

SPIRITUAL DIARY



Missão Belém

He is risen!

JESUS: TRUE EASTER, TRUE LIFE

APRIL 2017



Saturday, April 1st, 2017
For the spiritual Diary: John 7, 40-53
Other readings: Jer 11,18-20; Ps 7, 2-12

“YOU CAN GET TO KNOW JESUS ONLY IF YOU OPEN UP TO HIM”

The readings we are going to read in the next few days are going to introduce us to the painful events of the Holy Week. They show people who refused Jesus because they never had a personal encounter with him. They misjudged Him. In order to get to know Jesus it is necessary to PRAY, CONTEMPLATE, LIVE to the full his teachings. Jesus is real not a theory, He is a person who embraces you and wants to talk to you.

John 7, 40-53

40 Some in the crowd who heard these words said, "This is truly the Prophet." 41 Others said, "This is the Messiah." But others said, "The Messiah will not come from Galilee, will he? 42 Does not scripture say that the Messiah will be of David's family and come from Bethlehem, the village where David lived?"

43 So a division occurred in the crowd because of him. 44 Some of them even wanted to arrest him, but no one laid hands on him. 45 So the guards went to the chief priests and Pharisees, who asked them, "Why did you not bring him?" 46 The guards answered, "Never before has anyone spoken like this one."

47 So the Pharisees answered them, "Have you also been deceived? 48 Have any of the authorities or the Pharisees believed in him? 49 But this crowd, which does not know the law, is accursed."

50 Nicodemus, one of their members who had come to him earlier, said to them, 51 "Does our law condemn a person before it first hears him and finds out what he is doing?" 52 They answered and said to him, "You are not from Galilee also, are you? Look and see that no prophet arises from Galilee." 53 Then each went to his own house.

Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Sunday, April 2nd, 2017
For the spiritual Diary: John 11, 17-45
Other readings: Ez 37,12-14; Ps 129; Rom 8, 1-11

“I AM THE RESURRECTION AND THE LIFE”

Lazarus’ resurrection is a source of teachings for those who can read with their heart. These were Jesus’ friends. We know Martha (the one who was “anxious and worried about many things”). We know Mary (who anointed Jesus’ feet and wiped them with her hair). Jesus has a strong and close relationship with them who are His “beloved” friends. His love for them make him cry although He knew He would resuscitate Lazarus. Do not miss any details of this reading, as it will cast some light on Jesus’ death and resurrection.

17 When Jesus arrived, he found that Lazarus had already been in the tomb for four days. 18 Now Bethany was near Jerusalem, only about two miles away. 19 And many of the Jews had come to Martha and Mary to comfort them about their brother. 20 When Martha heard that Jesus was coming, she went to meet him; but Mary sat at home. 21 Martha said to Jesus, "Lord, if you had been here, my brother would not have died. 22 (But) even now I know that whatever you ask of God, God will give you." 23 Jesus said to her, "Your brother will rise." 24 Martha said to him, "I know he will rise, in the resurrection on the last day." 25 Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, 26 and everyone who lives and believes in me will never die. Do you believe this?"

27 She said to him, "Yes, Lord. I have come to believe that you are the Messiah, the Son of God, the one who is coming into the world." 28 When she had said this, she went and called her sister Mary secretly, saying, "The teacher is here and is asking for you." 29 As soon as she heard this, she rose quickly and went to him. 30 For Jesus had not yet come into the village, but was still where Martha had met him. 31 So when the Jews who were with her in the house comforting her saw Mary get up quickly and go out, they followed her, presuming that she was going to the tomb to weep there. 32 When Mary

came to where Jesus was and saw him, she fell at his feet and said to him, "Lord, if you had been here, my brother would not have died." 33 When Jesus saw her weeping and the Jews who had come with her weeping, he became perturbed and deeply troubled, 34 and said, "Where have you laid him?" They said to him, "Sir, come and see." 35 And Jesus wept. 36 So the Jews said, "See how he loved him." 37 But some of them said, "Could not the one who opened the eyes of the blind man have done something so that this man would not have died?" 38 So Jesus, perturbed again, came to the tomb. It was a cave, and a stone lay across it.

39 Jesus said, "Take away the stone." Martha, the dead man's sister, said to him, "Lord, by now there will be a stench; he has been dead for four days." 40 Jesus said to her, "Did I not tell you that if you believe you will see the glory of God?" 41 So they took away the stone. And Jesus raised his eyes and said, "Father, I thank you for hearing me. 42 I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me." 43 And when he had said this, he cried out in a loud voice, "Lazarus, come out!" 44 The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, "Untie him and let him go." 45 Now many of the Jews who had come to Mary and seen what he had done began to believe in him.

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Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Monday, April 3rd, 2017
For the spiritual Diary: John 8, 1-11
Other readings: Dan 13,1-19.33-62

“REMAINED ONLY... MISERY AND MERCY...”

This is what Saint Augustine said and what Pope Francis said too at the end of the Jubilee of Mercy.

Jesus’ justice is not meant to punish but to condone. He wants to make you a righteous man and woman, He wants to make you holy and lead you through your life. What matters is that we become as humble as this woman who was misjudged, poor and with no reputation. When our misery encounters God’s mercy we can be saved.

John 8, 1-11

1 While Jesus went to the Mount of Olives. 2 But early in the morning he arrived again in the temple area, and all the people started coming to him, and he sat down and taught them. 3 Then the scribes and the Pharisees brought a woman who had been caught in adultery and made her stand in the middle. 4 They said to him, “Teacher, this woman was caught in the very act of committing adultery.

5 Now in the law, Moses commanded us to stone such women. So what do you say?” 6 They said this to test him, so that they could have some charge to bring against him. Jesus bent down and began to write on the ground with his

finger.7 But when they continued asking him, he straightened up and said to them, “Let the one among you who is without sin be the first to throw a stone at her.” 8 Again he bent down and wrote on the ground.

9 And in response, they went away one by one, beginning with the elders. So he was left alone with the woman before him. 10 Then Jesus straightened up and said to her, “Woman, where are they? Has no one condemned you?”

11 She replied, “No one, sir.” Then Jesus said, “Neither do I condemn you. Go, (and) from now on do not sin anymore.”

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At night: What special things did Jesus do for me today?

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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Tuesday, April 4th, 2017
For the spiritual Diary: John 8, 21-30
Other readings: Num 21,4-9; Ps 101 (102)

**“WHEN YOU LIFT UP THE SON OF MAN, THEN YOU WILL
REALIZE THAT I AM!”**

The reading we are going to meditate today remind us the episode of the BRONZE SERPENT lifted up by Moses in the desert, which saved anyone who looked at it with faith. Jesus is LIFTED UP ON THE CROSS, sign of His supreme sacrifice of love, of His supreme DIVINITY (I AM). This is a testimony of His complete obedience to the Father, of His communion with Him. Looking at Jesus means getting into the mystery of His love, receiving from Him strength for a new life. If you never turn your gaze away from the Cross, you will never fall.

John 8, 21-30

21 He said to them again, "I am going away and you will look for me, but you will die in your sin. Where I am going you cannot come." 22 So the Jews said, "He is not going to kill himself, is he, because he said, 'Where I am going you cannot come?'" 23 He said to them, "You belong to what is below, I belong to what is above. You belong to this world, but I do not belong to this world.

