

Sacrifice enables the human heart to be emptied of self-love and expands it to encompass the divine love of God. Every opportunity to lovingly sacrifice in thought, word, and deed- that is, to die to self- is really a golden opportunity to love and thus win all the more grace for one's self and others. In other words, every time one willingly chooses to die to self- that is, to one's own will- to do the Will of God, that person is really effecting a new birth of grace into the world, for at least one other soul that her or she may never meet until eternity. **“Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat,”** Jesus tells us in John 12:24, **“but if it dies, it produces much fruit.”** No wonder religious sisters and priests are known and understood as spiritual mothers and spiritual fathers! For by denying, depriving, and disciplining their bodies, minds, and wills, through prayer, penitence, and penance, they are really bolstering, burgeoning, and blossoming their hearts, souls, and spirits, and with them, all their many other “spiritual children” whose lives have been benefited in some major or even slight way by their sacrificial love. The following are several small but powerful “sacrifice ideas” and to help bolster our relationship with God and procure the salvation of souls:

Little Physical Sacrifices

“I need your acts of self-denial too, your discomforts and your bodily sufferings, just as though Mine were not complete and I had to wait for yours in order to bring salvation to the world.” “The most ordinary sufferings—heat, insects, unforeseen mishaps, petty annoyances that you offer Me in expiation—are part of the harvest of the autumn of your life in this ever-marvelous springtime of love.” -Jesus to Blessed Gabrielle Bossis

Practical Examples	Spiritual Effects
<p style="text-align: center;"><u>Sleep</u></p> <p>Rising earlier than necessary to pray in the morning; getting up right away instead of going back to bed.</p>	<p>“You could help Jesus save somebody's soul by getting out of bed the moment you're alarm goes off. You're saying no to the senses- becoming a free person. You are listening to the Holy Spirit, and you are worshipping God by offering the sacrifice and you are redeeming the world by uniting that moment of sliding out of bed to the Cross of Jesus Christ.” -Fr. Mike Schmittz</p>
<p style="text-align: center;"><u>Food</u></p> <p>Fasting (on bread and water, for instance) 1-2 days a week; choosing healthier, leftover, or less desirable foods and drinks; only eating during set or scheduled mealtimes; eating slowly or interspersing prayers or conversation between bites; finishing meal slightly hungry; forgoing desserts.</p>	<p>“...a servant of God performed eight acts of mortification in eating an egg, and it was afterwards revealed to her that, as the reward of her self-denial, eight degrees of grace and as many degrees of glory were bestowed upon her.” -St. Alphonsus Liguori</p> <p>"Fasting is the support of our soul: it gives us wings to ascend on high, and to enjoy the highest contemplation!" -St. John Chrysostom</p> <p>"Besides the ordinary effect of fasting in raising the mind, subduing the flesh, confirming goodness, and obtaining a heavenly reward, it is also a great matter to be able to control greediness, and to keep the sensual appetites and the whole body subject to the law of the Spirit; and although we may be able to do but little, the enemy nevertheless stands more in awe of those whom he knows can fast." -St. Francis De Sales</p>
<p style="text-align: center;"><u>Health</u></p> <p>If undergoing sickness, seeking help and allowing Jesus to work through the medicine and doctors, but accepting as God's Will a cure or no cure.</p>	<p>“If you are ill, particularly, spend your days with Me and I can show you heights of holiness that will leave you breathless. I work with great energy in the soul of someone who suffers physically. Trust Me, please, with everything, for I am caring for you lovingly.” -Jesus via ‘Anne, apostle of the Returning King’</p> <p>“Do not be too preoccupied about your health. God will always give you sufficient strength to serve Him properly.” -<i>Unpublished Manuscript on Purgatory</i></p>
<p style="text-align: center;"><u>Posture</u></p> <p>Sitting or standing up straighter; kneeling or even prostrating oneself during private prayer.</p>	<p>“When you kneel before an altar, do it in such a way that others may be able to recognize that you know before whom you kneel.” -St. Maximilian Kolbe</p> <p>“A Christian can see more when he's on his knees than he can when he's on his feet.” -John Hagee</p>

