisoned in His Humanity, for thirty three years, and then in the Eucharist.

**Third Excess, Devouring Love:** Flames of Love that rise to reach all generations, from the first to the last man. Seas (of Love) without boundary in which souls can swim freely.

**Fourth Excess, Operative Love:** Jesus, just newly “conceived”, takes upon Himself all souls and the burden (sins, ingratitude, passions) of each one of them. So, His Passion starts. His little head already feels the stings of the thorns that will surround his head and His immobility in the maternal womb anticipates His Crucifixion.

**Fifth Excess, Lonely Love:** God is forced to be alone, despite his several calls. He would like to speak to every soul to communicate and pour His love into her, but alas He is forced into silence. He descends from heaven to be in company of the creature but very few are those who welcome His coming and share His joys, His sorrows.

**Sixth Excess, Repressed Love:** Jesus, restricted in the prison and in the darkness of the maternal womb, can't not show His love, His Light. All around is darkness and the sins of creatures add new darkness in which He is compelled to remain.

**Seventh Excess, Supplicating Love:** The ingratitude of man is the sharpest thorn for God, our Creator. However human obstinacy doesn't stop His love from generating new excesses with imploring attitudes.

**Eighth Excess, Begging Love:** Even if God's supplications don't move the creature to love Him, He does not cease to have care of her and to conquer her, He passes on a greater excess and come to ask for a little love, to beg just as a poor man on the roadside.

**Ninth Excess, Winner Love:** Finally, Love will win. God remains faithful to Himself even at the cost of waiting for centuries. He will continue to dart through hearts with rays of sweetness and tenderness. He will conquer the creature and there will be the triumph of the Kingdom of His Divine Will.

Let us allow ourselves to be moved and taking advantage of this appropriate time, let us dispose ourselves to say with courage and faith our *Yes*, just like Mary with Her “*Fiat*” and Jesus with His “*Here I am,*” so that we can accomplish the project that our Heavenly Father has for each one in particular and for humanity in general, being always aware that we are all called to fulfill our Christian duty: to proclaim the Kingdom of God for the salvation of souls.

*Mary, Virgin and Mother,  
you who, moved by the Holy Spirit,  
welcomed the word of life  
in the depths of your humble faith:*

*as you gave yourself completely to the Eternal One,  
help us to say our own “yes”  
to the urgent call, as pressing as ever,  
to proclaim the good news of Jesus.*

(From Evangelii Gaudium of the Holy Father Francis)

FIAT!

*Riccardina*

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## **Letter 13 of Father di Francia to the Servant of God Luisa Piccarreta:**

**J.M.J.A.**

**Messina, February 14, 1927**

I also tell you that in reading the nine Exercises of Christmas, of which we have already prepared the proofs, one remains astounded at the immense Love and the immense suffering of Our blessed Lord Jesus Christ for love of us, and for the salvation of souls. I have never read in any other book on this topic a Revelation so touching and penetrating!

## **From the Writings of the Servant of God, Luisa Piccarreta – Volume 1**

I begin. With a Novena of Holy Christmas, at the age of about seventeen, I prepared myself for the Feast of Holy Christmas, by practicing various acts of virtue and mortification; and, especially, by honoring the nine months which Jesus spent in the Maternal womb with nine hours of meditation each day, always concerning the mystery of the Incarnation.

In this way I would spend the second hour of the day, and then, so forth with the rest – I would be annoying if I told them all. And I would do this sometimes kneeling, and sometimes, when I was impeded by my family, also while working. In fact, the interior voice gave me no respite and no peace if I did not do what it wanted; therefore, work was not a hindrance for me to doing what I had to do. In this way I spent the days of the novena, and when the eve came, I felt ignited more than ever, with unusual fervor. I was alone in the room, and all of a sudden Little Baby Jesus came before me – all beautiful, yes, but shivering, in the act of wanting to hug me. I stood up and ran to hug Him, but in the act of squeezing Him He disappeared from me – and this occurred as many as three times. I remained so moved and ignited that I cannot explain it.

But then, after some time, I did not take it much into account. I did not tell anyone, and from time to time I would fall into my usual defects. However, the interior voice never left me again; in everything it reprimanded me, it corrected me, it encouraged me – in a word, the Lord acted with me like a good father, whose child tries to deviate from the right path, and He uses all diligence and care to hold him back, so as to make of him His honor, His glory, His crown. But, oh Lord, too ungrateful have I been with You!