24 That is why I told you that you will die in your sins. For if you do not believe that I AM, you will die in your sins." 25 So they said to him, "Who are you?" Jesus said to them, "What I told you from the beginning.

26 I have much to say about you in condemnation. But the one who sent me is true, and what I heard from him I tell the world." 27 They did not realize that he was speaking to them of the Father.

28 So Jesus said (to them), "When you lift up the Son of Man, then you will realize that I AM, and that I do nothing on my own, but I say only what the Father taught me. 29 The one who sent me is with me. He has not left me alone, because I always do what is pleasing to him." 30 Because he spoke this way, many came to believe in him.

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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Wednesday, April 5th, 2017
For the spiritual Diary: John 8, 31-42
Other readings: Dan 3,14-20.50-95

“THE TRUTH WILL SET YOU FREE”

This sentence is particularly loved by those who gave up a sinful life. Lying is the currency used in the kingdom of evil. It is the chain of slavery which binds you to the bottom of the well. When the truth gets into your life, it breaks these shackles and sets you free. Truth brings order into your life, it is the “SUN” that shines upon you. If you keep it into your heart, you will never fall. “Truth” means that you can see and recognize evil and turn it down, open you heart to God, be passionate about the Gospel, the word of God and observe it carefully with all your strength.

John 8, 31-42

31 Jesus then said to those Jews who believed in him, “If you remain in my word, you will truly be my disciples, 32 and you will know the truth, and the truth will set you free.” 33 They answered him, “We are descendants of Abraham and have never been enslaved to anyone. How can you say, ‘You will become free?’”

34 Jesus answered them, “Amen, amen, I say to you, everyone who commits sin is a slave of sin. 35 A slave does not remain in a household forever, but a son always remains. 36 So if a son frees you, then you will truly be free. 37 I know that you are descendants of Abraham. But you are trying to kill me, because my word has no room among you.

38 I tell you what I have seen in the Father’s presence; then do what you have heard from the Father.” 39 They answered and said to him, “Our father is Abraham.” Jesus said to them, “If you were Abraham’s children, you would be doing the works of Abraham. 40 But now you are trying to kill me, a man who has told you the truth that I heard from God; Abraham did not do this.

41 You are doing the works of your father!” (So) they said to him, “We are not illegitimate. We have one Father, God.” 42 Jesus said to them, “If God were your Father, you would love me, for I came from God and am here; I did not come on my own, but he sent me.

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Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Read:
Exodus
15-16

Thursday, April 6th, 2017
For the spiritual Diary: John 8, 51-59
Other readings: Gen 17,3-9; Ps 104, 4-9

“WHOEVER KEEPS MY WORD WILL NEVER SEE DEATH”

Yesterday we meditated on “the truth will set you free” and today Jesus tells us that his Word is the source of truth. His word deletes any form of death in our life.

Acting on his Word brings us closer to the eternal love of God: there are no limits for those who love the Word. Loving the Word means: listen to it carefully, observe all the details between the lines, be in communion with the Word that is Jesus. Act on what He showed us.

John 8, 51-59

51 Amen, amen, I say to you, whoever keeps my word will never see death.” 52(So) the Jews said to him, “Now we are sure that you are possessed. Abraham died, as did the prophets, yet you say, ‘Whoever keeps my word will never taste death.’ 53 Are you greater than our father Abraham, who died? Or the prophets, who died? Who do you make yourself out to be?”

54 Jesus answered, “If I glorify myself, my glory is worth nothing; but it is my Father who glorifies me, of whom you say, ‘He is our God.’

55 You do not know him, but I know him. And if I should say that I do not know him, I would be like you a liar. But I do know him and I keep his word. 56 Abraham your father rejoiced to see my day; he saw it and was glad. 57 So the Jews said to him, “You are not yet fifty years old and you have seen Abraham?”

58 Jesus said to them, “Amen, amen, I say to you, before Abraham came to be, I AM.”

59 So they picked up stones to throw at him; but Jesus hid and went out of the temple area.

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At night: What special things did Jesus do for me today?

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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Friday, April 7th, 2017
For the spiritual Diary: Psalm 17, 2-7
Other readings: Gen 20,10-13; Jn 10, 31-42

“I LOVE YOU, O LORD! YOU ARE MY STRENGTH”

This psalm shows that our relationship with God starts from our experience of his support, love, help. He who has experienced God cannot avoid screaming: “I love you, Lord, my strength, Lord, my rock, my fortress, my deliverer, the meaning of my life. If you try to understand how much he loves you your life will change.

Psalm 17, 2-7

² I love you, O Lord, my strength. ³ The Lord is my rock, my fortress, my deliverer and my God. He is the rock in whom I take refuge. He is my shield, my powerful savior, my stronghold. ⁴ I call on the Lord, who is worthy of praise: he saves me from my enemies!

⁵ A deadly flood surrounded me, devilish torrents rushed at me; ⁶ caught by the cords of the grave, I was brought to the snares of death. ⁷ But I called upon the Lord in my distress, I cried to my God for help; and from his temple he heard my voice, my cry of grief reached his ears.



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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Saturday, April 8th, 2017
Tomorrow is the Palm Sunday

For the spiritual Diary: **Philippians 2, 6-11**

Other readings: Ez 37,21-28; Jer 31, 10-13; Jn 11, 45-46

“HAVE AMONG YOURSELVES THE SAME ATTITUDE THAT IS ALSO YOURS IN CHRIST JESUS”

Tomorrow is Palm Sunday: the gate to the Holy Week. Get olive branches for the procession and open your heart to God, meditating on this reading. This week’s readings are very important; they gauge the level of our faith. Do not be afraid of following Jesus along this painful and glorious journey, feeling what he felt, doing what he did.

Philippians 2, 6-11

6 Who, though he was in the form of God, did not regard equality with God something to be grasped. 7 Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, 8 he humbled himself, becoming obedient to death, even death on a cross.

9 Because of this, God greatly exalted him and bestowed on him the name that is above every name, 10 that at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, 11 and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.



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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Palm Sunday, April 9th, 2017

For the spiritual Diary: Matthew 21, 1-11

Other readings: Is 50,4-7; Ps 21 (22); Phil 2, 6-11; Mt 26, 14-27, 66

“HOSANNA TO THE SON OF DAVID; BLESSED IS HE WHO COMES IN THE NAME OF THE LORD;”

The most important week of the year is starting: let us live it to the full showing Jesus all our love for him. The people are singing “Hosanna” with joy, but a few days later the same people will shout “Crucify him!” “Crucify him!” We must think carefully about it! These fast and tragic changes are caused by our weak love, the superficiality of our spiritual life. Be like a rock who shouts “Hosanna”.

Matthew 21, 1-11

1 When they drew near Jerusalem and came to Bethphage on the Mount of Olives, Jesus sent two disciples, 2 saying to them, “Go into the village opposite you, and immediately you will find an ass tethered, and a colt with her. Untie them and bring them here to me. 3 And if anyone should say anything to you, reply, ‘The master has need of them.’ Then he will send them at once.”

