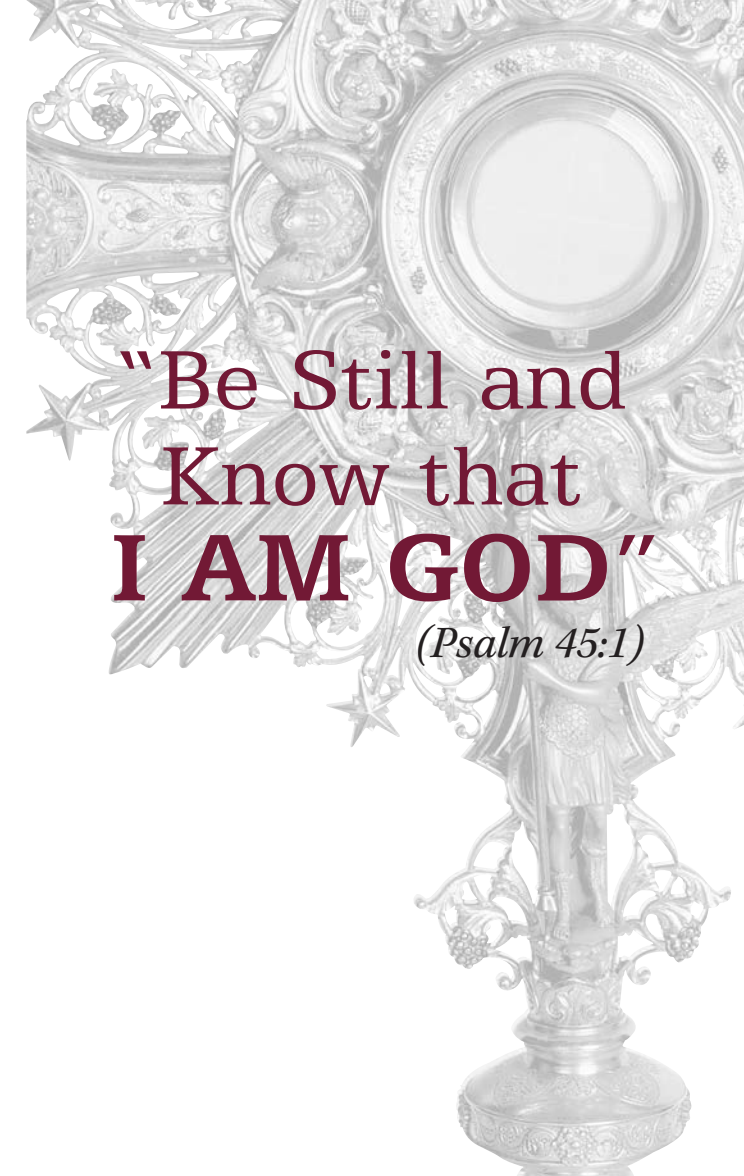


“Be Still and  
Know that  
**I AM GOD**”





**“Be Still and  
Know that  
I AM GOD”**

*(Psalm 45:1)*

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*“I...encourage Christians  
regularly to visit Christ  
present in the Blessed  
Sacrament of the altar, for  
we are all called to abide  
in the presence of God.”*

— Pope John Paul II

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## Introduction

**F**rom the day that Our Lord Jesus Christ took bread and wine in His sacred hands and said to His apostles, “This is My Body,” “This is My Blood” and “Do this in memory of Me,” (Mark 14:22, 24; Luke 22:19) Holy Mother Church has taught that every time a priest does the same, Jesus is truly present—body, blood, soul and divinity—under the appearances of bread and wine.

To a Catholic, there is no greater gift than to know that Our Lord and God is corporally present among us, thus literally fulfilling His promise “I am with you all days, even to the consummation of the world.” (Matt. 28:20)

Today, in the U.S., there are 644 chapels where Jesus in the Blessed Sacrament is exposed twenty-four hours around the clock for the adoration of the faithful. Another 6,605 chapels have partial adoration hours.

This is a great blessing for our country and for each of us individually. Each adoration chapel is like an oasis of peace in a busy,

*“If angels could be jealous of men, they would be so for one reason: Holy Communion.”* —St. Maximilian Kolbe

hectic world. All we need to do is walk in and be still, and we will begin to feel that Our Lord Himself is there, personally present, all powerful and all good, waiting to listen to all we have to say.

At times, we are tired, burdened with problems, discouraged, lacking energy even for words. No matter. Just be still. One adorer said that sitting in His Presence is like getting “radiation therapy.” Solely for our willingness to be with Him, His Divine Presence emits healing rays.

So, take this little book, step out of the daily humdrum, enter an adoration chapel in your area and spend fifteen minutes, half an hour or even an hour with Him who said, “Be still and know that I am God.” You will not be sorry.

