

**Meditations for the Holy Hour after the Holy Mass
on the second Thursday,
14 Jan 2016,
at the Church of the Divine Providence**

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in collaboration with Beata Krochmal**

**Meditations led by nine people:
B, D, G, J, M – women; H, P, W, Z – men.**

This translation was published here on 23 Oct 2023.

To see the original Polish text ← click, please!

Full text of St. Faustina's Diary ← <https://www.saint-faustina.org/diary-full-text/>

(Duration of meditations and songs: about 68 min.)

(Duration with recitation of the Chaplet of Divine Mercy: about 76 min.)

Introduction to adoration

(Duration of this part: about 15 min.)

B Beloved Savior! As we begin the Holy Hour, we are conscious of what a great gift of Your Merciful Heart we are accessing – we are given to be in Your presence. It is an extraordinary gift: behold, You have invited us to today's meeting and, at the same time, helped us to respond to this invitation. It is a grace, the greatness of which we will be fully convinced only in eternity – on the other side of life. At the same time, it is a gift whose effectiveness in the personal development of each of us will also be known soon, perhaps in the coming days. It is a gift that we wish for every person. (1:07)

B Song: *The Hidden Jesus* – 1st stanza (0:53)

P Dearest Jesus! How many people do not know You... how many know You in a small way... Beloved Jesus! As a result of the lack of interest in You, many of our sisters and brothers do not come to You for the Eucharist, and of those who do come, few find time to sit at Your feet after receiving You in Holy Communion, listen to Your voice, gaze at You... How many do not know You, O Divine Bridegroom... (0:50)

P Song: *The Hidden Jesus* – 2nd stanza (0:53)

G Dearest Jesus! We know from personal experience that those encounters with people to whom we did not devote our hearts and time did not build them up, nor us and probably more than once disappointed, squeezed out tears, disrupted relationships... The rush in relationships with You, O Beloved, especially when we receive You in Holy Communion, is even more painful and fruitless. Painful for You, who are coming with the gift of love longing for our reciprocating. Fruitless for us, who keep running here and there, and do not find peace of heart, because we have not found that source of happiness that comes out from an intimate relationship with You... (1:08)

G Song: *The Hidden Jesus* – 3rd stanza (0:53)

H We desire to sit at Your feet, O Beloved One... We desire to listen to Your voice, O Dearest One... We desire to look at You, O Love Inconceivable... We desire to look at You with loving attention, O Love Uncreated... We desire this time of our happiness to last and last forever... We desire to tear our thoughts away from what distracts us from You because it attracts us with its attractiveness or overwhelms us with its weight... We desire to be with You and for You with all our hearts, O Beloved One... We desire to hum a song to You, imitating Your Mother, who was looking at You in Bethlehem's grotto in awe a moment after giving birth to You... (1:07)

H Song: *Silent Night* – 1st stanza (0:58)

D We desire in our adoration to imitate Mary, the sister of Lazarus, to whose wisdom of heart You Himself testified, as we read in the Gospel of St. Luke: As they continued their journey he entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary who sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, “Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me.” The Lord said to her in reply, “Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her.” (Luke 10:38-42). **(1:21)**

D Song: *Silent Night* – 2nd stanza **(0:58)**

Z We desire, O Jesus, to rest on Your Heart, as St. John did at the Last Supper... We desire to give ourselves lovingly to You, O Dearest One.... We desire to remove from our hearts that impatience which so often prevents us from resting at Your side... We desire to love You with the presence of awe at Your nearness... We desire to be fully with You and for You now... We desire to win ourselves for awe of You, O Beloved... We desire to win our hearts for deep faith in Your love, which genuinely thirsts for the love of our hearts... We desire to try once again to believe that You truly desire our unique presence with You after coming to us in Holy Communion **(1:15)**

