

3rd Reflection: Live in My groans

***Given at the Love Crucified encounter:
You Become My living host as I am Your Living Host
9/12/25***

As I gaze at Jesus' Eucharistic face, He desires to draw me into His groans. He speaks in my heart:

My groans never cease in My Eucharistic life.

Jesus, you live in a constant state of agony. You taught me, my Lord, that the agony of your Sacred Heart is the consuming fire of divine love and the groans of excruciating sorrows:

*The ways of God are not the ways of men. I redeemed the world through My love lived in My sorrows. **I chose to REMAIN in this interior agony, an agony that is both a fire of consuming divine love and the groans of excruciating sorrows.** This was, and is in the Eucharist, My life for souls— love and pain as one.*

There are very few souls who come to know My Sacred Heart, and fewer souls that enter My Sacred Heart as one with Mary to live and remain, in silence and prayer, in My continuous agony for souls. The world is being made new through the few souls who, for love of Me, have chosen to remain with Me in My hidden life of love for souls.

It is through God's Simple Path to Union with God that God desires to lead many souls to this perfect state of union with Me for God's glory and the triumph of God Trinity on earth.

Persevere, My little one, contemplating all that I teach you with perfect faith and hope. I, as one with My victim souls, am making all things new. 2/14/23

You invite me to *listen to your groans* (3/11/12).

Meditation from Jesus:

My little one, I desire for you to live in My groans for ————— and all My priests. This is your most intimate participation in living consumed in My Sacred Heart. The most intense suffering of each soul has the power, through the Holy Spirit, to draw the soul into My groans to participate with Me in the redemption of the world. My fire, the love of the Most Holy Trinity, has been purifying your sorrows contaminated with self-pity, rebelliousness, and selfishness, so that you can love, in time, in the purity of divine love. Remain the rest of the morning listening to My groans. 7/26/25

Jesus' Emotion of Sorrow

Why do you think evil in your hearts? (Mt 9:4)

The most intense emotion of the Sacred Heart of Jesus is His sorrow because of the consuming fire of divine love for every soul. In verse 4 of Matthew 9, Jesus says to the scribes, "Why do you think evil in your hearts?" Jesus is consumed in grief, seeing the hardness of their hearts, but it was not only the scribes that had hardened hearts, but also the apostles, and each of us. Jesus

sees our hearts. He sees what we do not see, the evil that exists in each of us, and Jesus suffers and intercedes for our conversion. In the Tabernacles of the world, Jesus lives His Eucharistic life, crying for the condition of our hearts before the throne of the Father.

In today's Gospel, Luke 6:39-42, Jesus tells us that there is much darkness in our hearts that we do not see, and that it is always easier to see what is wrong with others while remaining blind to the evil within us. At the beginning of the SPTUWG, at the feet of Jesus crucified with Mary, we must beg the Holy Spirit to reveal what we do not see. This process of self-discovery **MUST** continue daily till the day we die. We must *live wrapped in the gift of self-knowledge*. Only through this continuous process of seeing the many sin patterns, disorders, and evil within us and living continuously in repentance do we cease to be hypocrites.

It is His love lived in suffering and grief, which moved Him to die for us. His sorrow, as He gazed at the scribes, was not a gaze filled with hatred, but a gaze that expressed His grief for the condition of their hearts. Throughout the Gospel, the Lord reveals how He loves His enemies, how He blesses those who curse Him, and how He prays for those who abuse Him. His sorrow is the longing of His Heart for our transformation in Love, in God.

Jesus feels the intense sorrow of abandonment, denial, and betrayal by His closest friends, those of His inner circle. We can liken this to our spouses, children, parents, closest friends, siblings, and so on. In Gethsemane, Jesus is abandoned by his closest apostles, Peter, James, and John. He says to them, "My soul is very sorrowful even to death; remain here, and watch with me." (Mt 26:38) Yet, they kept falling asleep. God has chosen us, the MOC and MC, to REMAIN with Him in His "continuous agony for souls." This is what it means to become God's living hosts. We choose, for love of Him, to accompany Him and participate with Him in His sorrows and tears. **Are we responding to His question, 'Remain here and watch with me'?**

Judas betrayed Jesus, and most deceitfully, with the words, "Hail, Master!" (26:49), and a kiss. Then Jesus gazed at Judas and said, "Friend, why are you here?" (26:50). How can this be? Friend?

