

## **Retreatant's Handout - Conference 2**

### **Friday - Fr. Jason Jones**

Notes:

#### **Stations**

My daughter, try your best to make the Stations of the Cross in this hour, provided that your duties permit it; and if you are not able to make the Stations of the Cross, then at least step into the chapel for a moment and adore, in the Most Blessed Sacrament, My Heart, which is full of mercy; and should you be unable to step into chapel, immerse yourself in prayer there where you happen to be, if only for a very brief instant (1572).

**Today Jesus said to me, I desire that you know more profoundly the love that burns in My Heart for souls, and you will understand this when you meditate upon My Passion. (186)**

**There is more merit to one hour of meditation on My sorrowful Passion than there is to a whole year of flagellation that draws blood. (369)**

**There are few souls who contemplate My Passion with true feeling; I give great graces to souls who meditate devoutly on My Passion. (737)**