Z Song: *Silent Night* – 3rd stanza **(0:58)**

M The time of the Holy Hour – is the time of unique union with You, O Jesus, who are passing to meet Death... This poignant time, already begun in the Upper Room sacramentally, is completed in the subsequent stages of Your saving way to Death on Calvary. This time of Your sacrificial love opens our hearts to be present with You, O Beloved... This time allows us first to abide in prayer with You during Your agony in the Garden of Gethsemane. This time, wonderfully hidden in the sacrament of Holy Communion, unites us with You when You are experiencing the anguish of abandonment... To You, O Jesus, we sing a song: **(1:04)**

M Song: *Garden of Olives* – 1st stanza **(0:40)**

W Dearest Savior! We will now accompany You on this way that You passed two thousand years ago, going from the Upper Room to Golgotha. We believe that we are united with You, thanks to the miraculous power of the Blessed Sacrament. We believe that the time that separates us from that Event disappears. We believe and are ready to go with You to meet Death, to go with You, the Leader of the New Israel. So we go, gazing at You. Helping us in this way will be St. Faustina of the Blessed Sacrament: the Chaplet of Divine Mercy and her *Diary*. **(1:00)**

Meditations for the Chaplet of Divine Mercy (Duration of the meditations: about 25 min.)

Meditation 1. **The Agony of Jesus in Gethsemane**

J Jesus, Divine prisoner of love, when I ponder on Your love and self-sacrifice for my sake, my senses stop. You conceal Your unfathomable majesty and abase Yourself down to my miserable being. O King of glory, although You hide Your splendour, yet my soul’s sight tears down the concealment. I see the choirs of angels continuously singing Your praise, and all the heavenly Powers continuously worshipping You and continuously saying, “Holy, Holy, Holy.” (Faustina’s *Diary*, No. 80) **(0:47)**

P O, who can comprehend Your love and Your unfathomable mercy for us. O, Prisoner of Love, I lock up my poor heart in this tabernacle, so that it may adore You without cease, day and night. I know no obstacle to this adoration, and even if I am physically far removed, my heart shall always be with You. Nothing can put a stop to my love for You. No obstacles can keep me away. O my Jesus, I shall comfort You for all the ingratitude, blasphemies, cold-heartedness, for the hatred in the godless, for all the acts of sacrilege. O Jesus, I desire to be set ablaze as a pure and immolated sacrifice before the throne of Your concealment. I plead before You without ceasing for dying sinners. (Faustina’s *Diary*, No. 80) **(1:10)**

B O Holy Trinity, O One indivisible God, be blessed – for the great gift and testament of mercy. O my Jesus, to recompense You for blasphemers, I shall remain silent whenever I am unjustly rebuked, to render You just a small portion of atonement. In my soul I am continuously singing a hymn to You, and no-one knows or can understand it. Only You, O my Creator and Lord, know my song. (Faustina’s *Diary*, No. 81) **(0:45)**

Meditation 2. The Scourging of Jesus

H Jesus, You know I love suffering and want to drain my cup of suffering down to the last drop, yet a little shiver and a spate of fear went through my nature, but immediately the full force of my trust in God's infinite mercy revived, and all else had to withdraw before it, as a shadow recedes before sunlight. O Jesus, how great is Your goodness, Your infinite goodness, which I know well; it allows me to bravely look Death himself straight in the eye. I know that nothing will happen to me without Your consent. I want to praise Your infinite mercy in my life, at the hour of death, and on the day of resurrection, and in eternity. (Faustina's *Diary*, No. 697) (1:07)

G O my Jesus, my strength, peace, and my repose, every day my soul bathes in the rays of Your mercy; I know of no moment in my life when I did not experience Your mercy, O God. I count on nothing in the whole of my life, only on Your infinite mercy, O Lord – it is the guiding light of my life. My soul is full of Divine mercy. (Faustina's *Diary*, No. 697) (0:42)

Meditation 3. The crowning of the Lord Jesus with thorns

Z O infinitely merciful God, You allow me to bring relief to the dying and help them with my unworthy prayers, be blessed a thousand times for every star in the sky, for every drop of water in all the oceans. May the praise of Your mercy resound all over the Earth, and may it rise up to the feet of Your throne, glorifying Your greatest attribute, that is Your unfathomable mercy. (0:42)