### **Christmas Novena**

**From Volume 1 of the Book of Heaven – the Writings of the Servant of God  
Luisa Piccarreta**

#### **First Excess of Love – Trinitarian Love**

**Week of October 14 – 20**

**Day of December 16**

**1** – As for example, for one hour, with my thought, I brought myself to Paradise, and I imagined the Most Holy Trinity: the Father, sending the Son upon earth; the Son, promptly obeying the Will of the Father; the Holy Spirit, consenting. My mind was confused in contemplating a mystery so great, a love so reciprocal, so equal, so strong among Themselves and toward men; and then, the ingratitude of men, and especially my own. I would have remained there, not for one hour, but for the whole day; but an interior voice told me: "Enough – come and see other greater excesses of My Love."

#### **Second Excess of Love – Constrained Love**

**Week of October 21 – 27**

**Day of December 17**

**2** – Then, my mind brought itself into the maternal womb, and remained stupefied in considering a God so great in Heaven, now so annihilated, restricted, constrained, as to be unable to move, and almost even to breathe. The interior voice told me: "Do you see how much I have loved you?" O please, make Me a little space in your heart; remove everything which is not Mine, so you will give Me more freedom to move and to breathe." My heart was consumed; I asked for His forgiveness, I promised to be completely His own, I poured myself out in crying; but – I say this to my confusion – I would go back

to my usual defects. Oh Jesus, how good You have been with this miserable creature!

**Third Excess of Love - Devouring Love**  
**Week of October 28 - November 3**  
**Day of December 18**

As I moved on from the second to the third meditation, an interior voice told me:

**3** - “My daughter, place your head upon the womb of My Mama, and look deep into it at My little Humanity. My Love devoured Me; the fires, the oceans, the immense seas of Love of My Divinity inundated Me, burned Me to ashes, and sent their flames so high as to rise and reach everywhere - all generations, from the first to the last man. My little Humanity was devoured in the midst of such flames; but do you know what My Eternal Love wants Me to devour? Ah! Souls! And only then was I content, when I devoured them all, to remain conceived with Me. I was God, and I was to operate as a God - I had to take them all. My Love would have given Me no peace, had I excluded any of them. Ah! My daughter, look well into the womb of My Mama; fix well your eyes on my conceived Humanity, and you will find your soul conceived with Me, and the flames of My Love that devour you. Oh! How much I Loved you, and I do Love you!”

I felt dissolved in the midst of so much Love, nor was I able to go out of it; but a voice called me loudly, saying: “My daughter, this is nothing yet; cling more tightly to Me, and give your hands to My dear Mama, that She may hold you to her Maternal womb. And you, take another look at My little conceived Humanity, and watch the fourth excess of My Love.”

**Fourth Excess of Love - Operative Love**  
**Week of November 4 - 10**  
**Day of December 19**

**4** - “My daughter, from the devouring Love, move on to look at My operative Love. Each conceived soul brought Me the burden of her sins, of her weaknesses and passions, and My Love commanded Me to take the burden of each one of them. And it conceived not only the souls, but the pains of each

one, as well as the satisfaction which each one of them was to give to My Celestial Father. So My Passion was conceived together with Me. Look well at Me in the womb of My Celestial Mama. Oh! How tortured was My little Humanity. Look well at My little Head, surrounded by a crown of thorns, which, pressed tightly around My temples, made rivers of tears pour out from My eyes; nor was I able to make a move to dry them. O Please! Be moved to compassion for Me, dry My eyes from so much crying - you, who have free arms to be able to do it. These thorns are the crown of the so many evil thoughts which crowd the human minds. Oh! How they prick Me, more than thorns which sprout from the earth. But, look again - what a long crucifixion of nine months: I could not move a finger or a hand or a foot. I was always immobile; there was no room to be able to move even a tiny bit. What a long and hard crucifixion, with the addition that all evil works, assuming the form of nails, continuously pierced My hands and feet." So He continued to narrate to me pains upon pains - all the martyrdoms of His little Humanity, such that, if I wanted to tell them all, I would be too long.

I abandoned myself to crying, and I heard in my interior: "My daughter, I would like to hug you, but I am unable to do so - there is no room, I am immobile, I cannot do it. I would like to come to you, but I am unable to walk. For now, you hug Me and you come to Me; then, when I come out of the Maternal womb, I will come to you." But as I hugged Him and squeezed Him tightly to my heart with my imagination, an interior voice told me: "Enough for now, My daughter; move on to consider the fifth excess of My Love."

