

Advent Meditations With Saint Faustina

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Introduction

Saint Faustina (born Helena) Kowalska (1905–1938) is the perfect companion for Advent.

Born into a large, poor Polish family, she was devout from early childhood. After many visions of the Lord, at age 19 she joined the Sisters of Our Lady of Mercy in Warsaw.

On February 22, 1931, Sister Faustina received a miraculous vision. Shining and white-robed, Jesus appeared to her with rays of red and white flowing from his heart. Images of this vision, with the words, “Jesus, I trust in you,” were distributed worldwide. The image became known as “Jesus of the Divine Mercy” or the “Divine Mercy Image.”

She began a diary in 1934 to tell the wonderful story of the Divine Mercy image and devotions that developed from it.

This profound and mystical work, the diary of Saint Faustina Kowalska, provides the readings that accompany this Advent booklet’s selections from Scripture.

Sunday First Week of Advent

The People Will Honor the Lord

Strangely, all things came about just as the Lord had requested...the image [of the Divine Mercy] was publicly honored...for the first time. For three days it was exposed and received public veneration. Since it was placed at the very top of a window at Ostra Brama, it could be seen from a great distance.

DIARY OF ST. MARIA FAUSTINA KOWALSKA, 89

“The mountain of the LORD’S house shall be established as the highest mountain and raised above the hills. All nations shall stream toward it; many peoples shall...say: “Come, let us climb...to the house of the God of Jacob, That he may instruct us in his ways....” For from Zion shall go forth instruction, and the word of the LORD from Jerusalem.”

ISAIAH 2:2–3

Monday

First Week of Advent

Faith in God's Compassion

Jesus said to Faustina:

Take these graces;...encourage the souls with whom you come in contact to trust in My infinite mercy. Oh, how I love those souls who have complete confidence in Me. I will do everything for them.

DIARY, 294

A centurion approached him...saying, "Lord, my servant is...suffering dreadfully." He said to him, "I will come and cure him." The centurion said..."Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed."...Jesus...was amazed and said "...in no one in Israel have I found such faith."

MATTHEW 8:5-10

Tuesday

First Week of Advent

The Loving Messiah

Jesus, Friend of a lonely heart, You are my haven, You are my peace...You are everything to a lonely soul. You understand the soul even though it remains silent. You know our weaknesses, and like a good physician, You comfort and heal, sparing us sufferings—expert that You are.”

DIARY, 247

The spirit of the Lord shall rest upon him: a spirit of wisdom and of understanding, A spirit of counsel and of strength, a spirit of knowledge and of fear of the Lord, and his delight shall be the fear of the Lord. Not by appearance shall he judge, nor by hearsay shall he decide, But he shall judge the poor with justice, and decide aright for the land's afflicted.

ISAIAH 11:2–4A

Wednesday

First Week of Advent

Bread from Jesus

“One thing alone sustains me, and that is Holy Communion. From it I draw my Strength; in it is all my comfort...Jesus concealed in the Host is everything to me. From the tabernacle I draw strength, power, courage and light. Here I seek consolation in time of anguish. I would not know how to give glory to God if I did not have the Eucharist in my heart.”

DIARY, 1037

Then he took the seven loaves and the fish, gave thanks,...and gave them to the disciples, who... gave them to the crowds. They all ate and were satisfied....Those who ate were four thousand men, not counting women and children.

MATTHEW 15:36–38

Thursday

First Week of Advent

Becoming His Disciples

O Most Holy Trinity! As many times as I breathe, as many times as my heart beats,...do I want to glorify Your Mercy....Help me, O Lord, that my hands may be merciful,...that I may do only good...and take upon myself...difficult and toilsome tasks.

DIARY, 163

Everyone who listens to these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell,...and buffeted the house. But it did not collapse; it had been set solidly on rock. And everyone who listens to these words...but does not act on them will be like a fool who built his house on sand.

MATTHEW 7:24–26