

Jesus † Mary † Joseph
Chapter 48 - Facing Temptations

Christ:

My child, with My help you will gradually overcome these temptations which annoy you in your daily life. You are never entirely safe from them. As long as you are in this world, you will have to protect yourself from them. All around you there are people or things which may appeal to your weakness. When you cannot avoid them, meet them with patience rather than with anxiety or thoughtless severity. Correct and remedy what you can. As for things which cannot be remedied, bear them patiently for My sake.

2. Unless you keep your eyes on Me, you cannot stand up under the strain of this daily warfare. Without My help you will never earn the reward of the Blessed in Heaven. Face life bravely. With a firm determination, take definite measures to overcome the temptations in your daily life. I will grant heavenly strength to anyone who makes an honest effort. The sluggard is doomed to miserable failure.

3. Some try to run away from all temptations, and still they go on falling into sin. Flight alone will not conquer all temptations. Wherever you go, you will always find some occasion of sin. By humility, patience, and definite action, you will become strong against the enemies of your soul.

Think:

Patience will help me to keep calm in my troubles and difficulties. It will help me think more clearly. As a result, I shall find it easier to turn to God when I need Him. Humility will help me admit my weakness and nothingness. It will make me less irritable and resentful of my distasteful experiences. These two virtues will help me have peace in the middle of my troubles. Then with a definite plan in mind, I can proceed against my faults and conquer my temptations.

Pray:

My Jesus, with Thy help, I hope to do my best each day to overcome my faults and increase my virtues. When matters are beyond my efforts, and I can only suffer pain or disappointment, then let me see Thy Divine Providence arranging my life in that way. Let me accept my cross with patience and humility. I will never stop trying to do my best. As for results, I leave them in Thy loving hands. Amen.

December 19th

Blessed Urban V, Pope (†1370)

Blessed Urban V, whose family name was William de Grimoard, was born in Mende, on a mountain of the Cevenne hills. He rapidly mastered the various disciplines of literature and the sciences. It was religious life which then appeared to him as the ideal which could best respond to the propensities of his mind and the needs of his heart. He went to knock at the door of the Benedictine Abbey of Saint Victor near Marseille, and there, in the peaceful shadows of the cloister, he advanced day by day in all the virtues. He was remarked in particular for his tender devotion to the Blessed Virgin.

Religious profession had augmented his ardor for learning, and his Superiors soon judged the humble monk capable of teaching. In effect, his illustrious voice brought honor to the professorial chairs confided to him in Montpellier, Paris, Avignon, and Toulouse. A few years later, after serving for a short time as Abbot of Saint Germain d'Auxerre, he was sent to Italy by Pope Clement VI as his legate. This, unbeknown to himself, was to be a step toward the highest existing dignity. He was elected Pope in October of 1362 and took the name of Urban V, because all the popes who had borne that name had ennobled it by the sanctity of their lives.

It is he who added to the papal tiara a third crown, not out of pride, but to symbolize the triple royalty of the pope over the faithful, the bishops, and the Roman States. When he mounted the throne of Saint Peter at that time in Avignon, he envisioned three great projects — the return of the Papacy from Avignon to Rome, the reformation of morals, and the propagation of the Catholic faith in distant lands. His return to Rome, which had not seen a Pope for sixty years, was a triumph. Nonetheless, the morals of Rome had undergone a sad decline.

Urban lived as a Saint during the days of his great works, fasting like a monk and directing all glory to God. At his death, he asked that the people be allowed to circulate around his bed: “The people must see,” he said, “how Popes die.”

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

Preparing the Stable - December 19th

Strive to bring some little lambs, meek and patient. Do not murmur or complain.

Ejaculation: Jesus, meek and humble of heart, make my heart like unto Thine.

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