**Fifth Excess of Love - Lonely Love**  
**Week of November 11 - 17**  
**Day of December 20**

**5** - And the interior voice continued: "My daughter, do not move away from Me, do not leave Me alone; My Love wants your company. This is another excess of My Love, which does not want to be alone. But do you know whose company it wants? That of the creature. See, in the womb of My Mama, all of the creatures are together with Me - conceived together with Me. I am with them, all Love. I want to tell them how much I Love them; I want to speak with them to tell them of My joys and sorrows - that I have come into their midst to make them happy and to console them; that I will remain in their midst as a little brother, giving My goods, My Kingdom, to each one of them at the cost of

My Life. I want to give them My kisses and My caresses. I want to amuse myself with them, but – ah, how many sorrows they give Me! Some run away from Me, some play deaf and force Me into silence; some despise my goods and do not care about My Kingdom, returning My kisses and caresses with indifference and obliviousness of Me, so they convert My amusement into bitter crying. Oh! How lonely I am, though in the midst of many. Oh! How loneliness weighs upon Me. I have no one to whom to say a word, with whom to pour Myself out, not even in Love. I am always sad and taciturn, because if I speak, I am not listened to. Ah! My daughter, I beg you, I implore you, do not leave Me alone in so much loneliness; give Me the good of letting Me speak by listening to Me; lend your ear to My teachings. I am the Master of masters. How many things do I want to teach you! If you listen to Me, you will stop My crying and I will amuse Myself with you. Don't you want to amuse yourself with Me?"

And as I abandoned myself in Him, giving Him my compassion in His loneliness, the interior voice continued: "Enough, enough; move on to consider the sixth excess of My Love."

**Sixth Excess of Love - Imprisoned Love**  
**Week of November 18 - 24**  
**Day of December 21**

**6** - "My daughter, pray My dear Mama to set aside a little space for you within her Maternal womb, that you yourself may see the painful state in which I find Myself." So, in my thoughts, it seemed that our Queen Mama made me a little room to make Jesus content, and placed me in it. But the darkness was such that I could not see Him; I could only hear His breathing, while He continued to say in my interior: "My daughter, look at another excess of My Love. I am the Eternal Light; the sun is a shadow of My Light. But do you see where My Love did lead Me - in what a dark prison I am? There is not a glimmer of light; it is always night for Me – but a night without stars, without rest. I am always awake...what pain! The narrowness of this prison - without being able to make the slightest movement; the thick darkness...; even My breathing, as I breathe through the breathing of My Mama – oh, how labored it is! To this, add the darkness of the sins of creatures. Each sin was a night for Me, and combined together they formed an abyss of darkness, with no boundaries. What pain! Oh, excess of My Love - making Me pass from an

immensity of Light and space into an abyss of thick darkness, so narrow as to lose the freedom to breathe; and all this, for Love of creatures.”

As He was saying this, He moaned - moans almost suffocated because of the lack of space; and He cried. I was consumed with crying. I thanked Him, I compassionated Him; I wanted to make Him a little light with my love, as He told me to. But who can say all? Then, the same interior voice added: “Enough for now; move on to the seventh excess of my love.”

**Seventh Excess of Love – Unrequited Love**  
**Week of November 25 – December 1**  
**Day of December 22**

**7** – The interior voice continued: “My daughter, do not leave Me alone in so much loneliness and in so much darkness. Do not leave the womb of My Mama, so you may see the seventh excess of My Love. Listen to Me: in the Womb of My Celestial Father I was fully happy; there was no good which I did not possess; joy, happiness - everything was at My disposal. The angels adored Me reverently, hanging upon My every wish. Ah, excess of My Love! I could say that it made Me change My destiny; it restrained Me within this narrow prison; it stripped Me of all My joys, happiness and goods, to clothe Me with all the unhappiness of creatures – and all this in order to make an exchange, to give them My destiny, My joys and My eternal happiness. But this would have been nothing had I not found in them highest ingratitude and obstinate perfidy. Oh, how My Eternal Love was surprised in the face of so much ingratitude, and how it cried over the stubbornness and perfidy of man. Ingratitude was the sharpest thorn to pierce My Heart, from My Conception up to the last moment of My Life. Look at My little Heart; it is wounded, and pours out blood. What pain! What torture I feel! My daughter, do not be ungrateful to Me. Ingratitude is the hardest pain for your Jesus – it is to close the door in My face, leaving Me numb with cold. But My Love did not stop at so much ingratitude; it took the attitude of supplicating, imploring, moaning and begging Love. This is the eighth excess of My Love.”