4 This happened so that what had been spoken through the prophet might be fulfilled: 5 “Say to daughter Zion, ‘Behold, your king comes to you, meek and riding on an ass, and on a colt, the foal of a beast of burden.’”

6 The disciples went and did as Jesus had ordered them.

7 They brought the ass and the colt and laid their cloaks over them, and he sat upon them. 8 The very large crowd spread their cloaks on the road, while others cut branches from the trees and strewed them on the road. 9 The crowds preceding him and those following kept crying out and saying: “Hosanna to the Son of David; blessed is he who comes in the name of the Lord; hosanna in the highest.”

10 And when he entered Jerusalem the whole city was shaken and asked, “Who is this?”

11 And the crowds replied, “This is Jesus the prophet, from Nazareth in Galilee.”

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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Monday, April 10th, 2017
For the spiritual Diary: John 12, 1-11
Other readings: Is 42,1-7; Ps 26 (27)

“MARY ANOINTED THE FEET OF JESUS AND DRIED THEM WITH HER HAIR”

What great affection, love, self-abandon in this act of kindness! We don't know how Mary behaved in the past but what is clear is how she embodies St. Paul's words: "Do not present the parts of your bodies to sin as weapons for wickedness, but present yourselves to God as raised from the dead to life and the parts of your bodies to God as weapons for righteousness (SLAVES OF JUSTICE = HOLYNESS)" (Rom 6,13). Mary embodies all this: give your body to Jesus Christ like the martyrs did. Love God with all your body!

John 12, 1-11

1 Six days before Passover Jesus came to Bethany, where Lazarus was, whom Jesus had raised from the dead. 2 They gave a dinner for him there, and Martha served, while Lazarus was one of those reclining at table with him. 3 Mary took a litre of costly perfumed oil made from genuine aromatic nard and anointed the feet of Jesus and dried them with her hair; the house was filled with the fragrance of the oil.

4 Then Judas the Iscariot, one (of) his disciples, and the one who would betray him, said, 5 "Why was this oil not sold for three hundred days' wages and given to the poor?"

6 He said this not because he cared about the poor but because he was a thief, held the moneybag, and used to steal the contributions. 7 So Jesus said, "Leave her alone. Let her keep this for the day of my burial. 8 You always have the poor with you, but you do not always have me."

9 (The) large crowd of the Jews found out that he was there and came, not only because of Jesus, but also to see Lazarus, whom he had raised from the dead. 10 And the chief priests plotted to kill Lazarus too, 11 because many of the Jews were turning away and believing in Jesus because of him.

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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Tuesday, April 11th, 2017

For the spiritual Diary: John 13, 21-33.36-38

Other readings: Is 49, 1-6; Ps 70 (71)

“JESUS WAS DEEPLY TROUBLED... DISCONCERTED... THE ONE WHOM JESUS LOVED... HE LEANED BACK AGAINST JESUS’ CHEST”

We are going through the last few moments of Jesus’ life and every moment is precious, every action is a pearl. Observe the atmosphere of this holy last supper and you can understand the relationship between Jesus and the apostles. Jesus offers himself completely, Judah hands him over to the Jews and the apostles show all their weakness; Jesus foresaw his betrayal, but he does not give in, he does not change: he loves until the end, freely, without expecting anything in exchange.

John 13,21-33.36-38

21 When he had said this, Jesus was deeply troubled and testified, “Amen, amen, I say to you, one of you will betray me.” 22 The disciples looked at one another, at a loss as to whom he meant. 23 One of his disciples, the one whom Jesus loved, was reclining at Jesus’ side. 24 So Simon Peter nodded to him to find out whom he meant.

25 He leaned back against Jesus’ chest and said to him, “Master, who is it?” 26 Jesus answered, “It is the one to whom I hand the morsel after I have dipped it.” So he dipped the morsel and (took it and) handed it to Judas, son of Simon the Iscariot. 27 After he took the morsel, Satan entered him. So Jesus said to him, “What you are going to do, do quickly.”

28 (Now) none of those reclining at table realized why he said this to him. 29 Some thought that since Judas kept the money bag, Jesus had told him, “Buy what we need for the feast,” or to give something to the poor.

30 So he took the morsel and left at once. And it was night. 31 When he had left, Jesus said, “Now is the Son of Man glorified, and God is glorified in him. 32 (If God is glorified in him,) God will also glorify him in himself, and he will glorify him at once.

33 My children, I will be with you only a little while longer. You will look for me, and as I told the Jews, ‘Where I go you cannot come,’ so now I say it to you. 36 Simon Peter said to him, “Master, where are you going?” Jesus answered (him), “Where I am going, you cannot follow me now, though you will follow later.”

37 Peter said to him, “Master, why can’t I follow you now? I will lay down my life for you.” 38 Jesus answered, “Will you lay down your life for me? Amen, amen, I say to you, the cock will not crow before you deny me three times.”

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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Wednesday, April 12th, 2017
For the spiritual Diary: Isaiah 50, 4-9a
Other readings: Mt 26, 14-25; Ps 68 (69)

**“THE DISCIPLE: TRAINED TONGUE, STIMULATED EAR,
CLUBBED BODY, IMPASSIVE SPIRIT”**

Today we are going to meditate on the third song of the Lord’s servant, which is a portrait of Jesus’ life. Isaiah had “seen” everything centuries before Jesus was born. He knew that Jesus could save his people only by handing himself over. Salvation was only possible by taking their sins on. This is the mystery of love, of atonement, the centre of this Holy Week.

Isaiah 50, 4-9a

4 The Lord GOD has given me a well-trained tongue, That I might know how to speak to the weary a word that will rouse them. Morning after morning he opens my ear that I may hear;
5 And I have not rebelled, have not turned back. 6 I gave my back to those who beat me, my cheeks to those who plucked my beard; My face I did not shield from buffets and spitting.

7 The Lord GOD is my help, therefore I am not disgraced; I have set my face like flint, knowing that I shall not be put to shame. 8 He is near who upholds my right; if anyone wishes to oppose me, let us appear together. Who disputes my right? Let him confront me.

9 See, the Lord GOD is my help; who will prove me wrong? Lo, they will all wear out like cloth, the moth will eat them up.



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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Thursday, April 13th, 2017
For the spiritual Diary: 1Corinthians 11, 23-26
Other readings: Ex 12,1-8.11-14; Ps 115; Jn 13, 1-5s

“THIS IS MY BODY THAT IS FOR YOU”

Today we will receive three wonderful gifts:

1. THE INSTITUTION OF EUCHARIST
2. THE INSTITUTION OF PRIESTHOOD
3. THE COMMANDMENT OF LOVE: LAY DOWN YOUR LIFE FOR YOUR FRIENDS (because for Jesus there are no enemies).

The Eucharist we receive contains all these 3 gifts: Jesus is the altar, the victim, the priest that gives himself with limitless love. The Eucharist is **BROKEN BREAD, BLOODSHED**. Only if you shed your blood for love you deserve it!

1Corinthians 11, 23-26

23 For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, 24 and, after he had given thanks, broke it and said, “This is my body that is for you. Do this in remembrance of me.”

