

11. December 2025
THE ADVENT JOURNEY

Day 12: "The Divine Indwelling in Our Soul"

In this week's meditations, we reflected on the internalization of the Word of God, the Holy Rosary, and prayer from the heart. We also briefly mentioned receiving Holy Communion at Holy Mass, a topic I would like to dwell on a little more in today's meditation.

Through Holy Communion, an intimate union with the Lord takes place, and He penetrates more deeply into our soul. In God the Father's message to Sister Eugenia Ravasio, a private revelation that I have quoted on several occasions, our Heavenly Father offers the following reflection on this subject:

"To some souls, the words "I am coming into you" will seem a mystery, but it is not a mystery! Because, having instructed My Son to institute the Holy Eucharist, I intended to come to you every time you receive the Sacred Host! Of course, nothing prevented Me from coming to you even before the Eucharist, as nothing is impossible to Me! But receiving this Sacrament is an action that is easy to understand and it shows how I come to you! When I am in you, I can more easily give you what I possess, provided that you ask Me for it. Through this Sacrament you are intimately united with Me. It is in this intimacy that the outpouring of My love makes My holiness spread into your souls. I fill you with My love, then you have only to ask Me for the virtues and perfection you need and you can be sure that in those moments when God is reposing in His creatures, nothing will be refused you."

Attentive participation in the Holy Mass and the reception of Holy Communion are eminent means of deepening our faith and allowing God to dwell in us. This is even more true when the liturgy is celebrated with dignity and in all its elements corresponds to the holiness of this wonderful event. When this happens, the soul opens more easily to the presence of God than when the celebration is distorted by elements that trivialize it.

To achieve the desired deepening, it is advisable, as far as possible, to remain in silence for a time before and after Holy Mass, to prepare the soul for the encounter with the Lord and then allow the treasure received to take root more deeply.

In general, the search for silence to be alone with God is an essential element in deepening one's spiritual life. In fact, the Lord loves to be alone with a soul. Then He can communicate with it in a familiar way.

After speaking about the divine indwelling in our soul through Holy Communion, God the Father continues in the Message to Mother Eugenia that I quoted a moment ago:

"I also want to show you how I come to you through My Holy Spirit. The work of this Third Person of My Divinity is done in silence, and often man does not perceive it. But for Me it is a very appropriate means of remaining, not only in the Tabernacle, but also in the soul of all those who are in a state of grace, to establish My throne there and dwell there always, as the true Father who loves, protects, and assists His child. No one can imagine the joy I feel when I am alone with a soul."

Thus, deepening our interior life consists in opening the doors of our heart wide to the Lord and offering it back to Him after every little offense in order to be reconciled with Him, allowing this divine life to unfold within us.

This is what the interior journey is all about. Indeed, the Lord Himself tells us in the Gospel: *"The kingdom of God is in the midst of you"* (Lk 17:21). And St. Teresa of Avila writes on this subject:

"To speak with your Eternal Father, you do not need to go to heaven, (...) nor do you need wings to go and find Him, but rather to be alone and look within yourself and (...) with great humility speak to Him as to a Father, ask Him as a Father, tell Him of your troubles, ask Him for a remedy for them, understanding that you are not worthy to be His daughter" (*The Way of Perfection*, Chapter 28).

Meditation on the Gospel of the day: <https://en.elijamission.net/the-violent-are-taking-the-kingdom-of-heaven-by-storm-2/>