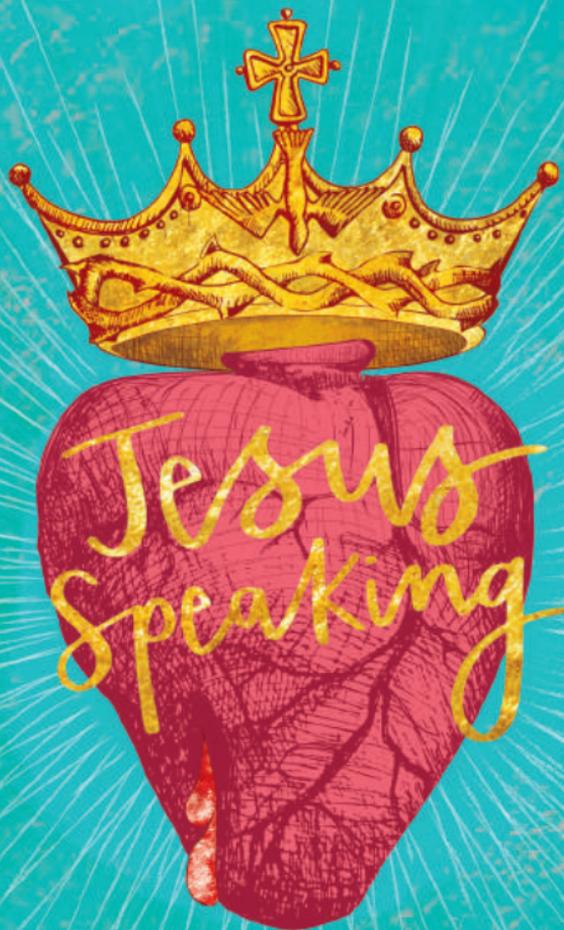
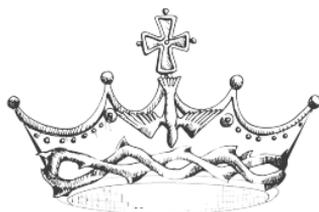


A Daily Devotional Taken From the Classic, *He and I*



Heart to Heart
with the King

Gabrielle Bossis



Jesus Speaking

**Heart to Heart
with the King**

From the Writings of Gabrielle Bossis

Edited by Maria Grace Dateno, FSP


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Foreword

I'm a lover of books, and books have changed the course of my life on more than one occasion. Some books I read once and pass on. Other books I just can't let go of.

He and I, the classic work by Gabrielle Bossis that is the basis for this devotional, definitely falls into that second category. I came across a copy of *He and I* during my first year in the convent, and forty-five years later it is still one of the most beloved titles on my book shelf!

Although *He and I* is a conversation between Gabrielle and Jesus, as the reader I can't help but feel that Jesus is talking directly to me in a personal, intimate way. Heart to heart. Friend to friend. Lover to lover. It's something I don't think we ever outgrow:

this need of our heart to hear the voice of the One we love.

People are so hungry for a real, vibrant relationship with the Lord but can be at a loss as to how to go about it. How do you pray when you feel tired and distracted? What do you read to quiet your heart and focus on Jesus? And how do you even start a conversation with Him with all the worries and problems that clamor for your attention even before your morning coffee?

I've spent many years working in our Pauline Books & Media centers across the United States, and I've heard countless requests for a book that could help people who

- have lost their spouses,
- just discovered they have cancer,
- have lost hope in life,
- would like to pray but don't know where to start,
- want a devotional that will get them through the day,
- have been disappointed,
- need something inspiring to give as a gift,

- need a prayer-starter for Eucharistic Adoration,
- want a book for someone who doesn't like to read (this one always has me shaking my head).

Well, I can honestly say, THIS book fits the bill for all the above!

Each one of us is special to Jesus. He wants a personal, close relationship with you and with me. The short daily text in *Jesus Speaking* is meant to be savored and carried in your heart. It is a collection of word gems that will open your heart to feeling loved and cherished by the Lord. And everyone longs for that because we were all made for Him.

JULIA MARY DARRENKAMP, FSP

Preface

Gabrielle Bossis was born in France in 1874, into a fairly well-to-do family. She remained single all her life and had many interests and pursuits, such as the fine arts of painting and music, horseback riding, and embroidery. She was very active in her parish and socially. During World War I, she worked as a nurse.

Later in life Gabrielle began writing, producing, and acting in plays. She traveled internationally for her work, and her plays were much in demand. During this time, her many friends and acquaintances were completely unaware of a very deep interior life that was beneath all these activities. She had always been inclined to prayer and contemplation, but beginning in her early sixties, Gabrielle frequently heard Jesus speaking to her, and she wrote down the words she

understood Him to say—a practice she continued until her death in 1950.

Gabrielle knew these words were intended not just for herself, but for everyone, so she anonymously published a collection of the messages toward the end of her life. It was called *Lui et Moi* and was very well-received. After her death, more volumes came out and were translated and distributed widely.

In English, the one-volume edition that is condensed from the several French volumes is called *He and I* and has become a modern classic. Even today, many people who read the words that Jesus spoke to Gabrielle feel as if these words are personally addressed to them.

Jesus Speaking is an effort to introduce new readers to these loving words by providing short selections from *He and I*, together with Scripture passages, for each day of the year. The index in the back of this book indicates where each *He and I* selection is taken from. The messages in *He and I* are dated according to when Gabrielle wrote them.

How to Use This Book

Below are some suggestions for using this book for daily prayer. Feel free to follow anything helpful and leave aside anything that is not.