25 In the same way also the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.”

26 For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.



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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Holy Friday, April 14th, 2017

Live together the martyrdom of Jesus with prayer and penitence

For the spiritual Diary: Isaiah 52,13-15_53,1-12

“A MAN OF SUFFERING, HE WAS SPURNED AND AVOIDED”

Love shines bright in sacrifice more than in any other thing. Today prayer and fasting will help us to stay by Jesus’ side in every moment. Take part to celebrations in your parish, watch Mel Gibson’s movie and pray the VIA CRUCIS that is in PÃO MB. Most of all try to have a good confession that may open your heart to Easter celebrations. The meditation on the fourth Song of the Suffering Servant will guide our day.

Isaiah 52,13-15_53,1-12

13 See, my servant shall prosper, he shall be raised high and greatly exalted. 14 Even as many were amazed at him - so marred was his look beyond that of man, and his appearance beyond that of mortals - 15 So shall he startle many nations, because of him kings shall stand speechless; For those who have not been told shall see, those who have not heard shall ponder it. 1 Who would believe what we have heard? To whom has the arm of the Lord been revealed? 2 He grew up like a sapling before him, like a shoot from the parched earth; There was in him no stately bearing to make us look at him, nor appearance that would attract us to him.

3 He was spurned and avoided by men, a man of suffering, accustomed to infirmity, One of those from whom men hide their faces, spurned, and we held him in no esteem. 4 Yet it was our infirmities that he bore, our sufferings that he endured, While we thought of him as stricken, as one smitten by God and afflicted. 5 But he was pierced for our offenses, crushed for our sins, Upon him was the chastisement that makes us whole, by his stripes we were healed. 6 We had all gone astray like sheep, each following his own way; But the Lord laid upon him the guilt of us all.

7 Though he was harshly treated, he submitted and opened not his mouth; Like a lamb led to the slaughter or a sheep before the shearers, he was silent and opened not his mouth. 8 Oppressed and condemned, he was taken away, and who would have thought any more of his destiny? When he was cut off from the land of the living, and smitten for the sin of his people, 9 A grave was assigned him among the wicked and a burial place with evildoers, Though he had done no wrong nor spoken any falsehood.

10 (But the Lord was pleased to crush him in infirmity.) If he gives his life as an offering for sin, he shall see his descendants in a long life, and the will of the Lord shall be accomplished through him. 11 Because of his affliction he shall see the light in fullness of days; Through his suffering, my servant shall justify many, and their guilt he shall bear. 12 Therefore I will give him his portion among the great, and he shall divide the spoils with the mighty, Because he surrendered himself to death and was counted among the wicked; And he shall take away the sins of many, and win pardon for their offenses.

Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Saturday, April 15th, 2017
For the spiritual Diary: John 19, 38-42
Other readings: Ps 15 (16); Ps 41-42(43-44)

“THERE WAS A GARDEN, AND IN THE GARDEN A NEW TOMB... SO THEY LAID JESUS THERE”

The Spiritual Diary helps us to live to the full this Holy Saturday. Tonight we are going to celebrate the Easter Vigil, but this is the day to stand by Jesus in the tomb, inside the tomb and wait patiently for the TIME OF RESURRECTION. We all would like sad things to go away quickly, but it is not like that: there is a time for silence that seems endless, a time for adoration, accompanying Jesus to the underworld of human history. A silent wait will teach many things.

John 19, 38-42

38 After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body. 39 Nicodemus, the one who had first come to him at night, also came bringing a mixture of myrrh and aloes weighing about one hundred pounds.

40 They took the body of Jesus and bound it with burial cloths along with the spices, according to the Jewish burial custom. 41 Now in the place where he had been crucified there was

a garden, and in the garden a new tomb, in which no one had yet been buried. 42 So they laid Jesus there because of the Jewish preparation day; for the tomb was close by.



Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Sunday, April 16th, 2017

**"HOLY EASTER MISSION BELEM! FULL OF PEACE
AND JOY"**

Jesus has risen! He has broken the chain of death! The Father has raised Him from the tomb, and a new humanity has been raised with Him.

Love has won, faith has won!

The risen body still has the signs of sacrifice but now these wounds are glorious, and therefore the wounds of humankind have become glorious too. The 'head' of the Church has risen, and He is now waiting for the whole body to rise. Feel the Resurrection of Jesus flowing through your veins, and do not be afraid: the Good will win!

Matthew 28, 1-10

1 After the Sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. 2 And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. 3 His appearance was like lightning and his clothing was white as snow.

4 The guards were shaken with fear of him and became like dead men. 5 Then the angel said to the women in reply, "Do not be afraid! I know that you are seeking Jesus the crucified. 6 He is not here, for he has been raised just as he said. Come and see the place where he lay.

7 Then go quickly and tell his disciples, 'He has been raised from the dead, and he is going before you to Galilee; there you will see him.' Behold, I have told you." 8 Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples.

9 And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage. 10 Then Jesus said to them, "Do not be afraid. Go tell my brothers to go to Galilee, and there they will see me."

Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Monday, April 17th, 2017
For the spiritual Diary: Matthew 28, 8-15
Other readings: Ps 15 (16); Acts 2, 14-23

“REJOICE! DO NOT BE AFRAID! GO AND ANNOUNCE...!”

The events soon after Easter are a chain reaction of joy. The Risen Christ appears to his apostles and this opens up their minds and hearts and gives them new life. However, the authorities still refuse reality and their world of lies and corruption continues until the end.

However, nothing can stop this wave of joy and strength coming from Jesus. They are eternal and today they are living inside of you. You have become a missionary full of enthusiasm and joy.

Matthew 28, 8-15

8 Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples. 9 And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage.

10 Then Jesus said to them, "Do not be afraid. Go tell my brothers to go to Galilee, and there they will see me." 11 While they were going, some of the guard went into the city and told the chief priests all that had happened.

12 They assembled with the elders and took counsel; then they gave a large sum of money to the soldiers, 13 telling them, "You are to say, 'His disciples came by night and stole him while we were asleep.' 14 And if this gets to the ears of the governor, we will satisfy (him) and keep you out of trouble."

15 The soldiers took the money and did as they were instructed. And this story has circulated among the Jews to the present (day).

Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Tuesday, April 18th, 2017
For the spiritual Diary: John 20, 11-18
Other readings: Ps 32 (33); Acts 2, 36-41

“MARY! ...RABBOUNI! TEACHER”

Nothing can break the rind of pain Mary of Magdala is feeling, only what Jesus told her heart to heart can: ‘Mary!’ ‘Rabbouni!’ these words show intimacy only the two of them can understand. Jesus reveals himself to those who sincerely love Him! It has always been like that, and so is it now. Mary deeply loves Jesus, far beyond the stupidity the media want to show today. Mary loves Jesus with all her heart (she cries), with all her body (she wakes up early, goes, looks for...) with all her soul (she recognizes Him to be her God, her supreme love).

John 20, 11-18

11 But Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb 12 and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been. 13 And they said to her, “Woman, why are you weeping?” She said to them, “They have taken my Lord, and I don’t know where they laid him.”

14 When she had said this, she turned around and saw Jesus there, but did not know it was Jesus. 15 Jesus said to her, “Woman, why are you weeping? Whom are you looking for?”

