

Elements of Devotion to the Flame of Love of the Immaculate Heart of Mary

Humility

The Most Important Attribute of the Devotion

- p196: Jesus: “Although you feel so weak, that is not an impediment, because neither the manifestation of your weakness nor your constant effort will bring our Cause to a successful conclusion. Your humility is the only instrument in your hands that helps the Cause to succeed.”
- p244: Jesus: “You know well that I make use of your littleness, your ignorance and your humility to gain My purpose. Above all, I stress your humility.”
- p36: Mary: “My daughter, now that you are over this great temptation [attacks from Satan], I will reward you. You have overcome a great trial. We wanted to increase your humility. This is why my Divine Son let Satan get so near to you, to make you more able to propagate the Flame of Love.”
- Why? It is the gateway grace

Without Humility, Grace Can Be Spiritually Toxic

- p81: “My Mother, I ask you humbly to forgive me. I do not waver, not even in the midst of my terrible temptations. You know that I am only an insignificant speck of dust. I can do nothing without the two of you.”
 - She replied:
 - Mary: “It is precisely because of your littleness, incapacity and humility, that my Flame of Love will move ahead gently and without disturbance. Therefore, be careful and remain hidden in humility. You will be continually subjected to humiliations, both internal and external. It is only thus that I can guard you so to pass on my Flame of Love.”
- Pride over God’s gifts renders them loathsome to Him

What is Humility?

- “Humility is not thinking less of yourself, but thinking of yourself less” – NOT CS Lewis
- CS Lewis: “Do not imagine that if you meet a really humble man he will be what most people call ‘humble’ nowadays: he will not be . . . always telling you that, of course, he is nobody. . . . He will not be thinking about humility: he will not be thinking about himself at all.” - Mere Christianity, Book 3, Chapter 8
- Beware false humility!
 - P153: Jesus: “All of you must discard your false humility that keeps you away from Me. I say this because you stay far from Me by claiming that you are not worthy. Really, your sins cause you to starve for My love. So, make yourselves worthy by repentance. . . .”
 - “I’m not worthy!” - so what?
 - Someday God will make us beautiful and even then, so what?!

What Is Humility?

- Complete freedom from concern about self – Mary at the Annunciation
- Humility and Love are two sides of the same coin
 - When we are free of all concern about self, we are free to be all concerned about loving others
- “A holy man is coming” - how would I recognize him?
- P18: Jesus: “My little one, do not be overwhelmed. Live hidden in great humility. Except for a few persons, no one should know about you. You will gain merits by your sufferings. These you must offer in union with Me to the Eternal Father for the souls consecrated to Me. May your humility be so great that you radiate goodness and love to all whom you meet.
 - . . . Always ask Our Mother to protect you in hidden humility.”

Humility Frees Us From Fear

- Free of protecting our Lives, Health, Wealth, Honor and Reputation, Time (Matt 5:42), Ease and Comfort
- Free to embrace suffering for the salvation of others
 - p4: Mary: “Just live in hidden humility and be consumed in suffering.”
- If we no longer have any concern for self, there is nothing to fear (I John 4:18)
- p114: Mary: “Tell me, why are you afraid?”
 - I was thinking that I had to go to the bishop. Every time I thought of this my heart shriveled up.
 - Mary: “You have no reason to fear. Although we prepared your soul, you must unceasingly feel that you are an instrument in our hands. Attribute nothing to yourself. Fear is inevitable, it is a reflection of your pride. Do you think you are capable of anything? Devote yourself fully, my little one. Recognize your nothingness. We will lead you.”
 - Do we ask God to help us in our work (perhaps fearing failure) or ask that we do His?

Free From Fear Of Our Inadequacy

- p23: Jesus: “I always tell you not to worry that you can give Me only little things. I say again, always remain little. Do you know what we are going to do? You will give Me the little pieces of a mosaic which you collect throughout the day. I will arrange these pieces according to their color and shape. When all is finished, you will marvel to see the work of art that I created. But I cannot be an artist unless you gather the pieces. Without you, I cannot bring about My work of art.”
- p89: The Lord’s unlimited love poured out into my heart. With my eyes closed, in deep humility and conscious of my misery, I offered myself to Him. I gave Him all my weakness because I had nothing else to offer Him.
- Do We Really Think We Can Do What Jesus Asks On Our Own?!
- p22: Jesus: “Your constant failures do not destroy your spirit; instead, they ensure your humility. Meditate frequently on this until you perfectly understand it“

Free From Fear Of Our Inadequacy

- p78: Jesus: “Do you want to give yourself to Me entirely and without reserve? I, the Man-God, ask this of you. I need you for My work of Salvation. What I am asking you now is a total abandonment. Therefore renounce yourself completely with all your strength and all your will. You must serve only Me. No one else and nothing else now exists for you. Only I.”
 - “O Lord Jesus, my adorable Christ, you ask me to serve only You. Can I do anything else? As You ask, I give myself totally and without reserve. Sweet Jesus, I live for You and I die for You. I am Yours for all eternity. To whom else can I belong? Who else would accept me with all my sins, failings and defects? With the greatest pleasure, Lord, I sacrifice my little life for souls. My only desire is that Your eternal will, the salvation of souls, is brought about. Divine Sculptor, form me in Your image and likeness, so that at the hour of my death You recognize the work of Your holy hands. O blessed divine hand that carves and caresses at the same time. My soul burns with desires when You say that You need my sacrifice. What a great distinction! I bless You, beloved Jesus, and exalt You without end.”

