

1st Nail of Our Interior Crucifixion: Purification of Our Desires
LC Encounter 2020 –First Reflection

First Level of Humility

Our Lord said to us:

The greatest work of The Simple Path is to lead souls into the depth of their own hearts to encounter Me.

The majority of people never enter into the depth of their hearts. Many seminarians do not have the formation in the school of the heart, yet the heart is the only place one can be transformed into union with God.

The Lord continues: “**A soul’s obstacles to Me lie within the heart.**” Only souls willing to go deep within their hearts and be crucified with Jesus will become the great saints of these end times.

This is the entire message:

The greatest work of the Simple Path is leading souls into the deep of their own hearts to encounter Me. A soul’s obstacles to Me lie within the heart. My Mercy flows from My pierced Heart on the Cross. Every soul must approach the foot of My Cross with Mary and open their hearts in order to receive My infinite Mercy through My Most Precious Blood. It is My mercy that leads a soul to follow Me on the path of My Passion. It is My Mercy that reveals to each soul their many patterns of sins and thus brings them to repentance only so that they can be filled with even more of My Mercy.

Do you understand, My little one? My Mercy is all, active and alive in the world, yet souls do not continue to enter the depth of My Mercy because the grace of all graces—to live consumed in My Mercy—is only reserved for the souls that respond in love to become one with My love crucified. These are the souls who are crucified with Me. These are the souls who die to themselves and, in that process, come to know, taste, and see the goodness of God. These are the souls who do not only live consumed in the ocean of God’s Mercy but they are transformed in My Mercy and become Mercy. These are the great saints of the end times. 9/13/19

The Holy Spirit, through *The Simple Path to Union with God*, brings us into our hearts to enter our wounds and to know our disordered desires and tendencies. All the obstacles within our hearts need to be exposed and healed to experience God’s immense love and mercy and have true peace

and happiness.

Why does the Lord say that the “*grace of all graces is only reserved for the souls that respond in love to become one with My love crucified*”? Is He excluding others? This question reminds me of Jesus telling a few of his disciples, “To you it has been given to know the secrets of the kingdom of heaven, but to them it has not been given.” (Mt 13, 11) Why? Because only those few chose to remain with Jesus while the rest left after their immediate interest was satisfied. Many came out of curiosity, for miracles and healing. Jesus is not excluding anyone; He gives all a choice to respond and go deep. Each person needs to decide and say, “Lord, I have been moved by your teaching and want to become your disciple. I submit to your direction over my life. I want to allow you to empty me so you can fill me with your presence.” That’s the work of *The Simple Path*.

Let us now **review the first level of humility** as it appears in the first three chapters of *The Simple Path*.

Let us recall what humility is. Humility is to allow God to be God and to realize that we absolutely depend on Him. **Mary** exemplifies humility; she is the “full of grace” and, therefore, the one “full of humility.” This is why Mary is the gate to *The Simple Path*.

St. Faustina

O humility, lovely flower, I see how few souls possess you. Is it because you are so beautiful and, at the same time, so difficult to attain? Oh yes, it is both the one and the other. Even God takes great pleasure in her. The floodgates of heaven are open to a humble soul, and a sea of graces flows down upon her. Oh, how beautiful is a humble soul! From her heart, as from a censer, rises a varied and most pleasing fragrance which breaks through the skies and reaches God Himself, filling His Most Sacred Heart with joy. God refuses nothing to such a soul; she is all-powerful and influences the destiny of the whole world. God raises such a soul up to His very throne, and the more she humbles herself, the more God stoops down to her, pursuing her with His graces and accompanying her at every moment with His omnipotence. Such a soul is most deeply united with God. O humility, strike deep roots in my whole being. O Virgin most pure, but also most humble, help me to attain deep humility. Now I understand why there are so few saints; it is because so few souls are deeply humble!” (Divine Mercy in My Soul Diary of St. Faustina Kowalska) #1306

I walk daily by the gardenia plant on my patio, but one day when I noticed its bloom, I approached to smell the flower. Then I went to pray, and our Lord placed the following teaching in my heart:

...This is an analogy of the human soul when she begins to blossom in true humility. She brings great joy to the Father, and He stoops down to smell her fragrance of humility, thus filling the Heart of God with joy. My Lord, how does a soul grow in the beauty of humility?

In order for a plant to blossom, she must be watered, nurtured, and live under the rays of the sun. A soul, too, must be nurtured in daily prayer, given the food of the Eucharist, pruned in the Sacrament of Penance, and live in the light of the Holy Spirit. But in order for humility to kill the deep roots of self-love, pride, and vanity in a soul, she must come to My Cross for her heart to be plowed with My thorns and wounds.

We need to open our hearts and go deep to where self-love, pride, and vanity are rooted. Only then can humility enter to root them out.

We open our hearts when we go to the Cross. Jesus Crucified is the fountain of humility that we need to drink. As we gaze upon Him, the Holy Spirit brings us to humility. The Cross is like a tool. Think of tightening a screw with your fingers; you can only go so far until you need a screwdriver. I can say, “I’m going to work on humility.” That’s a good intention, but it won’t go far unless I embrace the Cross of renouncing the tendencies of the flesh that oppose humility. The Cross is like the plow that breaks open the ground so the seed can enter. It is also like the thorns of failure, rejection, and injustice that the Lord allows to pierce our hardened hearts to humble us.