She thought it was the gardener and said to him, “Sir, if you carried him away, tell me where you laid him, and I will take him.” 16 Jesus said to her, “Mary!” She turned and said to him in Hebrew, “Rabbouni,” which means Teacher. 17 Jesus said to her, “Stop holding on to me, for I have not yet ascended to the Father.

But go to my brothers and tell them, ‘I am going to my Father and your Father, to my God and your God.’” 18 Mary of Magdala went and announced to the disciples, “I have seen the Lord,” and what he told her.

Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Wednesday, April 19th, 2017
For the spiritual Diary: Luke 24, 13-35
Other readings: Ps 104 (105), 1-9; Ac 3, 1-10

“WERE NOT OUR HEARTS BURNING (WITHIN US) WHILE HE SPOKE TO US”

The disciples on the road to Emmaus recognize Jesus thanks to what they feel when they are with him, just like Mary of Magdala, whose experience we meditate on yesterday.

Jesus is a real person not an idea, a theory. He touches our heart, He touches the deepest corners of our soul as nobody else can do and restores our force, dries every tear, gives strength to our soul. Meeting Jesus is the TURNING POINT in our life.

Luke 24, 13-35

13 Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, 14 and they were conversing about all the things that had occurred. 15 And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, 16 but their eyes were prevented from recognizing him. 17 He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. 18 One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?"

19 And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, 20 how our chief priests and rulers both handed him over to a sentence of death and crucified him. 21 But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. 22 Some women from our group, however, have astounded us: they were at the tomb early in the morning 23 and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. 24 Then some of those with us went to the tomb and found things just as the women

had described, but him they did not see." 25 And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! 26 Was it not necessary that the Messiah should suffer these things and enter into his glory?" 27 Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures. 28 As they approached the village to which they were going, he gave the impression that he was going on farther. 29 But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them.

30 And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. 31 With that their eyes were opened and they recognized him, but he vanished from their sight. 32 Then they said to each other, "Were not our hearts burning (within us) while he spoke to us on the way and opened the scriptures to us?" 33 So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them 34 who were saying, "The Lord has truly been raised and has appeared to Simon!" 35 Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Thursday, April 20th, 2017
For the spiritual Diary: Luke 24, 35-48
Other readings: Ps 8, 2-9; Ac 3, 11-16

“JESUS LIVES”

The Risen Jesus is alive, he is a living reality: He appears, talks, eats, shows his wounds, blesses and sends: “and that repentance, for the forgiveness of sins, would be preached in his name to all the nations”. The poor are the epicentre of this announcement, as the first reading shows. Peter and John heal the paralytic and start their preaching. Jesus lives! And He’s the life of the world, your life, my life, the never ending source of every vocation, the endless joy for those who follow Him.

Luke 24, 35-48

³⁵ Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread. ³⁶ While they were still speaking about this, he stood in their midst and said to them, “Peace be with you.” ³⁷ But they were startled and terrified and thought that they were seeing a ghost.

³⁸ Then he said to them, “Why are you troubled? And why do questions arise in your hearts? ³⁹ Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have.” ⁴⁰ And as he said this, he showed them his hands and his feet. ⁴¹ While they were still incredulous for joy and were amazed, he asked them,

“Have you anything here to eat?” ⁴² They gave him a piece of baked fish; ⁴³ he took it and ate it in front of them. ⁴⁴ He said to them, “These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled.”

⁴⁵ Then he opened their minds to understand the scriptures. ⁴⁶ And he said to them, “Thus it is written that the Messiah would suffer and rise from the dead on the third day ⁴⁷ and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem. ⁴⁸ You are witnesses of these things.

Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Friday, April 21th, 2017
For the spiritual Diary: John 21, 1-14
Other readings: Ps 117, 1-4.22-27; Ac 4, 1-12

“THE POWER OF RESURRECTION WINS AGAINST EVERY HUMAN WEAKNESS”

Peter is the ROCK, but even this rock can melt like snow in the sun without Jesus. He feels confused and even disheartened. Everything he went through during the Holy Week is too much for his brain. Peter wants to go back to his previous life, he wants to catch fishes, not men, he wants his old life where he was safe... but he cannot fish anymore. Suddenly Jesus appears again, as he did at the beginning, and Peter's life starts again, the fire burns again in Peter's heart... the Church is born through the intimacy with the Risen Christ.

John 21, 1-14

1 After this, Jesus revealed himself again to his disciples at the Sea of Tiberias. He revealed himself in this way. 2 Together were Simon Peter, Thomas called Didymus, Nathanael from Cana in Galilee, Zebedee's sons, and two others of his disciples. 3 Simon Peter said to them, "I am going fishing." They said to him, "We also will come with you." So they went out and got into the boat, but that night they caught nothing. 4 When it was already dawn, Jesus was standing on the shore; but the disciples did not realize that it was Jesus. 5 Jesus said to them, "Children, have you caught anything to eat?" They answered him, "No." 6 So he said to them, "Cast the net over the right side of the boat and you will find something." So they cast it, and were not able to pull it in because of the number of fish. 7 So the disciple whom Jesus loved said to Peter, "It is the Lord."

When Simon Peter heard that it was the Lord, he tucked in his garment, for he was lightly clad, and jumped into the sea. 8 The other disciples came in the boat, for they were not far from shore, only about a hundred yards, dragging the net with the fish. 9 When they climbed out on shore, they saw a charcoal fire with fish on it and bread. 10 Jesus said to them, "Bring some of the fish you just caught." 11 So Simon Peter went over and dragged the net ashore full of one hundred fifty-three large fish. Even though there were so many, the net was not torn. 12 Jesus said to them, "Come, have breakfast." And none of the disciples dared to ask him, "Who are you?" because they realized it was the Lord. 13 Jesus came over, took the bread, and gave it to them, and in like manner the fish. 14 This was now the third time Jesus was revealed to his disciples after being raised from the dead.

Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Saturday, April 22th, 2017
For the spiritual Diary: Mark 16, 9-15
Other readings: Ps 117(118); Ac 4, 13-21

**“HE REBUKED THEM FOR THEIR UNBELIEF AND
HARDNESS OF HEART BECAUSE THEY HAD NOT BELIEVED
THOSE WHO SAW HIM AFTER HE HAD BEEN RAISED”**

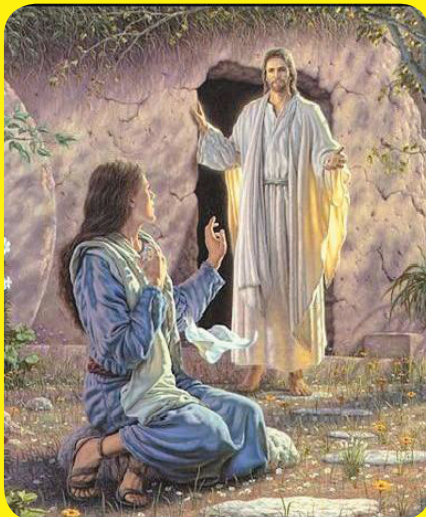
If Jesus reprimands someone, it means that it was possible to act in a different way. In fact, the apostles were concentrated on the sadness of the Holy Friday rather than the joy of the resurrection. We must embrace the Risen Jesus as Mary of Magdala did, not the Holy Friday shroud. There is no death for those who live embracing the Risen Jesus. This is the power of annunciation.