To find an adoration chapel near you, visit  
[www.therealpresence.org](http://www.therealpresence.org)

## 15 Minutes Before the Blessed Sacrament

*It is not necessary, My child, to know much in order to please Me; all that is needed is that you love Me with great fervor. Speak with Me, like you would with your most intimate friends, like you would with your mother or brothers, etc.*

### **Do you need to ask a favor on someone's behalf?**

Tell Me his name. Could it be your parents, your brothers, or your friends? Tell Me what you would want Me to do at the present time for them. Ask for much, very much; do not hesitate to ask; I like generous hearts that forget themselves in order to alleviate the needs of others. Speak to Me then, with simplicity, of all the poor whom you would like to console; of the sick whom you see suffer; of those who have gone astray whom you wish to see on the right path again; of your friends who are far away and whom you would like to see at your

*“How many of you say: I should like to see His face, His garments, His shoes. You do see Him, you touch Him, you eat Him. He gives Himself to you, not only that you may see Him, but also to be your food and nourishment.”*

—St. John Chrysostom

side. Talk to Me, but like a friend, trusting with all your heart. Remember, I have promised to hear every request that comes from the heart; and should not the plea and requesting favor for those whom your heart most especially loves come from your own heart?

### **And for you, do you need any graces?**

Make Me a list, if you wish, of all your needs and come read it in My presence.

Tell Me frankly that you are proud, love sensuality and luxuries. Perhaps you are selfish, inconstant, and negligent. . .

Then ask Me to help you as you struggle to be free of such miseries.

Do not be embarrassed. Oh! My poor soul! There are many saints and pious souls who hold the highest rank in heaven and that had



the same faults! But they prayed with humility and, little by little, they were freed of their faults.

Do not hesitate to ask for spiritual and corporal goods; good health of body and soul; success in your works, business or studies. I will give you all that is good for you, providing it will not hinder but help your sanctification. Day by day. What can I do for you today? What do you need? If you only knew how much I desire to grant you these favors! Just ask!

Do you have a project on hand right now?

Tell Me every detail. What worries you? What are you thinking of? What do you desire? What do you want Me to do for your parents, your sons or daughters, your brothers or sisters, your friends or superiors? What do you wish for them?

If you have parents, pray for them. The prayers of a child cannot be refused by the One who gave the example of faithful love on this earth. If you have a spouse, ask Me to make your relationship a temple of love and comfort. Ask me to lay My hands over your spouse and your children, if you have them. Ask for talents and the help necessary in order to be happy now and forever.

*“I throw myself at the foot of the  
Tabernacle like a dog at the foot of his  
Master.”* —St. John Vianney

### **And for Me? Do you not feel a desire for My glory?**

Do you not wish you could do something good for your neighbors, your friends, those whom you love very much that have perhaps forgotten Me?

Tell Me, what particular thing holds your attention today? What do you long for and with what means do you wish to attain it? Tell Me what went wrong with your projects, and I will tell you the cause of your failure. Do you not want to trust Me with something in your favor? My child, I am the owner of all hearts and I gently take them where it pleases Me without prejudice or liberties.

### **Are you feeling sad or in bad humor?**

Confide, confide in Me disconsolate soul, with all your unhappiness and with all its details. Who hurt you? Who hurt your pride? Who has taken you for granted? Come to My

heart, which is ready to hear all your hurts and heal them. Tell Me everything. In the end, you will find, that because of Me, you can forgive and forget everything, and in return, I will bless and console you.

Do you dread something painful? Is there in your soul a vague fear, which seems unreasonable, and yet torments you? Cast yourself in the arms of My loving providence. I am with you here—at your side. I see everything. Not for one moment will I abandon you.

Do you feel ignored by persons whom you loved, and have now forgotten you and gone from your side without the least motive? Pray for them and I will return them to your side, only if they are not an obstacle to your sanctification.

### **Do you not perhaps have some good news you wish to share with Me?**

Tell Me, what consoled you or brought joy to your heart since the last visit we had yesterday? Perhaps you had a nice surprise; maybe an old grudge has disappeared or perhaps you received happy news, a letter, or a sign of love. Have you overcome a difficulty or

*“In one day the Eucharist will make you produce more for the glory of God than a whole lifetime without it.”*

—St. Peter Julian Eymard

a sudden predicament? It has all been My work and I have made it possible. Manifest your gratitude for everything and simply tell Me like a child would tell its father “Thank you, my Father, thank you.” Gratitude brings blessings because He who gives likes to be reciprocated.

