

# Low Sunday - How Christ Appeared to the Apostles in the Cenacle

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*by Father Alonso de Andrade, 1878 - Daily Meditations on the Mysteries of Our Holy Faith, on the Life of Christ and of the Saints, Part Two, Based on the Gospel of Saint John, Chapter 20*

**First Point.** Consider how for Christ there is no closed door, and that where evil could not enter, good did enter. For the disciples being assembled in the Cenacle, with the doors very well closed for fear of the Jews, Christ entered, arisen and glorious, and placed Himself in their midst, like the Sun in the center of the sky, illuminating and gladdening their hearts with the light of His Resurrection and the sweetness of His words. Consider the benignity of the Saviour, and the love He has for His own, and the care He takes to console them in their sorrows, and how for this purpose He multiplies miracles, putting to good use the subtlety of His glorious Body. Be blissful in having the Lord, and such a Teacher and Master, and gain great confidence in His love and providence; and ask Him to vivify you in your afflictions and works, and to console you, and to fortify you, like He did with His Apostles and Disciple

**Second Point.** Ponder how in this visit Christ placed Himself in the middle of that Congregation, because He wanted to be in the middle of His own, and in the middle of your own self, taking seat and abode in your heart. Disoccupy it from all that is earthly, and offer it entirely so that He comes to you, and He visits you, and consoles you, and lives with you. Ponder the supreme bliss of that holy company, seeing the glory of its Master and Redeemer; how all would approach to adore, reverence, and serve Him; and the love and caresses with which He would receive them, reassuring them against the fear they were in of the Jews who persecuted them. Come also to adore and revere Him, and ask Him for His blessing, and share the bliss that His Glorious Resurrection imparts, and may it encourage and fortify you for His Holy Service.

**Third Point.** Consider how He showed them the Sacred Wounds of His Hands, Feet, and Side, which shone in His Body, more glorious than the stars in the sky, increasing His beauty. See how He prides Himself on having suffered for you, so that you may place your pride in suffering for Him; and see how the affronts and wounds suffered in this world for the glory of God and the good of souls, are converted in the next life into daisies and most precious stones of glory, honour, and beauty. O Lord! Those who would endure affronts, stripes, wounds, insults, and death for You, as You endured for me! Ask the Lord this grace and be encouraged with His example to suffer with joy anything that may befall you, for His love.

**Fourth Point.** Consider what the Evangelist Saint John says that He then breathed on them, and gave them the Holy Ghost so as to forgive sins; He was not content with just giving them such increased joy, making them participants in the glory of His Resurrection; but giving them at the same time the plenitude of the Holy Spirit so as to forgive sins. Especially for this Christ came into the world, and for this He sent His disciples, not to punish but to forgive sins; and for this did He communicate to them the Holy Ghost. Oh that He would come into our souls, and give us this gift of gifts of His Holy Spirit! Ask Him to come into your own soul, and grant you this mercy, forgiving your sins with the liberality with which He pardoned the Apostles, giving them the very breath of His mouth. O Lord, would You give me encouragement from Your breath, and the grace so as to remain in Your grace, and the forgiveness of my sins. This I ask and plead for; hold me in Your hand so that I do not offend You any more.



*The Maesta Altarpiece - Christ's Appearance behind Locked Doors by Duccio di Buoninsegna (1260-1318 );*

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