Mark 16, 9-15

9 When he had risen, early on the first day of the week, he appeared first to Mary Magdalene, out of whom he had driven seven demons. 10 She went and told his companions who were mourning and weeping. 11 When they heard that he was alive and had been seen by her, they did not believe. 12 After this he appeared in another form to two of them walking along on their way to the country.

13 They returned and told the others; but they did not believe them either. 14 (But) later, as the eleven were at table, he appeared to them and rebuked them for their unbelief and hardness of heart because they had not believed those who saw

him after he had been raised. 15 He said to them, "Go into the whole world and proclaim the gospel to every creature.



Underline the text, and then note down here the sentences that impressed you most:

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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Read
Leviticus
9-10

2nd Easter Sunday, April 23th, 2017

For the spiritual Diary: Acts 2, 42-47

Other readings: Ps 117(118); 1Pt 1, 3-9; John 20, 19-31

“THEY DEVOTED THEMSELVES TO THE TEACHING OF THE APOSTLES AND TO THE COMMUNAL LIFE, TO THE BREAKING OF THE BREAD AND TO THE PRAYERS”

These four elements shape the Church. They create that communion of love Jesus taught us, SHARING OUR POSSESSIONS... “Everything of mine is yours and everything of yours is mine” (Jn 17, 10). This snapshot of the primitive Church tells us about the new life that drew people to Jesus and converted the world of that time in three centuries. This is the way our groups should be; a communion of love, Jesus’ community.

Acts 2, 42-47

42 They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. 43 Awe came upon everyone, and many wonders and signs were done through the apostles. 44 All who believed were together and had all things in common;

45 they would sell their property and possessions and divide them among all according to each one’s need. 46 Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes.

They ate their meals with exultation and sincerity of heart, 47 praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved.



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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Monday, April 24th, 2017
For the spiritual Diary: John 3, 1-8
Other readings: Ps 2, 1-9; Ac 4, 23-31

“BE BORN AGAIN”

The new life of the Risen creates a NEW MAN and every life begins from birth. That is why Jesus says to Nicodemus: “no one can enter the kingdom of God without being born OF WATER AND SPIRIT”. In order to follow Jesus we need to be born again, in our thoughts... and people will think you are crazy. We need to be born again in our friendships... and the friends of the world will abandon you. We need to be born again in our relationships; many will give up, but you will find a great new family.

John 3, 1-8

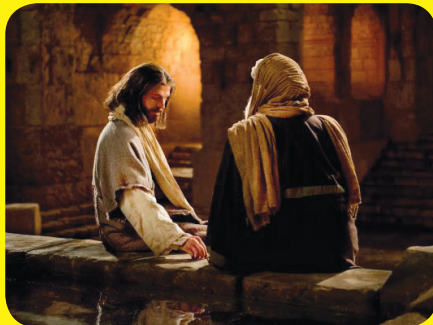
1 Now there was a Pharisee named Nicodemus, a ruler of the Jews. 2 He came to Jesus at night and said to him, “Rabbi, we know that you are a teacher who has come from God, for no one can do these signs that you are doing unless God is with him.”

3 Jesus answered and said to him, “Amen, amen, I say to you, no one can see the kingdom of God without being born from above.”

4 Nicodemus said to him, “How can a person once grown old be born again? Surely he cannot re-enter his mother’s womb and be born again, can he?” 5 Jesus answered, “Amen, amen, I say to you, no one can enter the kingdom of God without being born of water and Spirit.

6 What is born of flesh is flesh and what is born of spirit is spirit. 7 Do not be amazed that I told you, ‘You must be born from above.’

8 The wind blows where it wills, and you can hear the sound it makes, but you do not know where it comes from or where it goes; so it is with everyone who is born of the Spirit.”



Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Tuesday, April 25th, 2017: St. Mark
For the spiritual Diary: 1Peter 5, 5b-14
Other readings: Ps 88(89); Mk 16, 15-20

“CLOTHE YOURSELVES WITH HUMILITY IN YOUR DEALINGS WITH ONE ANOTHER”

*“God opposes the proud” and “bestows favour on the humble”.
A proud man will never be in communion with God, because his pride is the blood of the devil.
A proud man cannot even be in communion with his brothers because humility is the oxygen of love.
Humility is our strength: thanks to it, we can resist against evil and be part of God’s family.*

1Peter 5, 5b-14

5 And all of you, clothe yourselves with humility in your dealings with one another, for: “God opposes the proud but bestows favour on the humble.” 6 So humble yourselves under the mighty hand of God, that he may exalt you in due time. 7 Cast all your worries upon him because he cares for you.

8 Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for (someone) to devour. 9 Resist him, steadfast in faith, knowing that your fellow believers throughout the world undergo the same sufferings. 10 The God of all grace who called you to his eternal glory through

Christ (Jesus) will himself restore, confirm, strengthen, and establish you after you have suffered a little. 11 To him be dominion forever. Amen. 12 I write you this briefly through Silvanus, whom I consider a faithful brother, exhorting you and testifying that this is the true grace of God. Remain firm in it.

13 The chosen one at Babylon sends you greeting, as does Mark, my son. 14 Greet one another with a loving kiss. Peace to all of you who are in Christ.

Underline the text, and then note down here the sentences that impressed you most:

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Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

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My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Wednesday, April 26th, 2017
For the spiritual Diary: Acts 5, 17-26
Other readings: Ps 33(34), 2-9; Jn 3, 16-21

**“GO AND TAKE YOUR PLACE IN THE TEMPLE AREA, AND
TELL THE PEOPLE EVERYTHING ABOUT THIS LIFE”**

This reading from the Acts shows us how Jesus, through his angel, sends his apostles to ANNOUNCE the Gospel and how we should live our life.

The life of first Christians was a living announcement of the Resurrection, love and communion between them were a manifestation of the Risen. Our fraternal life should be like this: an OPEN GOSPEL so that everyone can read the life of the Risen in it.

Acts 5, 17-26

17 Then the high priest rose up and all his companions, that is, the party of the Sadducees, and, filled with jealousy, 18 laid hands upon the apostles and put them in the public jail. 19 But during the night, the angel of the Lord opened the doors of the prison, led them out, and said, 20 “Go and take your place in the temple area, and tell the people everything about this life.”

21 When they heard this, they went to the temple early in the morning and taught. When the high priest and his companions arrived, they convened the Sanhedrin, the full senate of the Israelites, and sent to the jail to have them brought in. 22 But the court officers who went did not find them in the prison, so they came back and reported,

23 “We found the jail securely locked and the guards stationed outside the doors, but when we opened them, we found no one inside.” 24 When they heard this report, the captain of the temple guard and the chief priests were at a loss about them, as to what this would come to.

25 Then someone came in and reported to them, “The men whom you put in prison are in the temple area and are teaching the people.”

26 Then the captain and the court officers went and brought them in, but without force, because they were afraid of being stoned by the people.

