

**Fifteen Minutes in the Company of Jesus in the Blessed Sacrament**  
**(Manual for Eucharistic Adoration by The Poor Clare's of Perpetual Adoration,**  
**St. Joseph Adoration Monastery)**

My child, you need not know how much in order to please Me: Only love Me dearly. Speak to Me simply, as you would talk to your mother, if she had taken you in her arms.

Have you no one to recommend to Me?

Tell me the names of your relations, and of your friends; after each name, add what you wish Me to do for them. Do not hesitate to ask a great deal! I love generous hearts that forget themselves for others. Speak to Me, with simplicity, about the poor whom you want to help; the sick whom you have seen suffer; the sinner whom you would convert; the persons who are alienated from you, and whose affection you wish to win back. For all, recite a fervent prayer. Remind Me that I have promised to grant every prayer that comes from the heart; and surely the prayers are heartfelt which we say for those whom we love, and who loves us.

Have you no favors to ask for yourself?

Write, if you like, a long list of all your wishes - all the needs of your soul - and come and read it to Me. Tell Me frankly how self-indulgent you are; how proud; how touchy; how selfish; how cowardly; how idle...and ask Me to help you to improve. Poor child! Do not blush! There are in heaven so many saints who had the same faults as you! But they prayed to Me, with humility; and little by little, they were freed from their defects.

Do not hesitate to ask for the goods of body and mind - for health, for memory, for success in your works, business, or studies. I can give you everything, and I always give when the gifts would make souls more holy. What do you want today, My child? Oh, if you knew how I long to do you good!

Have you no plans to interest you?

What can I do for you? Do you have any projects that you are working on? Tell Me about them. Do they concern your vocation? What are you worried about? What do you think of? What would you like? Are you planning some pleasure for your mother, your family, your guardian? What do you wish Me to do for them?

And have you no thoughts of zeal for Me? Are you not anxious to do a little good for the souls of your friends, for those whom you love, and who, perhaps, have forgotten Me? Tell Me what interests you; what motives urge you; what you yearn for; what means you wish to take. Confide in Me your failures. I will show you the cause. Whom do you wish to see interested in your work? I am the Master of all hearts, My child, and I lead them gently, without damage to their freedom, where I please. I will place about you those who are necessary to you: Never fear!

Have you nothing that annoys you?

My child, tell Me your annoyances with every detail. Who has pained you? Who has wounded your self-love? Who has treated you contemptuously? Come closer to My

heart, that has the balm to cure all of your wounds. Tell Me all, and then say that you forgive everything and forget all, in My likeness, and I will give you My blessing to comfort you. Do you dread something painful? Is there in your soul a vague fear which seems unreasonable, and yet torments you? Throw yourself into My arms and trust fully in My providence. I am with you; here, by your side. I see everything. I hear it all. I will not leave you. Are there about you friends who seem less kind than formerly, who neglect you through indifference or forgetfulness without your having consciously done anything to wound them? Pray for them, and I will restore them to you, if their companionship is not an obstacle to your sanctification.

Have you no joy to tell Me?

Why not confide to Me your pleasures? Tell Me what has happened since yesterday to console you, to make you happy, to give you joy. An unexpected visit has done you good; a fear has been suddenly dispelled; you have met with unlooked-for-success; you have received some mark of affection - a letter, a present; some trial has left you stronger than you supposed. All these things, My child, I obtained for you. Why are you not grateful? Why do you not say, "I thank You"? Gratitude draws benefits, and the benefactor loves to be reminded of his bounty.

Have you no promises to make Me?

You know I read the very bottom of your heart. Men are deceived easily; but God is not. Be frank; speak to Me with all sincerity. Are you resolved to avoid that occasion of sin, to give up the object which leads you astray, not to read the book which excites your imagination, to withdraw your friendship from that person who is irreligious and whose presence disturbs the peace of your soul? Will you go at once and be kind to that companion who annoyed you?

Well, My child, go now and resume your daily work. But do not forget the minutes we have shared together. Go now and practice silence, modesty, honesty, patience, charity.

Love My mother, who is also your mother, the Blessed Virgin, and return again tomorrow, bringing Me a heart even more devoted and loving. Tomorrow I shall have new favors for you. In My heart, you will always find new love, new benefits, new comforts.

*Attributed to St. Anthony Mary Claret*

