

Meditations for Every Day of the Week

For Sunday: On Eternal Happiness

Preparation: 1. Having put away all earthly cares and affections, say: "Come, Holy Ghost, fill the hearts of Thy faithful, and kindle in them the fire of Thy love."

Prayer: "O God, Who hast taught the hearts of the faithful, by the light of Thy Holy Spirit, grant us, by the same Spirit, to have a right understanding in all things, and continue to rejoice in his consolation; through Christ our Lord."

2. Picture to yourself, as well as you are able, the spacious and most beautiful mansions of the blessed, and in them God, with His holy angels, etc.

3. Ask grace of God, that, as far as may be, you may be able to see and appreciate that heavenly glory.

First Point for Consideration: Consider what the happiness of heaven is. It is the perfect combination of every good, without any admixture of evil, in which the blessed repose securely in the fullest satisfaction of all their desires. According to Psalm 16: "I shall be satisfied when Thy glory shall appear."

Affections: What have I in heaven, and what do I desire upon the earth, besides Thee?

Second Point of Consideration: Consider how sweet, in that heavenly city (the brightness of whose walls and gates and streets are described in Apocalypse 21), will be the society of Christ, and of the blessed Virgin Mary, and of the Apostles, and the other saints, when all shall be united to God, and God shall be in all; where the highest will embrace the lowest without the least admixture of contempt, and the lowest embrace the highest without any envy of their superiority.

Affections: "How lovely are Thy tabernacles, O Lord of Hosts! My soul longeth and fainteth for the courts of the Lord," etc. Psalm 83.

Third Point of Consideration: Consider the differences of glory. I Corinthians 15:41: "One is the glory of the sun, another the glory of the moon, and another the glory of the stars. For star differeth from star in glory. So also is the resurrection of the dead." For the glory of each one shall be greater in proportion as he has this life done or suffered more for the sake of God.

Affections: And shall I, then, seek to escape from labours and the cross, although the sufferings of this world are not worthy to be compared with the glory to come?

Colloquy: Give thanks to God, that He has prepared a great reward for such slight services as we can render unto Him. Reproach thyself for thine own ingratitude and negligence. Commend the whole of

this act and devotion to the protection of the blessed Virgin Mary; and say, We fly to thy patronage, etc.

For Monday: On Death

Preparation: Having put away all earthly cares and affections, say: "Come, Holy Ghost, fill the hearts of Thy faithful, and kindle in them the fire of Thy love."

Prayer: "O God, Who hast taught the hearts of the faithful, by the light of Thy Holy Spirit, grant us, by the same Spirit, to have a right understanding in all things, and continue to rejoice in his consolation; through Christ our Lord."

Imagine yourself in your last agony, lying on your bed, with a crucifix in one hand and a taper in the other.

First Point of Consideration: Consider that "it is appointed to all men once to die" (Hebrews 9); but that the day and hour is uncertain. For "the day of the Lord shall so come as a thief in the night. For when they shall say peace and security, then shall sudden destruction come upon them." I Thessalonians 5:3 The wise man truly observes (Ecclesiastes 9): "As fishes are taken with the hook, and as birds are caught with the snare, so men are taken in the evil time."

Affections: Why, then, do I not hold myself in readiness every day and every hour, as Christ exhorteth? Matthew 24: "Be ye ready, for ye know now at what hour the Son of man will come."

Second Point of Consideration: Consider how great may be at that time your bodily pain: on account of which, you may neither be able to pray, or to repent, or even to remember your sins. For that shall be fulfilled. Psalm 40: "Thou has turned all his couch in his sickness."

Affections: "Therefore, while we have time let us do good" Galatians 6:10 But, concerning this present time, it is said (II Corinthians 6:2): "In an accepted time have I heard thee, and in the day of salvation have I helped thee: behold now is the acceptable time, now is the day of salvation."

Third Point of Consideration: Consider in what great straits will thy soul then be, when it is about to leave the body, and knows not "whether it is worthy of hatred or love;" whether it is to be received into heaven or thrust down into hell. The soul of Hilarion, who had served Christ for nearly seventy years, trembled at its departure from the body. "Why art thou afraid, O my soul, to depart?" said he. Job, also, at the prospect of death, says (Job 10:20)," Suffer me that I may lament my sorrows a little before I go, and return no more to a land that is dark, and covered with the mists of death." How much more cause for fear have you! "But the souls of the just are in the hands of God, and the torments of death shall not touch them." Wisdom 3:1

Affections: Would that I might so ponder these things, and so arrange my life, that I might be able to

say, "To me to live is Christ, and to die is gain." Philippians 1:21

Colloquy: Accuse yourself to Christ of having neglected meditation on death, and promise Him to amend.