Underline the text, and then note down here the sentences that impressed you most:

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Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Thursday, April 27th, 2017
For the spiritual Diary: Acts 5, 27-33
Other readings: Ps 33(34); Jn 3, 31-36

“YOU HAVE FILLED THE CITY WITH YOUR TEACHING”

For the Jews it was a crime, but for the apostles it was a GLORY. Think about how beautiful it would be if someone condemned us for this reason: “You have filled Sao Paulo, Venice, Milan,... with your teaching”

We must obey God rather than men!

This is God’s commandment: evangelize, teach, train, and turn our society into God’s family.

Acts 5, 27-33

27 When they had brought them in and made them stand before the Sanhedrin, the high priest questioned them, 28 “We gave you strict orders (did we not?) to stop teaching in that name.

Yet you have filled Jerusalem with your teaching and want to bring this man’s blood upon us.” 29 But Peter and the apostles said in reply, “We must obey God rather than men.

30 The God of our ancestors raised Jesus, though you had him killed by hanging him on a tree. 31 God exalted him at his right hand as leader and savior to grant Israel repentance and forgiveness of sins.

32 We are witnesses of these things, as is the holy Spirit that God has given to those who obey him.” 33 When they heard this, they became infuriated and wanted to put them to death



Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Friday, April 28th, 2017
For the spiritual Diary: Acts 5, 34-42
Other readings: Ps 26(27); Jn 6, 1-15

**“REJOICING THAT THEY HAD BEEN FOUND WORTHY TO
SUFFER DISHONOR FOR THE SAKE OF THE NAME”**

In these days, we are looking at the first evangelization of the Church and this is teaching us many things. Think about it: “they left rejoicing that they had been found worthy to suffer dishonour for the sake of the name!” Sometimes we complain about the way people react when we invite them to our retreats! We must understand that all of this is evangelization; Jesus will thank us for everything we are doing especially when we are humiliated and rejected.

Acts 5, 34-42

34 But a Pharisee in the Sanhedrin named Gamaliel, a teacher of the law, respected by all the people, stood up, ordered the men to be put outside for a short time, 35 and said to them, “Fellow Israelites, be careful what you are about to do to these men. 36 Some time ago, Theudas appeared, claiming to be someone important, and about four hundred men joined him, but he was killed, and all those who were loyal to him were disbanded and came to nothing.

37 After him came Judas the Galilean at the time of the census. He also drew people after him, but he too perished and all who were loyal to him were scattered.

38 So now I tell you, have nothing to do with these men, and let them go. For if this endeavour or this activity is of human origin, it will destroy itself. 39 But if it comes from God, you will not be able to destroy them; you may even find yourselves fighting against God.” They were persuaded by him.

40 After recalling the apostles, they had them flogged, ordered them to stop speaking in the name of Jesus, and dismissed them. 41 So they left the presence of the Sanhedrin, rejoicing that they had been found worthy to suffer dishonour for the sake of the name. 42 And all day long, both at the temple and in their homes, they did not stop teaching and proclaiming the Messiah, Jesus.

Underline the text, and then note down here the sentences that impressed you most:

Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Saturday, April 29th, 2017
For the spiritual Diary: Acts 6, 1-7
Other readings: Ps 32(33); Jn 6, 16-21

“SERVING THE WORD AND SERVING THE OTHERS”

Between the first Christians there were problems too, but the apostles had the power of the Resurrection in their heart so that every obstacle became a step to get closer to God.

From a complaint, thanks to the action of the Holy Spirit the Institution of deacons was born. Their duty is to serve the poor and preach the Word... we could say it is a ‘Belem Mission’: serving the poor evangelizing and the first martyr was a deacon: St. Stephen. Diaconate is a real path to holiness.

Acts 6, 1-7

¹ At that time, as the number of disciples continued to grow, the Hellenists complained against the Hebrews because their widows were being neglected in the daily distribution. ² So the Twelve called together the community of the disciples and said, “It is not right for us to neglect the word of God to serve at table.

³ Brothers, select from among you seven reputable men, filled with the Spirit and wisdom, whom we shall appoint to this task, ⁴ whereas we shall devote ourselves to prayer and to the ministry of the word.”

⁵ The proposal was acceptable to the whole community, so they chose Stephen, a man filled with faith and the holy Spirit, also Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicholas of Antioch, a convert to Judaism.

⁶ They presented these men to the apostles who prayed and laid hands on them. ⁷ The word of God continued to spread, and the number of the disciples in Jerusalem increased greatly; even a large group of priests were becoming obedient to the faith.

Underline the text, and then note down here the sentences that impressed you most:

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Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)

Sunday, April 30th, 2017

For the spiritual Diary: Acts 2, 14.22-33

Other readings: Ps 15(16); 1Pt 1, 17-21; Lk 24, 13-35

“IT WAS IMPOSSIBLE FOR HIM TO BE HELD BY DEATH”

The Holy Spirit is the gift of the Risen Jesus as it is shown on Peter’s wonderful speech on the Ascension of the Lord that we are going to meditate today. Everything shines under the light of the Holy Spirit: the Scriptures, our history, our personal life. The Holy Spirit makes Jesus’ Resurrection possible and real in every Christian: death has no power over us as long as the Spirit of the Risen Christ is with us!

Acts 2, 14.22-33

14 Then Peter stood up with the Eleven, raised his voice, and proclaimed to them, "You who are Jews, indeed all of you staying in Jerusalem. Let this be known to you, and listen to my words.

22 You who are Israelites, hear these words. Jesus the Nazorean was a man commended to you by God with mighty deeds, wonders, and signs, which God worked through him in your midst, as you yourselves know. 23 This man, delivered up by the set plan and foreknowledge of God, you killed, using lawless men to crucify him.

24 But God raised him up, releasing him from the throes of death, because it was impossible for him to be held by it. 25 For David says of him: 'I saw the Lord ever before me, with him at my right hand I shall not be disturbed. 26 Therefore my heart has been glad and my tongue has exulted; my flesh, too, will dwell in hope, 27 because you will not abandon my soul to the netherworld,

nor will you suffer your holy one to see corruption. 28 You have made known to me the paths of life; you will fill me with joy in your presence.' 29 My brothers, one can confidently say to you about the patriarch David that he died and was buried, and his tomb is in our midst to this day.

30 But since he was a prophet and knew that God had sworn an oath to him that he would set one of his descendants upon his throne, 31 he foresaw and spoke of the resurrection of the Messiah, that neither was he abandoned to the netherworld nor did his flesh see corruption.

32 God raised this Jesus; of this we are all witnesses. 33 Exalted at the right hand of God, he received the promise of the Holy Spirit from the Father and poured it forth, as you (both) see and hear.

Underline the text, and then note down here the sentences that impressed you most:

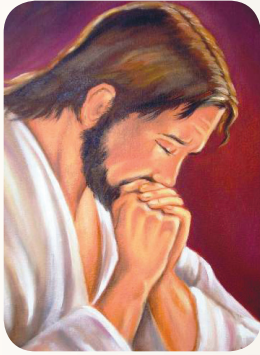
Write today's RESOLUTION/ PURPOSE (short, precise, concrete)

Write how you can practically achieve your resolution/purpose

At night: What special things did Jesus do for me today?