How Jesus and Mary Build Humility In Us

- Our Failures

- p68: Mary: “We will even make your faults and sins serve the good of your soul. These will always keep you humble. Always be concerned about humility. Only a very humble soul can fulfill our Cause.”
- p119: [After an event where Elizabeth tried but failed to eloquently explain the Flame of Love to a doubting priest to whom Mary had sent her]
 - Mary: “. . . Do not be surprised, my little instrument, that you cannot speak eloquent words. I am the one who acts and who enkindles the Flame of Love in the depth of hearts. I am the one who confused your words and darkened your mind. I did not want any pride in your soul. That would be a great fault. You, little instrument, be reasonable and totally humble. You are an instrument in our hands. We care for you and allow no sin to come close to you. Be careful in all your temptations. The Evil One takes advantage of every situation to shake your humility.”
- p191: Jesus: “As for allowing you to fall many times, that was required of you by Myself in order to thus temper your soul for this great humility without which I would not have succeeded with you.”
- II Cor 12:7-12

How Jesus and Mary Build Humility In Us

- Our Interactions

- P87: Jesus: “Do not be impatient because you have no spiritual director. Now, I am in charge of directing you. Just pay attention to Me. Even when I keep you in the darkness of your doubts, I am with you. Do not forget that when I was asleep in the boat, I chided My apostles for their lack of faith. It takes only one word from Me to bring about silence and light in your soul. Sometimes, I will send it through other people; accept it, even if it is through the most insignificant person. I repeat: I do this to increase your humility.”

- Our Humiliation

- p156: Jesus: “Your soul needs to breathe as much as your body. The soul’s breathing comes from external and internal humiliations. In this month dedicated to My Sacred Heart, I will shower you with many graces and increase in you the virtues of humility and meekness. These two you need the most.”

Humiliations? Really?!

- I thought it was just humility? This is a whole nother level!!
- p75: Jesus: “See humiliation as a great instrument that guarantees abundant fruit for your work. Seek and love humiliation. I did this during My lifetime. If this is difficult for you, seek out our Mother. She is the true teacher of humility and she will help you.”
- p85: Mary: “I entrusted you with the task of making known this burning love. That is why you must be very humble. Such a grace as this has only been granted to only very few. Hold such great grace in high esteem. What you must love and seek the most in it are the internal and external humiliations. Never believe that you are important. Your principal task is to consider yourself as nothing; never stop doing this. Even after your death, this should be happening. It is for that reason also that you receive the graces of internal and external humiliations. In this way, you can remain faithful in spreading my Flame of Love. Take advantage of every opportunity; seek these external and internal humiliations with your own effort, because what you seek for yourself increases your humility even more.”
 - When the Blessed Virgin finished these maternal instructions, my heart was filled with profound humility. The Blessed Virgin allowed me to feel how powerful she is. Yet, in her earthly life, she was humble and modest.

Humiliations? Really?!

- Jesus and Mary lived this
 - Jesus stripped on the Cross, the accusation of fornication – John 8:41
- P100: While the Blessed Virgin was saying these things, she kept my soul immersed in the thick darkness of the cave at Bethlehem. By the clarity of her divine Motherhood, she enlightened me about the great and admirable mystery of the Word became Flesh: how the Son of God, from the moment of His birth, came to be in our midst with the greatest poverty and humility. The Blessed Virgin strengthened me again in humility and said:
 - Mary: “Seek humility always and everywhere. Distance yourself from those who honor you, who love you. Seek only to be despised. Love those who speak evil of you and misunderstand you.”
- It eventually becomes harder to bear compliments than insults!

It's Where Satan Hits The Hardest

- p275: Jesus: "The Evil One wants to make you fall into despair. He will use a ruse to ruin your humility. The Evil One knows that if he removed the water of your humility, he can smuggle in all his perversities. Just be humble! . . . In these days and in these difficult times, you have a need for greater and more frequent humiliations. I know this. Therefore, I send you everything to bathe your soul in humiliation because without it, I could not guarantee the purity of your soul."
- p184: Jesus: "Be careful, My Elizabeth, your soul will be the battleground of a great and prolonged combat. The Evil One wants to uproot the greatest riches in your soul. He wants to destroy your humility. He knows and he sees that this is the unique value he has to attain. This is the only way that he can destroy the constancy of your soul. He will attack you with a terrible power and he will use all the resources of his hatred against you. The Evil One will disturb your thoughts, he will make you unsure of your actions. By his words, he will suggest every kind of foul deeds and he will flood you with terrible torments. He wants to deceive you so you abandon your humble devotion."

The Protective Bubble Of Humility

- Deborah temporarily derailed
- Reflect on how each of our elements must be wrapped in humility:
 - Reorganize one's schedule to make time for the night vigils by which we save the dying from damnation
 - Avail one's self of the Sacrament of Reconciliation regularly and make a daily examination of conscience
 - Try to attend daily Mass and arrive early or stay late to spend time in adoration
 - Make time at a perpetual adoration chapel near home or work
 - Continue fasting and maintaining a bland diet
 - Continue Family Flame of Love Holy Hours on Thursday and Friday
 - Continue living Jesus' daily intentions
 - Continue living the The Unity Prayer
 - Continue the Flame of Love Hail Mary and Rosary
 - The five-fold Sign of the Cross
 - Offering our work, sacrifices, fasts, bland meals, vigils, repentance, Masses, and Adoration for the blinding of Satan, the salvation of souls, our families, and the joy of our Beloved