

† Praised be Jesus, Mary, and Saint Joseph, now and forever! †

Please pray for the lady who in her great kindness provides the information from *My Daily Bread* and the information about the Saints.

### Chapter 3

#### A Right Intention in All Things

Christ:

My child, in all things I want you to have a right intention. That means that I want you to have a supernatural purpose in whatever you think, do or say. Whether you seek to avoid hell, diminish your purgatory, or gain Heaven, such motives are supernatural, and therefore they are right intentions. True, you are often unaware of your motives, but as long as you are not in mortal sin, and your action agrees with My law, you have a right intention.

2. A right intention, however, may have different degrees of perfection. Thus, when you do something simply to please Me, your intention is higher than if you think of your own advantage. Still, whatever be the degree of your right intention, it always seeks to fulfill My Will, and it always brings you a greater good than any intention which seeks only your earthly welfare.

3. Regardless of feelings, moods, prejudices, or preferences, strive to maintain a right intention at all times. As soon as your natural desires contradict My Will, check them as you would check any other foolish intention.

4. Do not let life's daily events disturb nor affect you too much. Seek to know My Will and to accept it in all things. With this pure intention, you will have a deep interior peace. This is My gift to those who let Me govern their lives.

5. A person's intention tends to become dim as he proceeds through his daily occupations. Gradually he is influenced more by pleasure or self-satisfaction. Therefore, renew your pure intention at different times throughout the day. Offer Me each activity and avoid anything which might lead you into sin.

6. Recall your heavenly goal from time to time. Let there be nothing great, nothing high, nothing pleasant, nothing acceptable to you unless it helps you to follow My Will. Consider all useless consolations and sinful pleasures as so much worthless money.

7. One who truly loves Me, hates everything which holds him back from Me. I alone, the eternal, infinite God, the Perfect Joy of the soul, can bring true peace and unending happiness to your heart.

Think:

Where are the pleasures and joys of last year? Gone and forgotten. If they made me worse, I shall find death and judgment a little harder to face. Why do I fail to value things according to God's way of thinking? He wants me to live a sinless and useful life. Even my pleasures should improve me in some way, and make me better able to do my work. Heaven is far greater than I can ever deserve. Still, I should try each day to be a little less unworthy of it.

Pray:

Lord, what You say is true. Grant that I may follow Your words in my daily life. Your truth shall teach me, guide me, and protect me. May it deliver me from all evil desires and foolish love. Let me esteem nothing as great, or valuable, or wonderful, except insofar as it makes me better and more pleasing in Your eyes. In this way I shall never be a slave of this earth, but shall walk daily towards Heaven with a holy freedom of heart. Amen.

October 29th

Saint Narcissus, Bishop of Jerusalem

(† Second Century)

Saint Narcissus from his youth applied himself with great care to the study of both religious and human disciplines. He entered into the ecclesiastical state, and in him all the sacerdotal virtues were seen in their perfection; he was called the holy priest. He was surrounded by universal esteem, but was consecrated Bishop of Jerusalem only in about the year 180, when he was already an octogenarian. He governed his church with a vigor which was like that of a young man, and his austere and penitent life was totally dedicated to the welfare of the church.

In the year 195, with Theophilus of Cesarea, he presided at a council concerning the celebration date of Easter; it was decided then that this great feast would always be celebrated on a Sunday, and not on the day of the ancient Passover.

God attested his merits by many miracles, which were long held in memory by the Christians of Jerusalem. One Holy Saturday the faithful were distressed, because no oil could be found for the church lamps to be used in the Paschal vigil. Saint Narcissus bade them draw water from a neighboring well and after he blessed it, told them to put it in the lamps. It was changed into oil, and long afterwards some of this oil was still preserved at Jerusalem in memory of the miracle.

The virtue of the Saint did not fail to make enemies for him, and three wretched men charged him with an atrocious crime. They confirmed their testimony by horrible imprecations. The first one prayed that he might perish by fire, the second that he might be wasted by leprosy, the third that he might be struck blind, if the accusations they made against their bishop were false. The holy bishop had long desired a life of solitude, and at this time he decided it was best to withdraw to the desert and leave the Church in peace. But God intervened on behalf of His servant, when all three of the bishop's accusers suffered the penalties they had invoked. Narcissus could then no longer resist the petitions of his people; he returned to Jerusalem and resumed his office. He died in extreme old age, bishop to the last.

Sources: *Vie des Saints pour tous les jours de l'année*, by Abbé L. Jaud (Mame: Tours, 1950); *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).

Friday

At the Foot of the Cross

O God, who by the Passion of Thine only-begotten Son, and by the shedding of His Precious Blood through His five Wounds, didst restore human nature when it was lost by sin; grant us, we beseech Thee, that we who venerate on earth the Wounds suffered by Him, may be found worthy to obtain in heaven the fruits of that same Most Precious Blood. Through the same Christ our Lord. Amen.

An indulgence of 5 years.

Source: The Raccolta, revised by Pope Pius XII and published in English in 1957. Imp.1958 by Cardinal Spellman

#### Closing Thought

Never do or say anything through human respect, or to please yourself. Whether you eat or drink, or whatever else you do, let all tend to the greater glory of God.

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