How did I live my resolution? (complete these lines telling about every time you remembered the Word. What was it like? How did it help you?)

My Lord, I ask for forgiveness for... (write only if you want, or write it aside)



**15 MINUTES
BEFORE
JESUS
EUCHARIST.
And Jesus
speaks with
you
(if you want, you
can stay more).**

"To know many things is not necessary to please me, just love Me with all your heart. Speak to me with the simplicity with which you speak to a friend.

Would you like to do me a supplication for someone? Tell Me his/her name and tell Me what you want Me to do now for him/her. Ask a lot! Feel free to ask. Speak to Me with simplicity and sincerity also about poor who you want to console; about sick that you see suffering; about discouraged you yearn that they regain the right path. For each of them tell Me at least one word (meditate a few minutes in silence to answer to what Jesus is asking to you).

And for you, do you need some grace? Tell Me sincerely you maybe are proud, selfish, inconstant, negligent,... ask Me for come to your aid in the few or many efforts you do to free yourself from this. Do not be shy! In Heaven there are many righteous, many saints, which had your same defects. But they asked humbly... and step by step they became free (meditate a few minutes in silence to answer to what Jesus is asking to you) Feel free to ask even the gift of health, of success in your job, of business or study. I can give you all of this, and I give you. And I want you to ask Me provided that this encourages and helps your holiness and does not object.

And today? What can I do for you? If you knew how much I desire to help you! Have you a project in your hands? Tell Me. What is worrying you? What are you thinking about? What do you desire? What can I do for your brother, your sister, your friends, your family, your superiors? What would you like me to do for them? And for Me: don't you desire Me to be glorified? (meditate a few minutes in silence to answer to what Jesus is asking to you)

Would you like to be able to do some good to your friends you love so much, but perhaps they live without thinking about me? Tell Me: what grans your attention today? What do you yearn? What means do you have to reach them? (meditate a few minutes in silence to answer to what Jesus is asking to you)

Tell Me if something is going wrong at work and I'll tell you causes of your failure. Don't you wish that I take up something for you? Do you maybe feel sad or out of sorts? Tell Me in detail what makes you sad. Who offended you? Who hurt your self-respect? Who despised you? Tell Me everything and you will shortly say that, as I do, you forgive all and you forget all. As reward you will receive Mine comforter blessing (meditate a few minutes in silence to answer to what Jesus is asking to you).

Are you maybe afraid? Do you feel in your heart an indefinite melancholy, which is unjustified indeed, but that despite everything it does not pass, and melts your heart? Thrown in the providence of My arms! I'm with you, I'm by your side. I see everything, I listen to everything, I will not abandon you even for a moment. Do you feel

the rejection of people that before were close to you and you never seem to have given them reasons for this? Ask for them and I'll bring them back to you, if they are not an impediment for your sanctification (meditate a few minutes in silence to answer to what Jesus is asking to you).

Would you tell me some joy? Why don't you make Me a sharer of it as a good friend? Tell Me, since yesterday or since your last visit to Me, how much it has comforted your hearth and has made it smile. Maybe you have had some surprises; maybe you have received good news, a letter, a sign of affection; maybe you have overcome a difficulty, maybe you got out from a situation you couldn't see a way out. That's all My work. You just have to tell Me: thanks, My Father! (meditate a few minutes in silence to answer to what Jesus is asking to you)

Don't you want to promise me anything? I can see the depth of your hearth. Deceive men is simple, but deceive God is not simple. Speak to me sincerely. Are you firmly resolved not to expose yourself to that occasion of sin, to give up those things that affect you, to stop reading that book that caused your imagination, to stop talking to that person that disturbs the peace of your soul? (meditate a few minutes in silence to answer to what Jesus is asking to you)

Would you go back to be kind, lovely, compliant to people who until now you have considered hostile because they have treated you badly? Very well, now go back to your current occupations, to your job, to your family, to your studies. But do not forget these 15 minutes we spent together here. Stay, as much as you can, in silence, in modesty, in inner concentration, loving your neighbour. Love My Mother, who

is also yours. And return with all your heart, even more full of love, even more devoted to my spirit. If you will do this, you will meet a new love, new benefits, new consolations in my heart everyday."

Do now your spiritual communion

My Jesus, I believe you are really present in the Blessed Sacrament. I love you more than anything and I desire you in my spirit. Since I can't receive you sacramentally now, come at least in my heart spiritually. As already come, I embrace you, and I totally join you. Do not let me never be separated from you. Eternal Father I offer you the Precious Blood of Jesus Christ in atonement for my sins, in suffrage of souls in purgatory and for the needs of the Holy Church (St. Alfonso Maria de Liguori)

Go on now conversing and most important, listening to Jesus in your hearth or pray the Rosary keeping your eyes fixed on Him. If during the Rosary you can think of some prayers, don't be afraid of stop the rosary and speak with Jesus "heart to heart". Then restart the Rosary. May this prayer be a manifestation of your ardent love for the Hearth of Jesus and Mary. Praying the "hail Mary" think about MARY COMPLETELY FULL OF JESUS: "Full of Grace" = "full of God, full of Eucharist... May the Eucharistic Lord be with you... Holy Mary, Mother of God, my dear Mother, pray for...

(present to Mary a grace you need for a brother)". Between a mystery and the other you can pray: "O Virgin Mary, Our Lady of the Blessed Sacrament, joy of the Church, salvation of the world, pray for us and awaken in all the faithful devotion to the Holy Eucharist".

The Spiritual Diary

1° - Choose a good place, if it is possible meet up with some friends, fix a time for meditation (at least 30 minutes). If it is possible, first pray a Rosary or at least cross yourself, pray an Our Father and 3 Hail Mary.

2° - READ THE TEXT of the Day (you need the paper Diary) a few times. Underline the parts that you like the best and touched your heart.

3° - On the next page WRITE DOWN ALL THE SENTENCES YOU HAVE UNDERLINED.

4° - Ask yourself, HOW CAN I FULFIL WHAT I HAVE READ TODAY? What good deed can I do today to how can I act on today's Word? It must be something precise, achievable, something the Word can help you improve. The Lord did not say: "blessed are they who read the Word" but "blessed are they who ACTS ON IT"

5° - Now write down your resolution on the PALM OF THE HAND and in your diary. May this resolution be in your heart and in your mind all day long, to fulfil it as fervently as you can.

6° - AT NIGHT, give yourself at least 20 minutes reflecting on the day and answering these questions:

*WHAT HAS JESUS DONE FOR ME TODAY? (which graces have I received from Him today).

*HOW HAVE I FULFILLED MY RESOLUTION TODAY? (write down at least 10 lines describing what you have experienced).

*LORD, I ASK FOR FORGIVNESS FOR... (write down the sins you have committed today with an open heart. This will help you to go to confession without forgetting anything).

7° - ALWAYS REMEMBER THE FIVE STONES: MONTHLY CONFESSION, DAILY MEDITATION OF THE BIBLE, HOLY MASS (every day or as often as you can), daily Rosary (3 mysteries, 150 Hail Mary), FASTING (bread and water every Wednesday and Friday).

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