

Jesus † Mary † Joseph
Chapter 23 - Striving for Compunction
Christ:

My child, unless a man tries hard to acquire a holy sorrow for his sins, he is not worthy of My heavenly consolation. Are you doing your best to acquire this compunction?

2. This grace will reach you more easily if you will turn your back, for a little while, on your daily distractions. Come aside more often, to be alone with Me. Reflect on My gifts and your misuse of them. Be honest and face the truth. Reading and reflecting will help you to realize the wickedness of all sins, even small ones. Do not look for new theories and mere curiosities, but stick to solid everyday truth, truth which will improve your daily life.

3. In solitude and quiet you will discover the hidden treasures of Holy Scriptures. As you become more intimate with Me, your Creator, you will make great progress. You will find tears to wash and purify your soul. You will also have a deep interior joy as My holy angels and I draw near to you. Learn to pray and labor unseen by the eyes of men.

4. Slowly, as the gift of compunction fills your soul, you will be filled with fresh vigor. As you become more eager to make up for your sins, you will find hard things becoming easier.

Think:

Jesus said that certain devils are driven out only by prayer and fasting. This shows that some of God's gifts are given only if we do our part to prepare ourselves for them. Compunction will be lasting and fruitful only if I make a sincere personal effort to receive it worthily and apply it wisely. Through solitude, prayer, reading, and meditation, I will understand how I can best receive and use compunction in my daily life.

Pray:

O holy and merciful Father, fill my soul with true compunction. Make me honest in admitting my sins, and determined in overcoming them each day. I need Your assistance, so that I may not be a coward, but may make a sincere daily effort to please You more in all my activities. Help me to abandon anything in life which is opposed to Your holy gift of compunction. Amen.

November 19th

Saint Elizabeth of Hungary, Widow († 1207 - 1231)

Elizabeth was the daughter of the just and pious Andrew II, king of Hungary, the niece of Saint Hedwig, and the sister of the virtuous Bela IV, king of Hungary, who became the father of Saint Cunegundes and of Saint Margaret of Hungary, a Dominican nun. Another of her brothers was Coloman, King of Galicia and prince of Russia, who led an angelic life amid the multiple affairs of the world and the troubles of war.

She was betrothed in infancy to Louis, Landgrave of Thuringia, and brought up from the age of four in his father's court. Never could she bear to adopt the ornaments of the court for her own usage, and she took pleasure only in prayer. She would remove her royal crown when she entered the church, saying she was in the presence of the Saviour who wore a crown of thorns. As she grew older, she employed the jewels offered her for the benefit of the poor. Not content with receiving numbers of them daily in her palace, and relieving all in distress, she built several hospitals, where she herself served the sick, bathing them, feeding them, dressing their wounds and ulcers. The relatives of her fiancé tried to prevent the marriage, saying she was fit only for a cloister; but the young prince said he would not accept gold in the quantity of a nearby mountain, if it were offered him to abandon his resolution to marry Elizabeth.

Once as she was carrying in the folds of her mantle some provisions for the poor, she met her husband returning from the hunt. Astonished to see her bending under the weight of her burden, he opened the

mantle and found in it nothing but beautiful red and white roses, though it was not the season for flowers. He told her to continue on her way, and took one of the marvelous roses, which he conserved all his life. She never ceased to edify him in all of her works. One of her twelve excellent Christian maxims, by which she regulated all her conduct was, "Often recall that you are the work of the hands of God and act accordingly, in such a way as to be eternally with Him."

When her pious young husband died in Sicily on his way to a Crusade with the Emperor Frederick, she was cruelly driven from her palace by her brother-in-law. Those whom she had aided showed nothing but coldness for her; God was to purify His Saint by harsh tribulations. She was forced to wander through the streets with her little children, a prey to hunger and cold. The bishop of Bamberg, her maternal uncle, finally forced the cruel prince to ask pardon for his ill treatment of her, but she voluntarily renounced the grandeurs of the world, and went to live in a small house she had prepared in the city of Marburgh. There she practiced the greatest austerities. She welcomed all her sufferings, and continued to be the mother of the poor, distributing all of the heritage eventually conceded to her, and converting many by her holy life. She died in 1231, at the age of twenty-four.

Sources: Les Petits Bollandistes: Vies des Saints, by Msgr. Paul Guérin (Bloud et Barral: Paris, 1882), Vol. 13; Little Pictorial Lives of the Saints, a compilation based on Butler's Lives of the Saints and other sources by John Gilmary Shea (Benziger Brothers: New York, 1894).

Daily Thoughts and Prayers For Our Beloved Dead Nineteenth Day

"We have loved her during life; let us not abandon her until we have conducted her by our prayers in the House of the Lord." -- St. Ambrose.

Prayer: Our Father. 3 Hail Marys. Glory Be. De Profundis.

O Lord Jesus, graciously hear the pleas of the Holy Souls. By the merits of Thy Passion and Death, release them from the pains of Purgatory. Particularly the soul most devoted to Your Virgin Mother, that he may evermore praise Thee in Heaven and intercede for me.

Ejaculation: O Sacred Heart of Jesus, may Thy Kingdom come! (300 days)

De Profundis (Psalm 129)

- 1 Out of the depths I have cried to Thee, O Lord:
- 2 Lord, hear my voice. Let Thy ears be attentive to the voice of my supplication.
- 3 If Thou, O Lord, wilt mark iniquities: Lord, who shall stand it.
- 4 For with Thee there is merciful forgiveness: and by reason of Thy law, I have waited for Thee, O Lord. My soul hath relied on His Word:
- 5 My soul hath hoped in the Lord.
- 6 From the morning watch even until night, let Israel hope in the Lord.
- 7 Because with the Lord there is mercy: and with Him plentiful redemption.
- 8 And He shall redeem Israel from all his iniquities.

Source: Douay Rheims Bible, Imp. 1899

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