

DAY ONE

MY DAY BEGINS

GOD SPEAKS . . .

If you choose me as your companion
you will not be alone
my love will
always be with you.

You will never fear anyone or anything,
for you will find your security in me.

With me as your companion
you will live in the light of faith
with hope and fortitude,
with true patience and perseverance,
all the days of your life.

I loved you
before you existed,
and knowing this
you can place your trust
in my love
and set aside every fear.

Enjoy my love,
live in me
and take from me
the light of my wisdom.

Confront the princes and tyrants
of this world
with my strength.

Take from me
the fire of my Spirit
and share with all
my mercy and my burning love.

You are not alone.
You have me.

ALL THROUGH THE DAY

You have me.

MY DAY IS ENDING

I RESPOND . . .

Be my companion
through the darkness of this night.

With your strength
let me confront
the princes and tyrants
of this world.

Let me borrow
the fire of your Spirit
and share with all
your mercy
and your burning love.

You have loved me
even before I existed,
and knowing this,
I can place my trust
in your love
and set aside every fear.
Amen.

DAY TWO

MY DAY BEGINS

GOD SPEAKS . . .

The only way to taste my truth
and to walk in my brilliant light
is by means of humble and constant prayer,
that is rooted in a knowledge of yourself and of me.

To pray in this way
is to walk in the footprints of my Son;
uniting your soul with me by desire and affection,
letting me make of you
an image of my self.

My Son said:

“Those who love me keep my commandments,
and those who love me will be loved by my father,
and I will love him and manifest myself to him.”

I know a handmaid of mine who was lifted up
in prayer.

I did not conceal from her mind's eye
the love which I have for my servants,
but rather clearly manifested it.

Among other things I used to say to her:
“Open the eye of your intellect, and gaze into me,
and you shall see the beauty of your humanity—
all the beauty which I have given to your soul,
creating you in my image and likeness.
I have clothed you with a wedding garment of love;
I have adorned you with many virtues,
by which you are united to me through love.

And yet I tell you,
if you should ask me who you are,
I would reply:
inasmuch as you have lost and denied your own will,
and are clothed with mine,
you are another me.”

It is therefore true, indeed,
that your soul unites itself with me
by acts of love begun in truth
and nurtured in humble, constant prayer.

ALL THROUGH THE DAY

You are another me.

MY DAY IS ENDING

I RESPOND . . .

Be my companion
through the darkness of this night.

Open my eyes;
let me gaze into you
so that I can see
how beautiful you have made my humanity.

You have made of me
an image of yourself.
Let me walk in the footprints of your Son,
uniting my soul to you
with desire and affection.

You have loved me
even before I existed,
and knowing this,
I can place my trust
in your love
and set aside every fear.

Amen.

DAY THREE

MY DAY BEGINS

GOD SPEAKS . . .

You have asked me not only for suffering,
but for the determination
to know and love me
as the supreme truth.

Hear this:
to achieve a perfect knowledge and enjoyment of me,
the eternal truth,
you need never go outside
the knowledge of yourself.
It will be by humbling yourself
in the valley of humility
that you will know me and yourself,
and from this knowledge
you will derive all that is necessary.

In self-knowledge you humble yourself,
coming to realize that of yourself
you do not even exist.
Every creature, as you must learn,

is derived from me.

I have loved you and all my creatures
before you ever existed.

Moreover, through the ineffable love I have for you

I have recreated you in grace.

I have washed you in the blood

that my only begotten Son

has spilled out of a burning love for you.

Such self-knowledge will dissipate
the clouds of self-love.

Without the humility
that is born in self-knowledge,
no virtue can have life.

For humility is
the foster mother and nurse
of charity
and of all virtues.

ALL THROUGH THE DAY

Humility is the mother of virtue.

MY DAY IS ENDING

I RESPOND . . .

Be my companion
through the darkness of this night.

Erase the fear
that comes from acknowledging
that of myself

I do not even exist.

Strengthen within me
the humility

that is born of this admission,
that is the foster mother and nurse
of charity
and of all virtues.

Without this admission, this knowledge
my soul is lifeless.

You have loved me
even before I existed,
and knowing this,
I can place my trust
in your love
and set aside every fear.

Amen.

DAY FOUR

MY DAY BEGINS

GOD SPEAKS . . .

I want you to know
that every virtue and every failing
involves your neighbor.

Anyone who does not love her neighbor,
who does not help her,
who does not pray for her,
injures herself.

For to cut yourself off from your neighbor
is to cut yourself off from grace.

Unless you love me you cannot love your neighbor,
and to deprive your soul of love for me and
your neighbor
is to do evil.

Love for me
in the form of prayer and desire
on their behalf
is a debt that you owe to your neighbors.