The sentiments of the Sacred Heart of Jesus are pure love. They are not like ours, impure, because our emotions are often centered on self-love. Jesus' reply to Judas reveals the Sacred Heart of Jesus. Jesus's Heart fully receives the piercing of Judas's betrayal and suffers the groans of excruciating sorrow, but to Jesus, Judas continues to be His friend. We never stop being the beloved of Jesus when we hurt Him through our betrayal, abandonment, or denial of Him. In the Heart of God, we are always His sons and daughters, the beloved of His Heart. Nothing we do, including betraying Him and falling into mortal sin, keeps Him from loving us. Jesus's question to Judas, "Friend, why are you here?" has one purpose—Judas's salvation. His response, full of tenderness, mercy, and love, wants to draw Judas into His Sacred Heart. There is no hatred, revenge, or condemnation in Jesus' Heart. His question to Judas only desires to bring Judas to self-knowledge so that, through his Master's mercy, he can repent and be saved.

Jesus is asking us the same question, **'Friend, why are you here at this Encounter?' Are you willing to remain with Me in My Eucharistic life, in My continuous agony? Why are you here?**

To Desire Solely the Cross

To desire solely the Cross does not mean that I desire suffering; in fact, it has nothing to do with me and everything to do with Christ. I desire only to remain in His continuous agony in the Eucharist.

Jesus begins to draw us into His Sacred Heart, alive and hidden in the Host. He begins to reveal to the soul who has persevered suffering all with Him and patiently endured the various levels of purification, the mystery of His Eucharistic life. The soul comes to experience His sorrows as He waits for each son and daughter to enter the consuming fire of His divine love and become transformed, consumed, in God, in Love. His sorrows are the deepest longing of the Heart of Abba for each of us; an agony of love and sorrow so deep and so consuming that it can only be expressed in the groans of His Sacred Heart. The soul comes to know and experience the tears of Jesus, who cries unceasingly with every soul and for every soul. Jesus' Eucharistic life begins to consume us, and our love for our Love crucified, desires solely to remain with Him, collecting His tears in the chalice of our hearts as one with Mary, our Mother. We want to remain with Him, accompanying Him, in His sorrows and suffering for the conversion of sinners and the salvation of souls. It is no longer my emotions of sorrow that I am suffering, but Jesus's sorrows. My feelings, you could say, have taken the back seat, and my delight and joy are to remain with Jesus, in His sorrows, suffering with Him for souls.

For many years, I was living my sorrows with Jesus, but my sorrows were in the forefront. Therefore, my sorrows were tainted with resentment, anger, frustration, and disappointment. But the grace of God brought forth this new shift in my heart, and without expecting this miracle, I have been drawn into the Eucharist, into Christ's Eucharistic life, and I have begun to live in His sentiments.

Jesus's sorrows are pure love, which means they are expressed with tears of longing for His Bride, each of us. His sorrows are expressed through His tenderness in mercy. Just as He gazed at Peter when Peter denied him, and how He gazed at Judas with his betrayal, with tenderness in mercy, that is how He gazes at each of us from the Tabernacle. To desire solely the Cross, then means that I live my life in the hiddenness of my heart, consumed in Jesus Eucharist, participating as one with Him, united to Mary, in His sorrows and tears solely for love of Him and the desire for the redemption of souls.

How are our contaminated sorrows purified?

1st- We must be attentive to our own sorrows.

2nd - Allow the Holy Spirit to move our sorrows into Jesus' sorrows, so we can see them in Him.

3rd - Discover how our sorrows are contaminated with self-pity, self-centeredness, rebelliousness, anger, resentment, frustration, fears, and/or revenge, as we keep our gaze on Jesus' sorrow. This is the work of continuously seeing the plank in our own eyes (Lk 6:39-42).

4th - Repent before the Lord of all our contamination & bring this to confession.

5th - When we can see the person causing our sorrow with tenderness in mercy and compassion, and forgive them from the heart, *Father, forgive them; for they do not know what they are doing* (Luke 23:34), then we know our sorrow has been purified.

Silent meditation:

- Meditate profoundly on Jesus' words to us from 7/26/25 in this reflection. Listen to His groans.
- Pray to see how your sorrows are contaminated, repent, and bring this contamination to the Mass to be purified with the precious Blood of Jesus