



19. August 2025

## Inner healing in God Part IV

### Holy Mass and Eucharistic Adoration

Faith restores our true relationship with God, and the Word of God nourishes it, granting us ever-deeper insight into the light of truth and shows us the way again and again. Through the forgiveness of sins, God opens the doors of His heart wide to us, allowing us to experience His unspeakable mercy. By experiencing God's love through the sacraments of Baptism and Penance, the soul begins to heal from the consequences of having strayed from Him. It no longer lives in darkness and, despite all the struggles it still faces, it has found the way to be receptive to God's grace and thus welcome His healing goodness. This new life is truly different; it restores man to his original beauty and dignity.

On this path, God offers us countless aids. Among them, Holy Mass and receiving Holy Communion stand out in particular. God Himself gives Himself in a mysterious way, spiritually nourishing us with His own Body and Blood!

Thus, we see that the Lord does not merely impart wise advice for our souls to heal. He gives Himself and unites with us where we are farthest from Him, thus remedying the loss of intimacy and union with God. In Holy Communion, Jesus gives himself to us with his divine and human nature, penetrating our whole wounded being.

Holy Communion becomes our heavenly food and serves as a remedy for our sick souls. The soul is lifted up from within and led to its true destination, while at the same time receiving the ability to fulfill it. The loss of a direct relationship with God, with all its negative consequences, distanced the soul from God and, therefore, also from itself. Now, the unification with the Lord, which He offers sacramentally to all who are in a state of grace, restores the soul's identity: it becomes the dwelling place of the living God. The Lord sets up His tent and dwells in it!

Eucharistic adoration prolongs the reception of Holy Communion in a special way. By adoring the Blessed Sacrament of the Altar, which is present in the tabernacles of our churches or exposed in the monstrance, we prolong the union with the Lord that takes place in Holy Communion. The soul prays to God, entering more and more into its transcendental vocation even in its earthly life. In fact, in eternity we will do nothing else but worship God together with the angels and saints.

The healing process that occurs through Holy Communion and Eucharistic adoration leads to a constant transformation of the person. It awakens in them a more contemplative attitude of listening and receptivity, which in turn will enlighten and bear fruit in their actions. Their actions will no longer be defined by the passions of human nature, which often fail and are marked by the consequences of original sin. Instead, they will be guided by the Holy Spirit. We will learn to listen to Him more and more, and precisely by acquiring this contemplative attitude, we will understand Him with increasing ease.

Thus, the soul understands its path better and better, also from within.

Gradually, its disorientation dissipates, allowing the soul to more easily come into contact with God, seeking His closeness. It loses its harmful desire for the world and its distractions, which rob it of strength. The life of prayer becomes deeper, placing the soul in a better condition to continue healing. In the constant dialogue with God that is prayer, the soul becomes familiar with Him and finds delight in Him again. A decisive step will then have been taken in the healing process, the goal of which is precisely to lead the person back to God.