Little Social Sacrifices

“The Lord may ask us when we see Him, ‘Do you remember this person who was standing next to you for an hour...for thirty minutes...for five minutes? This person needed your love and your prayers. Did you notice her, or was she another passing shadow? Did she mean nothing to you because you were so into yourself?’” -Marino Restrepo (a revert to the faith, hailed as a St. Paul of our century, who actually met the Lord face-to-face an illumination of conscience experience and shocking life review).

Practical Examples	Spiritual Effects
<p style="text-align: center;"><u>Kindness</u></p> <p>Viewing opportunities to serve, assist, or console others as requests directly from the Throne of God and responding graciously and immediately; being generous with one’s time, talent, or treasure; showing gratitude and affection; gifting kind notes and compliments.</p>	<p>“It usually costs little to bring joy to another’s heart. All it takes is a little good will, a trifling exertion for the sake of your neighbor, a cheering gift, a few words, and sometimes just a smile.” “When you have entered into eternity, you will be amazed on realizing what a wonderful kingdom of joy you might have set up around you on earth by means of mere trifles.” -Fr. Lawrence Lovasik</p> <p>“When someone knocks at our door, or when we are rung for, we must practice mortification and refrain from doing even another stitch before answering. I have practiced this myself, and I assure you that it is a source of peace.” -St. Therese of Lisieux</p> <p>“What you do for yourself will perish miserably. What you do for others, for the love of Me, will go on re-echoing throughout all eternity.” -Jesus to Bl. Gabrielle Bossis</p>
<p style="text-align: center;"><u>Humility</u></p> <p>Remaining in the background as much as possible to commune with God, but reaching out to others in sincerity and simplicity; focusing on and discussing the positive qualities of others and any shared commonalities.</p>	<p><i>“If there is a disagreement and you make peace, even if you are not at fault, all of Heaven will applaud you. Blessed are the peacemakers, my children... Bring peace everywhere with you and you will be a faithful apostle of my beautiful son, Jesus.”</i> -Blessed Mother via ‘Anne, apostle of the Returning King’</p> <p><i>“If you are a sign of humble love in the world, people will be drawn to you. Always affirm the good in people and let your demeanor preach Holy Love for you. In this example of Holy Love, people can be convicted in their hearts of their errors, rather than you preaching to them. Always defend the Truth, however, even in the face of opposition.”</i> -Blessed Mother via holylove.org</p>
<p style="text-align: center;"><u>Meekness</u></p> <p>Being a good and attentive listener; giving others’ opinions or preferences primacy; giving no resistance or reply when insulted or ignored; holding back an unnecessary or unkind word or joke.</p>	<p>“My whole strength lies in prayer and sacrifice, these are my invincible arms; they can move hearts far better than words, I know it by experience.” “It is better to leave each one in his own opinion than to enter into arguments.” -St. Therese of Lisieux</p> <p>“You must never take any notice of what will be said of you. The real merit of a person consists not in accepting with patience rebukes which she has merited more or less, but in accepting patiently those she has not merited, especially if she has done her utmost to do good and is then reproached for it.” -Unpublished Manuscript of Purgatory</p>
<p style="text-align: center;"><u>Courage</u></p> <p>Praying to have one’s spiritual eyes open so as to always be prepared to evangelize; speaking Jesus’ Name lovingly in conversation; standing up for the Church or the Truths, offering to pray together with someone.</p>	<p>“You are to speak freely of Me. If a soul rejects Me, hold no malice for that soul. Simply pray for them and move along, seeking out another. Often you are like a farmer sowing seeds. I, Myself, must reap the harvest.” -Jesus via ‘Anne, apostle of the Returning King’</p> <p>“You will need to use the truth as a weapon. When someone speaks the truth, people listen. They may become angry, they may deny the truth, and they may then try to hide the truth, but they will hear you. And then they must make a choice.” -St Ignatius of Loyola via ‘Anne, apostle of the Returning King’</p>

