

September 2nd - Day 3 - Understand the Meaning of Suffering

If only we could recognize how precious inner suffering is! For only in the inner suffering we can make progress in virtue and perfection. This is tough, but it is the truth. We cannot make any greater progress than through the inner suffering and tepidity. There we get to know ourselves and also God, and that everything comes from Him. This is the best school for the inner life.

Litany to Bl. Alphonse Marie Eppinger

Lord, have mercy. *Lord, have mercy.*
Christ, have mercy. *Christ, have mercy.*
Lord, have mercy. *Lord, have mercy.*

God the Father of heaven, *Have mercy on us.*
God the Son, Redeemer of the world,
God the Holy Spirit,
Holy Trinity, One God,
Holy Mary, Pray for us.
Blessed Alphonse Marie,
In everything, always, and everywhere seeing only God,
Faithful bride of the Divine Spouse,
Tireless distributor of God's love to all suffering,
Fearless messenger of God's love to the poor and the sick,
Meek instrument of the plan of God's love,
Loving God's presence,
Living deeply mystical unification with Jesus,
Radiating the fruits of the Holy Spirit,
Faithful apostle of the Gospel,
Tirelessly looking for God's will,
Instrument of God's mercy,
Child of the Church,
Determined to suffer with Christ,
Testifying to authentic Christian love,
Determined to avoid sin,
Seeing Jesus in every poor and needy human being,
Flamed to save immortal souls,
Constantly praying for the parish,
Loving simplicity,
Loving mortification,
Accepting her poverty and misery,
Asking for grace of perseverance in good,

Taking care of the weak and the poor, who are the Christ's body,
Caring that every person's life be an invitation for our neighbor to faith,

Jesus, our Redeemer, through the intercession of Blessed Alphonse Marie

- have mercy on the dying, *We beseech you, hear us.*
- shelter the poor and the suffering in their body and spirit,
- look upon the sick and innocent children,
- be merciful to all sinners,

Lamb of God, who takes away the sins of the world,

Spare us, o Lord!

Lamb of God, who takes away the sins of the world,

Graciously hear us, o Lord!

Lamb of God, who takes away the sins of the world,

Have mercy on us!

Pray for us, Blessed Alphonse Marie,

That we may be made worthy of the promises of Christ.

LET US PRAY

God, the Father of mercy, you gave Blessed Alphonse Marie the strength to participate in the work of the Redemption through serving those who suffer. Grant us the grace that through her intercession we may be transformed by the love of Christ the Redeemer, and our lives may be a witness of your great love before all people. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.