

Jesus † Mary † Joseph
Chapter 30 - Man's Lower Nature
Christ:

My child, unless you learn to control your feelings, you will always find it hard to obey those who have authority over you. Your feelings do not reason. They simply turn away from what is unpleasant, be it right or wrong. Feelings can be calmed in some degree by an intelligent outlook. Still, you will never have a more troublesome and dangerous enemy than your own unreasoning feelings and blind desires.

2. By prayer and meditation you will acquire a grander outlook on life. You will see the unreasonableness and mean selfishness of your feelings and moods. I will show you the glorious goal which I have set for you. When you have grasped the higher purpose of your earthly life, you will acquire a holy contempt for whatever opposes that purpose. This heavenly knowledge and eternal goal will bring unity and order into your life. You will then find it easier to guide your lower nature according to My Will.

3. At times you will have to use stubborn resistance and even violence against the unreasoning tendencies within you. Sometimes you need to disregard your likes and dislikes, and follow your better judgment. With My truth to guide you and My sacraments to strengthen you, you cannot fail in this daily combat for Heaven.

Think:

An obedient horse can help man in his daily tasks, but a stubborn mule can do more harm than good. So it is with man's own nature. His reason and will, strengthened by grace, must guide his unreasoning appetites and desires to right action. A good life is one which follows God's law. Only God's Will can lead me to Heaven.

Pray:

Lord Jesus, I hope to follow You each day of my life. With Your help, I hope to have strength to be firm against my blind tendencies and desires. You are my King and Leader. Make me a loyal follower. I desire and hope to live the kind of life which You desire of me. Grant me Your grace. You have shown me how great it is and how necessary for salvation. Grant it to me so that I may overcome this weak nature of mine, which draws me on toward sin and eternal death. In my flesh, I feel the law of sin contradicting the law of my mind, and in many things making me a slave of my feelings. I can not resist these feelings unless You help me, by pouring into my heart the grace of ardent loyalty to You. I am in continual need of grace to overcome this nature which, from its youth, always tends to evil. I hope in Your help. Amen.

November 29th

Saint Saturninus, Bishop and Martyr (†ca. 70 A.D.)

Saint Saturninus was a contemporary and a disciple of Our Lord Jesus Christ; he came to Palestine from Greece, attracted by the reputation of Saint John the Baptist, which had

echoed even to the northern Mediterranean region. He then followed our Saviour, heard His teaching, and was a witness to many of His miracles. He was present in the Cenacle when the Holy Spirit descended at Pentecost upon the Mother of Christ, the Apostles, and Disciples assembled in the number of 120. (Acts of the Apostles 1:15) He departed to teach Christianity under Saint Peter's authority, evangelizing the lands east of Palestine, and going as far as the region of the Persians and Medes and their neighboring provinces. He cured the sick, the lepers, and the paralytics and delivered souls from the demons; and before he left, he gave written instructions to the new Christians concerning what they should believe and practice.

When Saint Saturninus went with Saint Peter to Rome, the Apostle was inspired to send out a number of fervent evangelists to the West, to dissipate by the light of Christ the darkness in which those regions were still plunged. Saturninus was directed to go to what is now southern France, to Toulouse in particular. Saint Peter consecrated him a bishop, that he might form and ordain native priests for the future Christian churches of Gaul. He was given for his companion Papulus, later to become Saint Papulus the Martyr.

The two companions acquired at Nimes an ardent assistant in the person of Honestus. At Carcassonne, when the three announced Christ they were thrown into a prison, where they suffered from hunger; but an Angel was sent by the Lord to deliver them, and they continued on their way to Toulouse, preaching the doctrine and the name of Christ publicly. At this large and opulent city, where idolatry was entrenched, the idols became mute when the missionaries arrived. This caused great astonishment, and the cause of the silence was sought. Saint Saturninus in the meantime was working miracles which produced a strong impression on the witnesses; among them, the cure of a woman with advanced leprosy. The sign of the cross which he made over crowds often cured many sick persons at the same time, and he then baptized those who showed themselves ready for the sacrament. For a time he left his two disciples there and continued on elsewhere, preaching in the cities of what are now Auch and Eauze. A Spaniard heard of him and crossed the Pyrenees to hear him; this man, by the name of Paternus, advanced so rapidly on the paths of virtue that Saint Saturninus ordained him and then established him bishop of Eauze. He himself returned to Toulouse and sent Honestus to Spain to preach. When the latter returned to ask him to come with him to Spain, he left his disciple Papulus in charge for a time at Toulouse.

At Pampeluna his preaching brought thousands to the truth, delivering these former idolaters from the heavy yoke of the ancient enemy. While he continued his apostolic labors elsewhere, in Toulouse a persecution broke out against Papulus, and the faithful Christian obtained the crown of martyrdom by a violent death. At once Saint Saturnin returned to Toulouse, when he learned of it.

The idols again became mute. One day a great multitude was gathered near a pagan altar, where a bull stood ready for the sacrifice. A man in the crowd pointed out Saturninus, who was passing by, as the cause of the silence. "There is the one who preaches everywhere that our temples must be torn down, and who dares to call our gods

devils! It is his presence that imposes silence on our oracles!” He was chained and dragged to the summit of the capitol, situated on a high hill, and commanded to offer sacrifice to the idols and cease to preach Jesus Christ. An Angel appeared to him to fortify him, and the terrible flagellation he endured could not alter his firmness. “I know only one God, the only true one; to Him alone I will offer sacrifice on the altar of my heart... How can I fear gods who you yourselves say are afraid of me?” He was tied by a rope to the bull, which was driven down the stairs leading to the capitol. His skull was broken, and the Saint entered into the beatitude of the unceasing vision of God. His body was taken up and buried by two devout young women. Tradition conserved the memory of the place of his burial, where later a church was built.

Source: Les Petits Bollandistes: Vies des Saints, by Msgr. Paul Guérin (Bloud et Barral: Paris, 1882), Vol. 13.

Daily Thoughts and Prayers For Our Beloved Dead
Twenty-Ninth Day

We must never cease to interest ourselves in the Souls in Purgatory. The honor and glory of God, and our own salvation, is concerned with their release.

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

Most merciful Jesus, by Thy Nativity and Holy Childhood, deliver from Purgatory all the Holy Souls confined there. Particularly the soul of the youngest to incur Thy displeasure because of youthful carelessness. Take him today to Thy Heavenly Throne, that he may evermore praise and glorify Thee and will intercede for me at the hour of need.

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

Ejaculation: Holy Mary, deliver us from the pains of hell. (300 days)

Jesus † Mary † Joseph

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