

APPENDIX FOUR

Guided Meditation: “I Thirst for You”

The divine words, “*I thirst*,” first spoken on Calvary, still echo throughout every time and place. God still speaks them in the empty space, the dark and lonely place in every human heart.

“Jesus is thirsting for us right now. . . . Do we listen to Him saying, “I thirst for your love?” . . . Do we really hear Him . . . He is saying it right now.”

Mother Teresa’s Instructions to the M.C. Sisters
(February 1994)

“Behold, I stand at the door and knock” (Rev 3:20).

It is true. I stand at the door of your heart, day and night. Even when you are not listening, even when you doubt it could be me, I am there. I await even the smallest sign of your response, even the slightest hint of invitation that will allow me to enter.

The Secret of Mother Teresa

I want you to know that whenever you invite me, I come. Always, without fail. Silent and unseen I come, but with infinite power and love, bringing the many gifts of my Father. I come with my mercy, with my desire to forgive and heal you, and with a love for you beyond your comprehension — a love every bit as great as the love I myself have received from the Father. “*As the Father has loved me, so have I loved you*” (Jn 15:10). I come longing to console you and give you strength, to lift you up and bind your wounds. I bring you my light, to dispel your darkness and all your doubts. I come with my power, that I might carry you and all of your burdens; with my grace, to touch your heart and transform your life; and my peace I give to still your soul.

I know you through and through. I know everything about you. The very hairs of your head I have numbered. Nothing in your life is unimportant to me. I have followed you through the years, and I have always loved you, even in your wanderings. I know every one of your problems; I know your needs, your fears, and your worries. I hear your every whispered prayer, always. Even when it seems I am silent, I am ever at work in your life to bless you and protect you.

Every movement of your heart I follow, and your every thought. I know all your pain, your struggles and trials, your failures and heartaches. And yes, I know all your sins. But I tell you again that I love you, and not for what you have or haven't done. I love you for you; I love you because you are. I love you for the beauty and dignity my Father gave you, creating you in his own image. It is a dignity you have forgotten, a beauty you have tarnished by ego and sin. But I love you as you are, infinitely, completely, without reserve; and I have shed my blood to win you back. If you only ask me with faith, my grace will touch all that needs changing in your life, and I will give you the strength to free yourself from sin and from all that binds and burdens you, and from all that takes you away from me.

I know what is in your heart. I know your loneliness and all your hurts: the rejections, the judgments, the humiliations. I carried it all

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before you. And I carried it all *for* you so that you might share my strength and my victory. I know especially your need for love, how you thirst to be accepted and appreciated, loved and cherished. But how often have you thirsted in vain, seeking that love outside of me — I who am its Source — striving to fill the emptiness inside you with passing pleasures, and often with the even greater emptiness of sin. Do you thirst for love? "*If any one thirst, let him come to me . . .*" (Jn 7:37). I will satisfy your desire for love beyond your dreams. Do you thirst to be appreciated and cherished? I cherish you more than you can imagine, to the point leaving heaven for you, and of dying on a cross to make you one with me.

Don't you realize that your thirst for love is a thirst for me, I who *am* Love? I am myself the answer to your deepest desires.

I THIRST FOR YOU . . . Yes, that is the only way to describe my love for you: I thirst to love you and to be loved by you, that is how precious you are to me.

- Come to me, and I will fill your heart and heal your wounds. I will make you a new creation, and give you peace in all your trials.
- You must never doubt my mercy, my acceptance of you, my desire to forgive, my longing to bless you and live my life in you.
- If you feel unimportant in the eyes of the world, that matters not at all. For me, there is no one more important than you.
- Open to me, come to me, thirst for me, give me your life — and I will prove to you how important you are to my heart.

Don't you realize that my Father already has a perfect plan to transform your life, beginning from this moment? Trust in me. Ask me every day to enter and take charge of your life — and I will. I promise you before my Father in heaven that I will work miracles in your life. Why would I do this? Because I thirst for you. All I ask is that you entrust yourself to me completely. I will do all the rest.

The Secret of Mother Teresa

Even now I behold the place my Father has prepared for you in my kingdom. Remember that you are a pilgrim in this life, on a journey home. The things of this world can never satisfy you, nor bring the peace you seek. All that you have sought outside of me has only left you more empty, so do not cling to material things. Above all, do not run from me when you fall. Come to me without delay. When you give me your sins, you give me the joy of being your Savior. There is nothing I cannot forgive and heal. So come now, and unburden your soul.

No matter how far you may wander, no matter how often you forget me, no matter how many crosses you may bear in this life, there is one thing I want you to always remember, one thing that will never change: *I thirst for you* — just as you are. You don't need to change to believe in my love, for it will be your belief in my love that will change you. You forget me, and yet I am seeking you every moment of the day, standing at the door of your heart and knocking. Do you find this hard to believe? Then look at the cross — look at my heart that was pierced for you. Have you not understood my cross? Then listen again to the words I spoke there, for they tell you clearly why I endured all this for you: "*I thirst*" (Jn 19:28). Yes, I thirst for you — as the rest of the psalm-verse I was reciting says of me: "*I looked for pity, but there was none*" (Ps 69:20). All your life I have been looking for your love — I have never stopped seeking to love you and to be loved by you. You have tried many other things in your search for happiness. Why not try opening your heart to me, right now, more than you ever have before?

Whenever you do open the door of your heart, whenever you come close enough, you will hear me say to you again and again, not in mere human words but in spirit:

No matter what you have done, I love you for your own sake. Come to me with your misery and your sins, with your troubles and needs, and with all your longing to be loved. I stand at the door of your heart and knock. Open to me, for I thirst for you.

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"Jesus is God, therefore His love, His Thirst, is infinite. He the Creator of the universe, asked for the love of His creatures."

Explanation of the Original Rule

"He thirsts for our love..."

Mother Teresa's Letters to the M.C. Sisters
(May 11, 1994)

"These words: 'I thirst' — do they echo in our souls?"

Mother Teresa's Instructions to the M.C. Sisters
(February 1980)

"Today Jesus had His arms extended to embrace you. Today Jesus' Heart was opened to receive you. Were you there?"

Excerpt from Mother Teresa's Letters to M.C. Sisters
(April 8, 1977), paraphrasing St. Alphonsus Liguori