



Digesting Many Impressions

Words from Father Kentenich, OME #2,200-202, May 1956

In a popular way we say that we want to go with our dear Mother of God and the loving God through our day's work - not without the loving God, not in opposition to the loving God but, as it were, always to grasp the hands of God and the Mother of God and heart in heart walk through our day's work with them.

We already discerned how that could be done practically. We have said that we should try *firstly, to look frequently in faith at the loving God throughout the day, secondly, to speak with him out of love, and thirdly, to make many little sacrifices for him out of faith and love.*

Last time we spoke about the manner and methods in which we can speak with the loving God during the day's work... Last Monday we made the resolution to be gratitude children or *Deo gratias* sisters and *Deo gratias* brothers during this week. You see, that is now the great question, whether we succeeded...

By the way, you may not overlook that Christianity is a religion of gratitude. Do you understand why? If you think of the climax of our religion, holy Mass, and at holy Mass at the center - that is *eucharistia*.¹ What does that mean? *The* great thanksgiving. You see, that is always personified thanksgiving that is expressed in holy Mass. May I again ask you not only to listen to the thoughts that we discuss with one another, but they must become alive during your day's work?

Tonight I want to (select) two subject areas that we have to discuss with the loving God and the Mother of God. What are these subject areas...? If you look into yourself or perhaps ask your friends and acquaintances, and they are honest with you, they will probably indicate two points. They will say, firstly, there are very many

impressions that we take in during the day, but that we do not interiorly digest. And then a second subject area (is) that we cannot handle our feelings of guilt. I will later explain to you what is meant by feelings of guilt.

What should I discuss with the loving God in a special manner? Firstly, undigested impressions that grow rampant in the subconscious life of my soul and constantly cause chaos, and then secondly, my feelings of guilt. First I must draw your attention (to the fact) that very many people are indeed also physically sick. Do you know why? Because of these undigested impressions and because they don't know what to do about their feelings of guilt.

What do we mean by undigested impressions? It is actually a simple fact. What do we mean by undigested food? You see, if I swallow a piece of leather, I will not digest it. Or if I eat something that goes against my nature, my stomach, I will not digest it. There is very much - now I do not speak of leather; I also do not speak of cheese or of fish or of pickled herring, but what do we talk about? Of impressions, of undigested impressions, that is, of events that made an impression on my soul and my heart. And because I did not digest these impressions... they make me sick...

Now think about the many impressions we take in, even our children take in, and do not digest them. You see, applied to our situation, we come from a time when we had the opportunity to strengthen the core of our personality so that we are resistant to very many impressions...

You see, we who have dedicated ourselves to the Mother of God did the following, we placed everything we are and have at her feet. And now she can do with us as she pleases. We specifically gave her the right (over it). ■

¹ Greek, *eucharistia* = thanksgiving.