

opusdei.org

“I adore you, I love you, increase my faith”

When you receive him, tell him: Lord, I hope in you: I adore you, I love you, increase my faith. Be the support of my weakness: You, who have remained defenseless in the Eucharist so as to be the remedy for the weakness of your creatures. (The Forge, 832)

25 November

As you attend Mass, you will learn to deepen your friendship with each one of the three divine Persons: the Father who begets the Son; the Son, begotten by the Father; the Holy Spirit, who proceeds from the Father and the Son. When we approach any one of the divine Persons, we approach the one God. And when we come close to all three Persons — Father, Son and Holy Spirit — again we come into the presence of the one true God. Love the Mass, my children, love the Mass. And be hungry to receive our Lord in communion, although you may be cold inside, although your emotions may not correspond to your desires. Receive communion with faith, with hope, with burning charity.

A man who fails to love the Mass fails to love Christ. We must make an effort to “live” the Mass with calm and serenity, with devotion and affection. Those who love acquire a

finesse, a sensitivity of soul that makes them notice details that are sometimes very small, but that are important because they express the love of a passionate heart. This is how we should attend the holy Mass. And this is why I have always suspected that those who want the Mass to be over quickly show, with this insensitive attitude, that they have not yet realized what the sacrifice of the altar means.

If we love Christ, who offers himself for us, we will feel compelled to find a few minutes after Mass for an intimate personal thanksgiving, which will prolong in the silence of our hearts that other thanksgiving which is the Eucharist. (Christ is passing by, 91-92)

pdf | document generated
automatically from [https://
dev.opusdei.org/en-uk/dailytext/i-adore-
you-i-love-you-increase-my-faith/](https://dev.opusdei.org/en-uk/dailytext/i-adore-you-i-love-you-increase-my-faith/)
(10/08/2025)