D O God, it is Your unfathomable mercy that enraptures anew the saintly souls and all the spirits of Heaven. Those pure spirits are full of holy amazement, praising the unfathomable Divine mercy which brings them into a new state of ecstasy, and they give perfect praise. O eternal God, how ardently I long to praise Your greatest attribute, Your unfathomable mercy. I see my own tininess and I cannot compare with the heavenly inhabitants, who praise the Lord's mercy in sacred amazement but I, too, have found a perfect way to praise the unfathomable mercy of God. (Faustina's *Diary*, No. 835) (1:07)

W O sweetest Jesus, You have allowed miserable me to know Your unfathomable mercy; O sweetest Jesus, You have graciously required me to tell the whole world of Your infinite mercy; today I take the two rays which have come out of Your merciful Heart – that is the blood and the water – into my hands and send them out all over the Earth, so that every soul may experience Your mercy, and having experienced it, praise it for age upon age unending. O sweetest Jesus, in Your infinite graciousness You have deigned to unite my worthless heart with Your own, most merciful Heart, behold, now I shall praise God our Father by means of Your own Heart, in a way which no creature has ever worshipped Him. (Faustina's *Diary*, No. 836) (1:15)

Meditation 4. The Way of the Cross of the Lord Jesus

M When I went to Adoration, I heard these words, “Beloved daughter of Mine, write down these words: Today My Heart has reposed in this convent. Tell the world of My mercy, of My love. The flames of mercy are burning Me; I want to pour them out onto human souls. Oh, what pain they cause Me when they do not want to accept My mercy. My daughter, do what is in your power to spread the worship of My mercy; I shall complete whatever is wanting in your capacity. Tell distressed humankind to come up and cling to My Heart, and I shall fill it with peace. Tell them, O My daughter, that I am love and mercy itself. Whenever a soul comes up to Me full of trust, I fill it with such a huge amount of grace that it cannot contain all the grace within itself, but radiates it out to other souls.” (Faustina's *Diary*, No. 1074) (1:23)

P “I protect souls that spread the worship of My Mercy throughout their lives, as a loving mother protects her baby; and at the hour of their death I shall not be a Judge unto them, but their merciful Savior. In its last hour, a soul has nothing but My mercy for its defence; happy is the soul that has been immersed throughout its life in the spring of My mercy, for justice will not be wreaked upon it.” (Faustina's *Diary*, No. 1075) “Write this down: All that exists is contained in the depths of My mercy, more profoundly than a child in its mother's womb. How painfully I am injured by people mistrusting My goodness. I am hurt most through sins of distrust.” (Faustina's *Diary*, No. 1076) (1:06)

Meditation 5.

The death of the Lord Jesus on the cross

J One day, I heard these words: “My Daughter, tell the whole world of My unfathomable mercy. I want the Feast of Mercy to be a refuge and sanctuary for all souls, and especially for poor sinners. On that day the depths of My mercy are open; I pour out a whole sea of graces on souls that approach the fount of My mercy. Any soul that makes its Confession and receives Holy Communion will have its sins and its punishment completely remitted. On that day are open all the Divine floodgates through which graces flow; let no soul fear to approach Me, even if its sins be as scarlet. (1:07)

H My mercy is so great that through all eternity no mind, neither human nor angelic, shall fathom it. Everything that exists has come forth from the depths of My mercy. Every soul in its relation with Me shall contemplate the whole of My love and mercy for all eternity. The Feast of Mercy has come from My depths, and I want it celebrated officially on the first Sunday after Easter. Mankind shall not know peace until it turns to the fount of My mercy.” (Faustina’s *Diary*, No. 699) (0:53)

Meditations after praying the Chaplet of Divine Mercy

(Duration of the meditations here: about 41 min.)