Little Mental Sacrifices

“Dearest little children, place your petitions in My Motherly Heart, which is your protection and trust in the provision of My Son's Heart. Your every need is already in My Heart. Every concern must be your joy, for it helps to turn souls towards God.” -Our Lady of Mount Carmel, via Holy Love Ministries

Practical Examples	Spiritual Effects
<p align="center"><u>Joy</u></p> <p>Accepting trials, inconveniences, disappointments, and bad news with cheerful resignation to the Will of God; refusing to complain about one's sufferings, so as confide them only to Jesus.</p>	<p>“...when something painful or disagreeable happens to me, instead of a melancholy look, I answer by a smile. At first I did not always succeed, but now it has become a habit which I am glad to have acquired.” -St. Therese of Lisieux</p> <p>“You are this light that shines in the darkened world. If I give you sufferings and you complain, your light does not shine... If you accept your cross, you should carry it, not give the burden to others... This develops intimacy with Me and our eyes meet and we know the suffering, as the suffering between My mother and Me!” -Jesus in God's Blue Book 3</p>
<p align="center"><u>Diligence</u></p> <p>Doing your daily duties thoroughly and promptly, despite any feelings of fatigue or boredom; avoiding procrastination or diversions; prioritizing and finishing necessary tasks before allowing one's self a break; practicing being attentive to the Holy Spirit's promptings to do the Will of God in the present moment.</p>	<p>“Watch your time. Write it down-how you spent it in useless ways!... Don't rob Me of My time. I am telling you, you will be accountable for your time and how you use it. I lent it to you to do My work...to serve Me.” -Jesus in God's Blue Book 1</p> <p>“It matters - the disposition of the heart - in the very smallest of matters. If the smallest and most insignificant thing is given to Me with great love, it becomes great in My Eyes. This is how the boredom of routine can become a great vehicle of conversion for many. It is likewise how the smallest inconveniences can save souls and turn hearts back to Me.” -Jesus via holylove.org</p> <p>“Find Me in your soul in each moment you are questioning your role in the Kingdom. I will direct you.” -Jesus via ‘Anne, apostle of the Returning King’</p> <p>“In every situation think more about loving than about working.” -St. Maximilian Kolbe</p>
<p align="center"><u>Holy Indifference</u></p> <p>Quickly replacing any vain, impure, selfish, judgmental, or useless thoughts with prayers; avoiding instantly and incessantly checking our mail or messages; mortifying curiosities about others' affairs; peacefully entrusting any past regrets or future worries to Jesus' infinitely merciful love.</p>	<p>“Focus! This is your focus, Jesus Christ! Constant union with Me in your thoughts. I must be so close to you that you wander not one second in your thoughts from our union.” -Jesus in God's Blue Book 2</p> <p>“What is left of all the earthbound thoughts you have cherished? And what would your treasure not be today if they had all been transformed into upsoarings to Me.” -Jesus to Bl Gabrielle Bossis</p> <p>“I permit this assailing battle of thoughts which oppresses you because it glorifies Me and gives Me souls. Offer Me these undesired thoughts at every instant with this ejaculation: ‘For You and for souls!’ I will transform these thoughts which come to you from morning to night, and which hinder your love, into graces and blessings for souls.” -Jesus to Sr. Consolata Betrone</p>
<p align="center"><u>Perseverance</u></p> <p>Persisting in prayer (especially the Rosary); seeking out a few more minutes of silence in the day; making frequent Spiritual Communions</p>	<p>“When you do not have peace in your heart, stop what you are doing and pray. I will restore peace to your soul and you will then be happier and more effective.” “...your own little priceless soul...becomes more and more beautiful through prayer and silence.” “In those prayer times when you feel less, you are gaining more, believe Me, please.” -Jesus via ‘Anne, apostle of the Returning King’</p>