- If you do not already have one, it's good to decide on a set time for daily prayer—at the same time each day, if possible. The time you spend with Jesus is vital to your spiritual life, so it's better to schedule time for it and sometimes have to delay or skip it, rather than just “try to fit it in” between the tasks of the day. It doesn't have to be a long period of time—start with ten minutes if that is what is possible for you. Early morning before your day gets going is a good time. Another possibility is before you go to bed.

- When you sit down to pray, take a moment to prepare by breathing deeply a few times and calling to mind that you are in God's presence. Jesus has been looking forward to this moment. Take any concerns or tasks or annoyances that are in your thoughts and imagine placing them in His hands. You can let go of them for now and take them back later (if you want to!).
- Read the Scripture passage and then the selection from *He and I*. Read slowly, out loud, if feasible. Read them over a few times.
- If a word or phrase strikes you, pause and stay with it for a while.
- Notice what stirs in your heart. It could be joy, consolation, anger, surprise, confusion, hope, disappointment, desire, love, frustration . . . anything! Whatever is in your mind and heart, show it to Jesus. Ask Him about it, talk to Him about it, or just sit with Him in the midst of it. Pay attention to anything Jesus says to you or points out to you.
- If nothing in particular strikes you in the reading, or if you need something to help you enter

into the passage, read the prayer prompt at the bottom and then read the Scripture and the quotation again. If you don't notice or feel any particular stirring, just tell Jesus you are happy to sit with Him quietly. If you have difficulty escaping from your distracting thoughts and concerns, just keep putting them back in Jesus' hands and tell Him you are happy just to be able to be with Him.

- Toward the end of your prayer time, you might consider writing in a journal something about what moved you and what you felt Jesus was saying to you. You could also write any decisions or resolutions you have made, regarding how you want to respond to these gifts in the day ahead. For example, your response could be an action or an interior change of attitude.
- At the end, thank Jesus for the time spent with Him, and pray:

Glory be to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and ever shall be, world without end. Amen.

Ask for Mary's intercession that the graces of your prayer may bear fruit. You can use this prayer or one of your favorite prayers to Our Lady:

*Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to thy protection,
implored thy help,
or sought thy intercession, was left unaided.
Inspired by this confidence I fly unto thee,
O Virgin of virgins, my Mother.
To thee do I come, before thee I stand, sinful and
sorrowful.
O Mother of the Word Incarnate,
despise not my petitions, but in thy mercy hear and
answer me. Amen.*



JANUARY



January 1

“If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become my disciples. As the Father has loved me, so I have loved you; abide in my love” (Jn 15:7–9).

So great is My longing to have you come nearer. I have so much to say to you, so much to give you . . . Come. Nearer, always nearer . . .

*Tell Jesus how close to Him you want to be,
and then remain silent and listen.*



January 2

And over all these put on love, that is, the bond of perfection (Col 3:14).

Do you realize that love is the one and only goal and that everything should serve to lead you to it? A very little thing becomes big if it takes you to love. And an important work is absolutely nothing if it fails to lead to love.

Look at the big and little things of the day ahead, and offer them to Him with love.



January 3

My heart is steadfast, O God, my heart is
steadfast;

I will sing and make melody.

Awake, my soul! (Ps 108:1).

Your longing to love—this is love . . . In your soul there is a door that leads to the contemplation of God. But you must open it.

*When you realize that longing to love is love,
what stirs within you?*



January 4

The steadfast love of the LORD never ceases,
his mercies never come to an end
(Lam 3:22).

Love calls to love. Answer Me, child. I am thirsty for you. What intimidates you? Your repeated neglectfulness? Your deficiencies, your vagueness, your absentmindedness, your distressing memories? I take charge of everything. I collect miseries and make glorious things out of them.

Imagine what it would be like to have Jesus make “glorious things” out of the miseries in your life.



January 5

“If any want to become my followers, let them deny themselves and take up their cross daily and follow me” (Lk 9:23).

A sacrifice joyously made is no longer a sacrifice. It is only what one refuses that is costly—what one does halfheartedly. So up with your cross on your shoulder, and on your way! Near Me, always nearer to Me.

*How can you respond to what Jesus is asking?
Ask Him for the help you need to do so.*



January 6

The LORD is my strength and my shield;
in him my heart trusts;
so I am helped, and my heart exults,
and with my song I give thanks to him
(Ps 28:7).

Give Me the joy of helping and transforming you. Surrender everything. Let yourself go. Tell Me often about your great longing. Do you think I would resist?

What would it be like to trust Jesus this much?



January 7

[H]e said to me, “My grace is sufficient for you, for power is made perfect in weakness” (2 Cor 12:9).

If you have failed in something, you say, “My dear all, I could have been more faithful today. Forgive me.” You humble yourself most sincerely. And without your knowing it, I press you to My heart burning with love. That is what you call grace, and My grace is sufficient for you. Do you believe that?

Imagine Jesus pressing you to His heart. What would that be like?



January 8

“I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another” (Jn 13:34).

Offer Me all the crosses of the world. There are so many just now and few think of offering them to Me in expiation for sins. You who do know, help, so that nothing may be lost. Give Me hearts. Give Me souls. I am thirsty. Always.

Call to mind the current sufferings and tragedies around the world, and offer all the affected people to Him.



January 9

So whether you eat or drink, or whatever you do, do everything for the glory of God (1 Cor 10:31).

Even by your ordinary actions you can make amends for ingratitude and save sinners. I saved while sweeping the workshop. Always be one with Me.

Tell Jesus how much you appreciate knowing the value of even your smallest actions.



January 10

When the LORD restored the fortunes of
Zion,
we were like those who dream.
Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then it was said among the nations,
“The LORD has done great things for them”
(Ps 126:1–2).

Tell Me why you love Me and how this love began; tell Me all that you want to do for My love. Of course, I know all about it, but to hear it from you is a joy to Me, like a story ever new.

Have you ever thought of your relationship with Him as a story? Talk to Him about it.