**Eighth Excess of Love – Supplicating Love**  
**Week of December 2 – 8**  
**Day of December 23**

**8** - “My daughter, do not leave Me alone; place your head upon the womb of My dear Mama, and even from the outside you will hear My moans and My supplications. In seeing that neither My moans or My supplications move the creature to compassion for My Love, I assume the attitude of the poorest of beggars; and stretching out My little Hand, I ask - for pity’s sake, and at least as alms - for their souls, for their affections and for their hearts. My Love wanted to win over the heart of man at any cost; and in seeing that after seven excesses of My Love, he was still reluctant, he played deaf, he did not care about Me and did not want to give himself to Me, My Love wanted to push itself further. It should have stopped; but no, it wanted to overflow even more from within its boundaries; and from the womb of My Mama, it made My Voice reach every heart, with the most ingratiating manners, with the most fervent prayers, with the most penetrating words. And do you know what I said to them? ‘My child, give Me your heart; I will give you everything you want, provided that you give Me your heart in exchange. I have descended from Heaven to make a prey of it. O please, do not deny it to Me! Do not delude My hopes!’ And in seeing him reluctant – even more, many turned their back to Me – I passed on to moaning; I joined My little Hands and, crying, with a voice suffocated by sobs, I added: ‘Ohh! Ohh! I am the little beggar – you do not want to give Me your heart - not even as alms? Is this not a greater excess of My Love; that the Creator, in order to approach the creature, takes the form of a little baby so as not to strike fear in him; that He asks for the heart of the creature, at least as alms, and in seeing that he does not want to give it, He supplicates, moans and cries?’”

Then I heard Him say: “And you, don’t you want to give Me your heart? Or maybe you too want Me to moan, beg and cry in order to give Me your heart? Do you want to deny Me the alms I ask of you?” And as He was saying this I heard Him as though sobbing, and I: ‘My Jesus, do not cry, I give You my heart and all of myself.’ Then, the interior voice continued: “Move further; pass on to the ninth excess of My Love.”

**Ninth Excess of Love – Agonizing Love**  
**Week of December 9 – 15**  
**Day of December 24**

**9** - “My daughter, My state is ever more painful. If you love Me, keep your gaze fixed on Me, to see if you can offer some relief to your Jesus; a little word

of love, a caress, a kiss, will give respite to My crying and to My afflictions. Listen My daughter, after I gave eight excesses of My Love, and man requited them so badly, My Love did not give up and wanted to add the ninth excess to the eighth. And this was yearnings, sighs of fire, flames of desire, which wanted to go out of the Maternal womb to hug man. This reduced My little Humanity, not yet born, to such an agony as to reach the point of breathing My last. But as I was about to breathe My last, My Divinity, which was inseparable from Me, gave Me sips of Life, and so I regained Life to continue My agony, and return again to the point of death. This was the ninth excess of My Love: to agonize and to die of Love continuously for the creature. Oh! What a long agony of nine months! Oh! How Love suffocated Me and made Me die. Had I not had the Divinity with Me, which gave Me Life again every time I was about to finish, Love would have consumed Me before coming out to the light of day.”

Then He added: “Look at Me, listen to Me, how I agonize, how My Heart beats, pants, burns. Look at Me - now I die.” And He remained in deep silence. I felt like dying. My blood froze in my veins, and trembling, I said to Him: ‘My Love, my Life, do not die, do not leave me alone. You want love, and I will love You; I will not leave You ever again. Give me your flames to be able to love You more, and to be consumed completely for You.’

## **DECEMBER 25** **FEAST OF HOLY CHRISTMAS**

**12/25/00 – Vol. 4**

***The birth of Jesus.***

As I was in my usual state, I felt I was outside of myself; after wandering around, I found myself inside a cave, and I saw the Queen Mama in the act of giving birth to Little Baby Jesus. What a wonderful prodigy! It seemed that both Mother and Son were transmuted into most pure light. But in that light one could see very well the human nature of Jesus containing the Divinity within Itself, and serving as a veil to cover the Divinity; in such a way that, in tearing the veil of human nature, He was God, while covered by that veil, He was Man. Here is the prodigy of prodigies: God and Man, Man and God! Without leaving the Father and the Holy Spirit - because true love never separates - He comes to dwell in our midst, taking on human flesh. Now, it seemed to me that Mother and Son, in that most happy instant, remained as though spiritualized, and without the slightest difficulty Jesus came out of the Maternal womb, while both of them overflowed with excess of Love. In other words, those Most Pure Bodies were transformed into Light, and without the slightest impediment, Light Jesus came out of the Light of the Mother, while both One and the Other remained whole and intact, returning, then, to their natural state.