B Dear Jesus! The time of being with You after the Holy Mass, thanks to our sacramental union, is, first of all, a time of accompanying You on Your salvific way from the Upper Room to Calvary. Until now, it has been given to us to abide prayerfully in union with You, who were going the painful way to the gates of Death. Behold, the hour of mercy has been struck – the hour in which You grant us graces, ejaculating from Your pierced Heart. To You, we sing a song... (0:49)

B Song: *I Greet You* – 1st stanza (0:36)

B Dear Jesus! Here opens out the source of spiritual power – a source from which we can draw graces for a life of holiness. To You, we sing a song of praise... (0:17)

B Song: *I Greet You* – 2nd stanza (0:36)

B We adore You, O Christ, the Mighty One, bestowing Divine power upon us mortals. To You, we sing a song of praise... (0:13)

B Song: *I Greet You* – 3rd stanza (0:36)

B We praise You, O Bridegroom, thirsting for the love of our hearts. To You, we sing the song of love... (0:11)

B Song: *I Greet You* – 4th stanza (0:36)

P Beloved Jesus! Looking at the white Host placed over the tabernacle, I see You with the eyes of the spirit. I look gratefully toward You, amazed at the gift of Your presence with us and for us. You are here, so very close... You are, O Almighty Lord of time and eternity, You are... You are, O Beauty Uncreated, hidden under such faint forms of white Bread. You do not overwhelm with the splendor of Your beauty... You do not inspire fear in the hearts of Your chosen. You desire us to approach You boldly, with tender love, remembering only the purity of the heart in which We will host You. So, yes, we still need to remember to constantly maintain a heavenly crystalline purity of heart in our daily decisions... (1:19)

P Song: *Jesus, Veiled in the Sacred Host* – 1-3 stanza (2:03)

G Dearest Jesus! How recently we have lived through the time of Your Christmas. We still sing carols... we still look into the space of the Bethlehem grotto, where Your Immaculate Mother Mary and St. Joseph adore You. St. Faustina, in the atmosphere of this Christmas, wrote in her *Diary* (No. 182): “Today I was in intimate union with Our Lady, I went through Her spiritual experiences. ... During Midnight Mass, I saw the Infant Jesus in the Host, and my spirit immersed itself in Him. Even though He was a little baby, His majesty pervaded my soul. **I was completely permeated by this mystery, God’s coming down and making Himself so lowly, expending Himself so unspeakably.** It was alive in my soul for the whole of Christmas. O, we shall never comprehend how lowly God made Himself.” (1:21)

G Song: *Hush, Little Jesus* – 1st stanza (0:58)

H “I was completely permeated by this mystery, God’s coming down and making Himself so lowly, expending Himself so unspeakably. It was alive in my soul for the whole of Christmas. O, we shall never comprehend how lowly God made Himself.” (0:21)

H Song: *Hush, Little Jesus* – 2nd stanza (0:58)

D “I was completely permeated by this mystery, God’s coming down and making Himself so lowly, expending Himself so unspeakably. It was alive in my soul for the whole of Christmas. O, we shall never comprehend how lowly God made Himself.” (0:21)

D Song: *Hush, Little Jesus* – 3rd stanza (0:58)

D “I was completely permeated by this mystery, God’s coming down and making Himself so lowly, expending Himself so unspeakably. It was alive in my soul for the whole of Christmas. O, we shall never comprehend how lowly God made Himself.” (0:21)

D Song: *Hush, Little Jesus* – 4th stanza (0:58)

D “I was completely permeated by this mystery, God’s coming down and making Himself so lowly, expending Himself so unspeakably. It was alive in my soul for the whole of Christmas. O, we shall never comprehend how lowly God made Himself.” (0:21)

D Song: *Hush, Little Jesus* – 5th stanza (0:58)

D “I was completely permeated by this mystery, God’s coming down and making Himself so lowly, expending Himself so unspeakably. It was alive in my soul for the whole of Christmas. O, we shall never comprehend how lowly God made Himself.” (0:21)

D Song: *Hush, Little Jesus* – 6th stanza (0:58)