### **Do you have a promise to offer Me?**

You know, I can read what is deep in your heart. Man can be fooled very easily, but not God. Speak to me with all sincerity. Have you firmly resolved not to expose yourself to that occasion that causes you to sin, and deprive yourself of that object which has harmed you? To not continue reading that book which has excited your imagination? Or to discontinue the relationship with that person who has robbed your soul of peace?

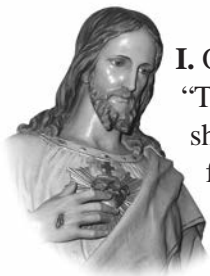
Will you be kind, amiable and considerate again towards that person whom you have seen

as your enemy and has failed you until now?

Now then, My child, return to your habitual occupation, to your workshops, to your family, to your studies, but do not forget the fifteen minutes of pleasing conversation we have had here in the solitude of the sanctuary. Observe silence, modesty, concentration of thought, resignation, and charity towards your neighbor. Love and honor My Mother, who is also your Mother. Return tomorrow with a more loving and surrendering heart. Each day you will find in My heart new love, new blessings and new consolations. I will wait for you here.

*“When Catholics are asked, ‘Do you have a personal relationship with Jesus Christ?’ they should answer a resounding YES! There is no closer union with Jesus than when you receive Him in the Eucharist...”* —Rev. Richard L. Carroll, V.F.

## Irresistible Novena to the Sacred Heart of Jesus



**I.** O my Jesus who didst say:  
“Truly I say to you, ask and you shall receive; seek and you shall find; knock and it shall be opened to you.” Behold, I knock, I seek, and I ask the grace of (*mention your request*).

**Our Father, Hail Mary, Glory be...**

*Most Sacred Heart of Jesus, I place all my trust in Thee.*

**II.** O my Jesus who didst say: “Truly I say to you, whatever you shall ask the Father in My name, it shall be granted to you.” Here I am, asking Thy Father in Thy name for the grace of (*mention your request*).

**Our Father, Hail Mary, Glory be...**

*Most Sacred Heart of Jesus, I place all my trust in Thee.*

**III.** O my Jesus who didst say: “Truly I say to you, heaven and earth shall pass, but My words shall not pass.” Here I am, and supporting myself on the infallibility of Thy words, I ask Thee the grace of (*mention your request*).

**Our Father, Hail Mary, Glory be...**

*Most Sacred Heart of Jesus, I place all my trust in Thee.*

### *Prayer*

**O** Sacred Heart of Jesus, for whom one thing alone is impossible, that is not to feel compassion on the afflicted, have pity on us, miserable sinners, and grant us the grace which we ask Thee through the Sorrowful and Immaculate Heart of Mary, Thy tender Mother and ours.

**Hail Holy Queen...**

**Memorare...**

*Saint Joseph foster father of Jesus,  
pray for us.*

*“Every Consecrated Host is made to burn  
Itself up with love in a human heart,”*

—St. John Vianney, the Curé of Ars

# Soul of Christ

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ,  
wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Thy wounds, hide me.  
Permit me not to be separated  
from Thee.  
From the wicked foe, defend me.  
At the hour of my death, call me.  
And bid me come to Thee.  
That with Thy saints I may  
praise Thee. Forever and ever.

*AMEN.*



# Prayer for Courage

Dear God give me courage for, perhaps, I lack it more than anything else. I need courage before men against their threats and their seductions. I need courage to bear unkindness, mockery, contradiction; I need courage to fight against the devil, against terrors, troubles, temptations, attractions, darkness and false lights; against tears, depression and, above all, fear. I need Thy help, dear God. Strengthen me with Thy love and Thy grace. Console me with Thy blessed presence and grant me the courage to persevere until I am with Thee forever in heaven.

*AMEN.*



**Monument of Saint Louis IX,  
St. Louis, MO**

# Adorer and Crusader

## *A Call to be a Militant Catholic*



BASED ON A TALK BY  
PLINIO CORRÊA  
DE OLIVEIRA

A true Catholic must have the spirit of a Crusader—a warrior-like spirit. How so?

The question of a warrior-like spirit is deeply rooted in the very make-up of the human spirit and the human mentality.

### **Original sin, self-interested love and dedication**

After original sin, we have the tendency to love things in a self-seeking way—what's in it for me? In other words, we tend to love someone or something for what they can give us in return. Thus, a person who has a pleasant and witty friend will naturally cultivate and enjoy his company. But when that person requires his help and dedication—it is another story. Enjoyment *yes*. Dedication *no*.

The same goes for a husband and wife who are in love with each other, and find each other's company delightful. But when the time for sheer giving comes, the troubles begin. Again to enjoy—yes, to dedicate—no. This is because dedication requires sacrifice, and the first natural tendency of every human creature is to shrink from sacrifice.