Who can tell the beauty of the Little Baby who, at the moment of His birth, transfused, also externally, the rays of the Divinity? Who can tell the beauty of the Mother, who remained all absorbed in those Divine rays? And Saint Joseph? It seemed to me that he was not present at the act of the birth, but remained in another

corner of the cave, all engrossed in that profound Mystery. And if he did not see with the eyes of the body, he saw very well with the eyes of the soul, because he remained enraptured in sublime ecstasy.

Now, in the act in which the Little Baby came out to the light, I had wanted to fly and take Him in my arms, but the Angels prevented me, saying that the honor of holding Him first belonged to the Mother. Then, the Most Holy Virgin, as though stirred, returned into Herself and from the hands of an Angel received Her Son in Her arms. In Her ardor of love, She squeezed Him so tightly that it seemed that She wanted to draw Him into Her womb again. Then, wanting to let Her ardent love pour out, She placed Him at Her breast to suckle. In the meantime, I was completely annihilated, waiting to be called so as not to be scolded again by the Angels. Then the Queen said to me: "Come, come and take your Beloved, and you too, enjoy Him - pour out your love with Him." As She was saying this, I drew near Mama, and She gave Him to me, into my arms. Who can say my contentment, the kisses, the squeezes, the tendernesses? After I poured myself out a little, I said to Him: 'My beloved, You have suckled the milk of our Mama, share it with me.' And He, all condescending, poured part of that milk from His mouth into mine, and then He told me: "My beloved, I was conceived united to suffering, I was born to suffering, and I died in suffering. And with the three nails with which they crucified Me, I nailed the three powers - intellect, memory and will - of those souls who yearn to love Me, keeping them all drawn to Myself, because sin had rendered them infirm and dispersed from their Creator - without any restraint." As He was saying this, He gazed at the world and began to cry over its miseries. On seeing Him cry, I said: 'Lovable Baby, do not sadden with your tears a night so happy for one who loves you. Instead of pouring ourselves out in crying, let us pour ourselves out in singing'; and as I said this, I began to sing. Jesus was amused at hearing me sing, and He stopped crying; and completing my verse, He sang His own, with a voice so powerful and harmonious that all other voices disappeared at the sound of His most sweet voice. After this, I prayed to Baby Jesus for my confessor, for those who belong to me, and lastly, for everyone, and He seemed all condescending. At that moment He disappeared from me, and I returned into myself.

**12/25/08 – Vol. 8**

***How to make Jesus be born and grow in your hearts.***

Finding myself in my usual state, I was longing for little Baby Jesus, and after many hardships, He made Himself seen in my interior as a little Baby, and told me: "My daughter, the best way to make Me be born in one's own heart, is to empty oneself of everything, because in finding empty space, I can place all my goods in it. And only then can I remain in it forever, if there is room to be able to carry all that belongs to Me, all that is my own. A person who went to live in the house of someone else, could be called happy only if he found empty space in which to be able to put all of his belongings; otherwise, he would be unhappy. So I am.

The second thing in order to make Me be born and to increase my happiness, is that everything the soul contains, both internal and external - everything, must be done for Me; everything must serve to honor Me, to execute my orders. If only one thing, one thought, one word, is not for Me, I feel unhappy, and while I should be the master, they make Me a slave. Can I tolerate all this?

The third one is heroic love, magnified love, love of sacrifice. These three loves make my happiness grow in a marvelous way, because they render the soul capable of works which are superior to her strengths, as she does them with my strength alone. They will expand her, by making not only her, but also others love Me. And she will reach the point of enduring anything, even death, in order to triumph in everything, and be able to say to Me: 'I have nothing else; everything is only love for You.' In this way, she will not only make Me be born, but will make Me grow, and will form a beautiful paradise in her heart."

As He was saying this, I looked at Him, and from little, in one instant He became big, in such a way that I remained completely filled with Him. Then everything disappeared.

***MERRY CHRISTMAS***