Z Dearest Jesus! St. Faustina wrote such words at Christmas time (*Diary*, No. 576): “O Blessed Trinity, Eternal God, my spirit is submerging in Your beauty; ages are nothing to You; You are always the same. O, how great is Your majesty. O Jesus, for what reason do You conceal Your majesty, why have You left the throne of Heaven to be with us? The Lord answered me, “My Daughter, it is love that has brought Me here, and it is love that keeps Me here. Daughter, if you knew how great is the merit, how great the reward due for just one act of pure love of Me, you had die of joy. I am telling you this so that you can keep uniting with Me all the time through love, for that is the purpose of your souls life; that act of uniting depends on an act of your will. Know that the pure soul is humble. When you lower and annihilate yourself before My majesty, that is when I pursue you with My graces, that is when I apply My omnipotence to elevate you.” (1:34)

Z Song: *When Beautiful Maiden* – 1st stanza (0:51)

Z The Lord answered me, “My Daughter, it is love that has brought Me here, and it is love that keeps Me here.” (0:10)

Z Song: *When Beautiful Maiden* – 2nd stanza (0:51)

Z “Daughter, if you knew how great is the merit, how great the reward due for just one act of pure love of Me, you had die of joy.” (0:14)

Z Song: *When Beautiful Maiden* – 3rd stanza (0:51)

Z “Know that the pure soul is humble. When you lower and annihilate yourself before My majesty, that is when I pursue you with My graces, that is when I apply My omnipotence to elevate you.” (0:19)

Z Song: *When Beautiful Maiden* – 4th stanza (0:51)

M Beloved Jesus! How grateful we are for the opportunity to be with You in such a soothing, unhurried manner. Thanks to Holy Communion, we access the grace that Your Blessed Mother Mary and St. Joseph received when they could, with delight, adore You, laid on the hay of the Bethlehem grotto. We love You, O Jesus! We are grateful that You are thirsty for our presence. We are grateful that indeed You, God, long for such encounters when we are not in a hurry to do other people or things, but have time for You, O Beloved... (1:02)

M Song: *Meager and quiet* – 1st stanza (0:28)

W Dear Lord Jesus! St. Faustina recorded such words, with which You convince her, and, consequently, us, how much You desire the presence of those who love You – You, who are devoting Yourself out of love to the human race. Here are these words (*Diary*, No. 348-349): (0:30)

J 1934, the first Thursday after Christmas. I completely forgot it was Thursday, and did not do my Adoration. I went to the dormitory with the other sisters at nine o'clock. Strangely, I could not fall asleep. It seemed to me that I had not done something. In my mind I went through my duties and I could not recall anything that I had not done. This went on until ten o'clock. At ten o'clock I saw the tormented face of Jesus. He said to me, "I was waiting for you to tell you about My suffering, for who better to understand My suffering than My bride?" (1:03)

B Put to shame, I apologized to Jesus for my coldness and, not daring to look up to Jesus but with a contrite heart, I asked Him to grant me one of the thorns from His crown. Jesus said that He would grant me that grace, but not until the next day, and immediately the vision vanished. In the morning, during meditation, on the left side of my head I felt a pain caused by the thorn. The suffering lasted the whole day, all the time I was meditating, wondering how Jesus could have endured the pain of all those thorns in the crown. I united my suffering with what Jesus had suffered and offered it up for sinners." (0:59)

B Song: *God Is Born* – 1st stanza (0:28)

P ... I saw the tormented face of Jesus. He said to me, *I was waiting for you to tell you about My suffering, for who better to understand My suffering than My bride?* (0:21)

P Song: *God Is Born* – 2nd stanza (0:28)

P ... I saw the tormented face of Jesus. He said to me, *I was waiting for you to tell you about My suffering, for who better to understand My suffering than My bride?* (0:21)

P Song: *God Is Born* – 3rd stanza (0:28)

P ... I saw the tormented face of Jesus. He said to me, *I was waiting for you to tell you about My suffering, for who better to understand My suffering than My bride?* (0:21)

P Song: *God Is Born* – 5th stanza (0:28)

G ... I saw the tormented face of Jesus. He said to me, *I was waiting for you to tell you about My suffering, for who better to understand My suffering than My bride?* (0:21)