For Tuesday: On Judgment

Preparation: Having put away all earthly cares and affections, say: "Come, Holy Ghost, fill the hearts of Thy faithful, and kindle in them the fire of Thy love."

Prayer: "O God, Who hast taught the hearts of the faithful, by the light of Thy Holy Spirit, grant us, by the same Spirit, to have a right understanding in all things, and continue to rejoice in his consolation; through Christ our Lord."

Imagine that you are standing as a debtor before Christ, seated on His throne of judgment, and about to give an account of your life unto Him.

First Point of Consideration: Consider how the soul, released from the bonds of the flesh, and forsaken by all, must stand before Christ its Judge, when neither prayers nor tears shall avail, nor any excuse be admitted, and when your guardian angel and the devil shall produce your good and evil deed, etc. What shall I, a sinner, plead?

Affections: And shall I still be so careless? "If we would judge ourselves, we should not be judged." I Corinthians 11:31

Second Point of Consideration: Consider that you must give account not only of your grievous sins, but for every idle word. Then, perhaps, shall that writing appear against you (Daniel 5:25): "Mane, Thecel, Phares. *Mane*: God hath numbered thy kingdom, and hath finished it. *Thecel*: Thou art weighed in the balance, and art found wanting. *Phares*: Thy kingdom is divided, and is given to the Medes and Persians."

Affections: And shall I not fear? "Pierce thou my flesh with thy fear, for I am afraid of thy judgments." Psalm 118. "Enter not into judgment with thy servant." Psalm 142.

Third Point of Consideration: Consider with what fear and trembling each one will await the sentence of the Judge, which can never be reversed; "Come, ye blessed," etc. or "Depart, ye wicked," etc.

Affections: And shall I hereafter take any pleasure in sin? I will speak in the bitterness of my soul; I will say unto God, Do not condemn me.

Colloquy: Give thanks to Christ, that He has so long granted, and still grants to thee, the time of grace.

For Wednesday: On Hell

Preparation: Having put away all earthly cares and affections, say: "Come, Holy Ghost, fill the hearts of Thy faithful, and kindle in them the fire of Thy love."

Prayer: "O God, Who hast taught the hearts of the faithful, by the light of Thy Holy Spirit, grant us, by the same Spirit, to have a right understanding in all things, and continue to rejoice in his consolation; through Christ our Lord."

Imagine to yourself some vast and horrid cavern, full of serpents and other monsters, and from whence issue frightful howlings, with smoke and flames, etc.

First Point of Consideration: Consider what eternal damnation is, viz. a never-ending unchangeable condition, in which the reprobate are tormented without pity or hope of mercy; with torments so great, that the mind of man cannot understand or imagine them; of which the lake burning with brimstone and fire (Apocalypse 14:10) is but a part, and, as it were, a figure.

Affections: Truly does Isaias say (Isaias 33): "Which of you can dwell with devouring fire? Which of you can dwell with everlasting burnings?" O Lord, punish me here with fire and sword, rather than hereafter and through eternity.

Second Point of Consideration: Consider well the punishment of the senses, in the eternal torment of the soul as well as the body. The eyes shall be tormented with spectres; the ears with howlings, weeping, and blasphemies; the nostrils with intolerable stench; the tongue and the palate, with the liquid pitch and sulphur; the hands, the breast, and the rest of the body, with unendurable tortures; the memory and the intellect shall gnaw the heart with the remembrance and consideration of the neglected time of grace; the will must endure the frustration and contradiction of all its desires. "As much as she hath glorified herself, and lived in delicacies, so much torment and sorrow give ye to her." Apocalypse 18:7

Affections: Oh, the blindness of men, who, for one drop of honey, fear not the full draught of so much gall and bitterness.

Third Point of Consideration: Consider the pain of loss, which is eternal exclusion from the vision of God and the society of the saints, by far the greatest and most intolerable of all punishments.

Affections: Oh, that I might never forget these things! "Cast me away not from Thy face, O Lord." Psalm 1 Let your colloquy be the deprecation of so great misery.

Thursday: On the Mercies of God

Preparation: Having put away all earthly cares and affections, say: "Come, Holy Ghost, fill the hearts of Thy faithful, and kindle in them the fire of Thy love."

Prayer: "O God, Who hast taught the hearts of the faithful, by the light of Thy Holy Spirit, grant us, by the same Spirit, to have a right understanding in all things, and continue to rejoice in his consolation; through Christ our Lord."

Imagine to yourself all the gifts of God brought together at one time, and placed before your eyes.