Thus, we can easily look at Our Lord, Our Lady as well as the Catholic Church and her doctrine with the same eyes. We can be convinced Jesus and Mary love us; we are touched by their goodness, and hope they will grant us all we ask. We admire the Church and all she offers, and bask in all she can do for us. But when it is time for us to do something for God and His Church, the excuses begin. We do not want to sacrifice.

But the truth is, that there is only true love, true dedication, true friendship and true idealism where there is a spirit of sacrifice. Without it, all declarations of love are only empty words. Either we prove our love and idealism with works, and, at times, difficult works, or there is no true friendship.

*“The Rosary, especially prayed in the presence of the Blessed Sacrament, is a powerful means of spiritual grace...”*

—Most Rev. Thomas Daily, Bishop of Brooklyn

### **True friends are recognized in battle**

Now, those times in which we most need our friends are when we are attacked. And there are such times in life. When some enemy attacks us, when someone files a suit against us, or accuses us unjustly—it is then we find out what our friends are worth. If at a time of trouble he is not on the battlefield at my side sword in hand, but rather, on the sidelines looking on, then he may be an acquaintance or a sympathizer, but not a friend.

### **There is no true adoration without militancy**

Therefore, if friendship is dedication, and the best of dedication is shown in battle, we may also conclude that, in relation to Our Lord and His Church, there is no true dedication without a fighting spirit. Why so? If I am truly grateful for the fact that Our Lord

*“Ask Jesus to make you a saint. After all, only He can do that. Go to confession regularly and to Communion as often as you can,”*

—St. Dominic Savio

is my God and my Savior, Who shed His blood to the last drop for me and would have done it for me alone, I must react when I see Him attacked, insulted, derided, blasphemed and His Church persecuted.

This is the logical consequence of adoration. What good is a holy hour, filled with good feelings and emotion if, as I come out and witness an offense to God, I do not take a stand? What is the sincerity of that love I pledged to Our Lord, if I remain indifferent when I see Him attacked? If my adoration is sincere, I must be ready to fight for His cause to the last breath.

### **Our obligation as children of the Church**

If we consider that Our Lord Jesus Christ is the head of the Mystical Body, which is

the Catholic Church, and that the Church on earth is called the Church Militant; if we consider that it has been the Church's lot to be attacked, contested, denied, betrayed and persecuted through the ages, I must be prepared to defend her. Before those who try to make me ashamed of her, I must hold my head high and have enough knowledge of her holy doctrine to silence them.

Depending on the circumstance and the person's disposition, at times we must do it with a smile, with patience and kindness. At other times we must be firm and to the point. Regardless, we must always work within all the available means of legality—but work, nonetheless.

True love of God is battle-ready.

### **It takes effort and reflection to foster a battle-ready spirit**

It is not easy to fight. It takes preparation and exercise. Just like the body needs care and exercise to stay fit, so does the spirit. If we wish to be seriously battle-ready we must prepare mind and spirit. A fit of rage is not a

battle. A serious warrior is ready because he has reflected, studied and prayed. He is always attentive to the interests of the Church. Whether he remains silent, or speaks, whether he chooses a strategic retreat or attacks, he is always fighting. This is a true soldier of the Cross—a Crusader.

### **Always gentle and kind but always fighting**

Many people claim we should always be gentle and kind, regardless of circumstances. Of course we should be gentle and kind, but we must take care that “gentle and kind” be not another term for “politically correct.” The Crusader-like spirit transposed to the field of doctrine is orthodoxy. “Let your speech be yea, yea, no, no.” (Matt. 5:37)

A Catholic is not gentle and kind because he feels like being gentle and kind. A Catholic is gentle and kind because his Master is the Lamb of God. But that same Lamb of God defended His Father’s honor fearlessly in the Temple, against the moneychangers and against all



*“I love so much a soul’s desire to receive Me, that I hasten to it each time it summons Me by its yearnings,”*

—Words of Jesus to St. Margaret Mary Alacoque

those who wished to call black, white, and white, black—or white, gray.

Another thought to bear in mind is that when Our Lord defended Truth, He surely did so with the conversion of His enemies in mind. But, above all, He was defending the innocent bystanders from being deceived or confused as to that Truth. People watch us as Catholics. Many a time we may not convince the one attacking us, but we may be confirming the faith of another. And that is our obligation.

May this little booklet and every hour of adoration spent before the Blessed Sacrament help those who are good to confront an increasingly “politically correct” world. May we be adorers, may we be lovers, and may we be fighters.







## **Our Lady of the Blessed Sacrament**

*Pray for us!*

This title was given to our Blessed Mother in May, 1868 by Saint Peter Julian Eymard to honor her matchless devotion to the Holy Eucharist, and the fact that she was the first tabernacle of God incarnate. May she be our model in our duties and our devotions to the Blessed Sacrament.

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