G Song: *I Know in Whom I Believe* – 1st stanza (0:28)

G ... I saw the tormented face of Jesus. He said to me, *I was waiting for you to tell you about My suffering, for who better to understand My suffering than My bride?* (0:21)

G Song: *I Know in Whom I Believe* – 2nd stanza (0:28)

G ... I saw the tormented face of Jesus. He said to me, *I was waiting for you to tell you about My suffering, for who better to understand My suffering than My bride?* (0:21)

G Song: *I Know in Whom I Believe* – 3rd stanza (0:28)

H Beloved Jesus! How good it is for us to be here with You... How good it is to sing You a song of love... How good it is to love You... How good it is to live out Your love for each of us personally... (0:20)

H Song: *Meager and quiet* – 1st stanza (0:28)

H What is the happiness to be with You, O Beloved... What is the happiness of being with You in the presence of the Holy Trinity... What is the happiness to be with You, O Dearest... (0:20)

H Song: *Meager and quiet* – 2nd stanza (0:28)

H What is it the happiness to be with You, O Beloved... What is it the happiness to be with You in the presence of the Blessed Virgin Mary, Saint Joseph, all the other saints, and the angels... (0:21)

H Song: *Meager and quiet* – 3rd stanza (0:28)

H How good that You are, O Jesus... How good we are here with You – in a community of people in love with You... How good that You love us, O Jesus... How good that You longingly await our love for You, and for every sister... and for every brother... (0:29)

H Song: *Meager and quiet* – 4th stanza (0:28)

D Dear Savior! Your love is extraordinary. Your love awakens the love of our hearts. Your love is worthy of praise. Your love arouses in us the desire to imitate You. In the *Diary* (No. 526) of St. Faustina, we read that You desire those who seek ways to respond to Your love to imitate You. Here are the words that St. Faustina wrote down: (0:41)

M This Thursday, when we were having night-time adoration at first I could not pray, I was overcome with some kind of aridity; I was unable to meditate on Jesus' bitter Passion, but I prostrated myself on the floor in the form of a cross and offered up Jesus' bitter Passion to the Heavenly Father in reparation for the sins of the whole world. When I got up after that prayer and went back to my kneeler, suddenly I saw Jesus next to my kneeler. He looked just like He did when He was being scourged; He was holding a white robe which He put on me, and a rope which He tied round my waist, and He covered me with a red cloak like the one He had during His Passion, and put a veil of the same color on me. And then He said to me, (1:11)

Z "This is the clothing you and your companions will have; **My life shall be your rule, from My birth to My death on the cross.** Observe My life and live according to it; I want you to probe into the depths of My Spirit, to see that I am meek and humble of heart." (0:28)

Z Song: *In the Silence of the Night* – 1st stanza (0:29)

Z "**My life shall be your rule, from My birth to My death on the cross.** Observe My life and live according to it; I want you to probe into the depths of My Spirit, to see that I am meek and humble of heart." (0:22)

Z Song: *In the Silence of the Night* – 2nd stanza (0:29)

Z "**My life shall be your rule, from My birth to My death on the cross.** Observe My life and live according to it; I want you to probe into the depths of My Spirit, to see that I am meek and humble of heart." (0:22)

Z Song: *In the Silence of the Night* – 3rd stanza (0:29)

Z "**My life shall be your rule, from My birth to My death on the cross.** Observe My life and live according to it; I want you to probe into the depths of My Spirit, to see that I am meek and humble of heart." (0:22)

Z Song: *In the Silence of the Night* – 4th stanza (0:29)

J Dearest Jesus! Behold, the time of our stay with You is slowly ending. We are well with You, O Beloved... We desire to come here again – Your love is our hearts' delight. Before we part, we desire to listen to Your voice in silence until the Appeal of Jasna Gora... Speak, O Dearest, in the silence of our hearts, speak words of love, O Beloved... May Your love deeply penetrate our hearts... May our love for You be likened to Your Divine love... Amen. (0:51)