The first level of humility is founded on knowledge of self and God:

1. **Self-knowledge:** Knowing, discovering, and experiencing with all our being that we are NOTHING, “DUST,” and MISERY. Of ourselves, we are capable of only sinning.
2. **Knowledge of God:** Discovering who God is through a personal relationship with Christ.

Be little, pure, and humble, be nothing, and it is I Who will do the impossible. Trust with the innocence of a child. ...for you are nothing, but I am God, and I will use My little ones to confound the mighty ones of the world. (#25, The Simple Path, p.78)

This knowledge of WHO I AM and WHO GOD IS brings us naked and on our knees before Love Crucified to beg for His mercy and depend solely on Him—*My little one; the world must be brought to its knees...* (3/21/20).

Accepting ourselves as misery and offering it to God as a gift brings us to

peace with our Spouse, who is Mercy. We can believe we are miserable on an intellectual level, but it is not until we experience its reality in the depth of our hearts that we grow in TRUE HUMILITY.

Diary of St Faustina, #56

At the beginning of my religious life, suffering and adversities frightened and disheartened me. So I prayed continuously, asking Jesus to strengthen me and to grant me the power of his Holy Spirit that I might carry out His holy will in all things, because from the beginning, I have been aware of my weakness. I know very well what I am of myself because, for this purpose, Jesus has opened the eyes of my soul; I am an abyss of misery, and hence I understand that whatever good there is in my soul consists solely of His holy grace. The knowledge of my own misery allows me, at the same time, to know the immensity of Your mercy. In my own interior life, I am looking with one eye at the abyss of my misery and baseness, and with the other, at the abyss of Your mercy, O God.

The mask of false humility

In chapter two of *The Simple Path*, in message #18, the Lord said, “Do not hide behind the mirror of false humility.” All of us have been living a false humility, and it is only when we come in contact with the truth about ourselves, our brokenness, wounds, disordered tendencies, and the lies we have come to believe that the mask of false humility comes off.

Diary of St Faustina, #1503

When, at the beginning of my religious life, following the novitiate, I began to exercise myself particularly in humility, the humiliations that God sent me were not enough for me. And so, in my excessive zeal, I looked for more of them on my own, and I often represented myself to my superiors other than I was in reality and spoke of miseries of which I had no notion. But a short time later, Jesus gave me to know that humility is only the truth.

Growth in the first level of humility: perseverance

Growth in this 1st level of humility, as we learned in the first three chapters of *The Simple Path*, is only attained through perseverance in:

- **“Living wrapped in the gift of self-knowledge”** — *The soul that lives wrapped in the gift of knowledge grows in true humility and is then able to advance in My path on the wings of the Holy Spirit.* (#10, p.40, *The Simple*

Path)

- **Feeling the PAIN of our wounds and joining them with the wounds of Christ to suffer them as one.**
- **Discovering that our wounds are infected with disordered tendencies.**
- **SUFFERING ALL WITH JESUS.**
- **Constantly asking ourselves the question “Why?” as we face our inability to love those most difficult to love and in the very difficult situations of our lives.**

We readily see the defects of those we find difficult to love but fail to see why we react as we do—the subjective side. We must ask ourselves: “What are the wounds that block me from loving those difficult to love?” We need to discover our inability to bear with the defects and offenses of others. This work takes our gaze to Jesus crucified, who loved those who tormented Him.

- Discovering Jesus’ humble love in His HIDDEN LIFE IN THE EUCHARIST, in His Passion, and attempting each day to live our hidden ordinary lives united to His.
- Discovering more-and-more Jesus and Mary’s HIDDEN MARTYRDOM OF HEART and seeking to imitate their passion of love.
- Seeking our Lord daily in the Mass, Eucharistic Adoration, and pondering the Word regardless of our feelings.
- Realizing that seeking and perseverance to live *The Simple Path* is THE GRACE OF GOD!

We grow in true humility as we discover, through the grace of God, **who we have become (our wounded self) and journey towards the authentic identity God meant for us. This restoration is Christ’s redemption.**

Humility is acquired through constant knowledge of your misery and My (Christ’s) mercy and love. —#28, The Simple Path p.84

Our Biggest Delusion is Rooted in Our Ego¹ —Melanie Jean Juneau

I am living in a fantastical delusion when I see myself as the center of the universe, viewing everything as it circles around me. As believers, we sing and recite prayers that proclaim that God is the center of all, but our psychological make-up screams the exact opposite. I view people, events, history, and yes, even God through my eyes, judging what is right, **trusting my thoughts and my feelings as the final judge of what is real.**

¹ <https://melaniejeanjuneau.blog/2019/05/28/our-biggest-delusion-is-rooted-in-our-ego/>

There is a world of difference between a man who is aware of himself, sitting on a hill and looking at a beautiful sunrise, and a man so enthralled with that very same sunrise that he forgets himself and becomes absorbed in the scene. In the first instance, the man is egocentric; he is in delusion at the center of his world, not God.

When Jesus says we must die to ourselves, He is not speaking about some pious self-sacrifice that makes us look holy, no. He has something much more radical in mind. The kind of inner transformation Jesus desires literally rips the rug up from under our feet and shatters our delusions, our world view.

2 Cor. 4:8-12

We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you.