First Point of Consideration: Consider that God, from all eternity, set His eyes upon you, and decreed that you should be created out of nothing unto everlasting salvation. Jeremias 31:3: "I have loved thee with an everlasting love; therefore have I drawn thee, taking pity on thee." Then, that He brought you forth in the time of grace, placed you in the Catholic Church, and gave you pious parents, etc.; that He spared you going on in sin, delivered you from many dangers, and drew you into the way of salvation, etc.

Affections: "The mercies of the Lord I will sing for ever." Psalm 80. Shall I ever offend, by any sin, so great a Benefactor?

Second Point of Consideration: Consider that God appointed the sacraments of baptism and penance that we might be delivered from our sins, not for His own, but for our sakes, for He has no need of us; He might, without injury, have condemned us to eternal damnation, etc.

Affections: "Bless the Lord, oh, my soul; and let all that is within me bless His holy name." Psalm 102.

Third Point of Consideration: Consider the incomprehensible love of God towards us, in the institution of the most Holy Eucharist, in which He gave Himself to us for our food. "There is no other nation so great, that hath God so nigh them, as our God is present to us." Deuteronomy 4.

Affections: Where is our love in return? "What shall I render unto the Lord or all the things He hath rendered to me?" Psalm 115

Colloquy: Beg of God not to withdraw His mercies from you.

Friday: On the Passion and Death of Christ

Preparation: Having put away all earthly cares and affections, say: "Come, Holy Ghost, fill the hearts of Thy faithful, and kindle in them the fire of Thy love."

Prayer: "O God, Who hast taught the hearts of the faithful, by the light of Thy Holy Spirit, grant us, by the same Spirit, to have a right understanding in all things, and continue to rejoice in his consolation; through Christ our Lord."

Picture to yourself the Mount of Olives, at the foot of which Christ sweat blood; Mount Sion, on which was situated the city of Solyma, where He was accused, scourged, and condemned; and Mount Calvary, where He was crucified.

First Point of Consideration: Consider what passed in the garden, the agony, the bloody sweat, the prayer.

Affections: Who will not suffer with Him, and take from His hand the cup of His passion which He giveth to drink?

Second Point of Consideration: Consider what He suffered in the city, before Annas, Caiphas, Pilate, etc.; the mockery, the buffetings, scourgings, etc.

Affections: Here none need be suggested.

Third Point of Consideration: Consider what He endured on Mount Calvary, in being stripped of His garments, having His hands and feet pierced. Consider also His words on the Cross, etc.

Affections: "Look upon the wounds of thy Saviour, as He hangs on the cross; look on the blood, which, dying, He sheds for thee, the price of thy redemption. His head is bent to kiss thee; His heart is opened to love thee; His arms stretched out to embrace thee. Consider these things, how great they be; weigh them in the balance of thy heart, that He may be wholly fixed in thy heart, who, for thee, was wholly fastened to the cross" -- St. Augustine.

Colloquy: Jesus crucified will suggest it.

Saturday: On the Blessed Virgin Mary

Preparation: Having put away all earthly cares and affections, say: "Come, Holy Ghost, fill the hearts of Thy faithful, and kindle in them the fire of Thy love."

Prayer: "O God, Who hast taught the hearts of the faithful, by the light of Thy Holy Spirit, grant us, by the same Spirit, to have a right understanding in all things, and continue to rejoice in his consolation; through Christ our Lord."

Place before thy mind the Queen of heaven and earth, exalted above all the hosts of heaven, and crowned by the blessed Trinity.

First Point of Consideration: Consider both the outward and inward loveliness of that blessed Virgin, of whom the spouse in the Canticle saith, "Thou art all fair, oh, my love, and there is not a spot in thee." How should she not be most beautiful, who brought forth Him Who was "beautiful above the sons of men"? Assuredly, "The most High hath sanctified His own tabernacle." Psalm 45

Affections: Shall not I, at so glorious a vision of Christian perfection, cleanse my soul from its stains? O most pure Virgin, obtain for me grace to do this.

Second Point of Consideration: Consider with what privileges and honours the blessed Trinity glorifies her. The Father loves her as His daughter; the Son honours her as His mother; the Holy Ghost embraces Her as His bride.

Affections: How can I sufficiently praise thee?

Third Point of Consideration: Consider the mercy and tenderness of this mother towards all in misery; and although the mercy of God be infinitely greater, yet infinite also is His justice, in which Mary has no part.

Affections: Hail holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us. And after this our exile show unto us the blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Amen.

Colloquy to the blessed Virgin Mary, may be gathered from the Affections.