

and Joseph saw these things only too well. How many times were they rejected although the serenity, cheerfulness and holiness were emanating from their faces.

In order to be cheerful you need a source. These are, of course, the sacraments in the first place but it is also relaxation by looking at the beauty in creation and by enjoying this beauty while thanking GOD. There is still so much beauty on earth, just think of all the flowers, the birds ... Learn from GOD's creation to smile again. That, too, is part of the love of GOD and neighbour.

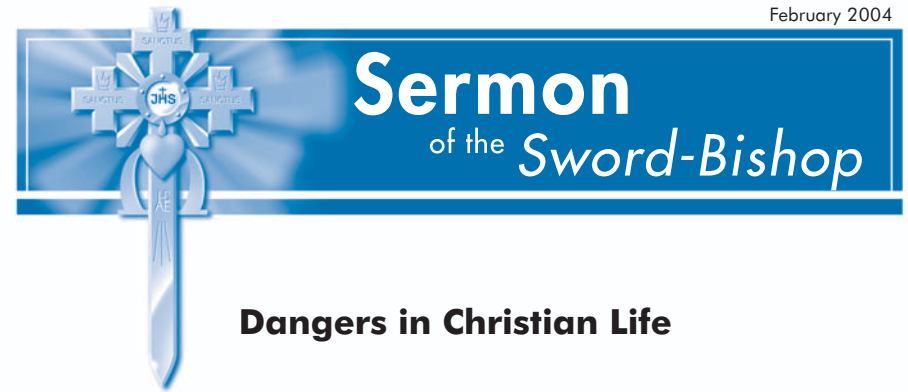
Many "pious" souls would not be ill, would not need a doctor if they practised humour. He who is cheerful has his eye on the beauty of GOD's creation. Cheerfulness is a wonderful medicine that GOD gives you for free. Amen!



Schwert-Bischof  
JESU CHRISTI

**Be blessed by GOD TRINITY,  
the + FATHER and the + SON  
and the + HOLY GHOST. Amen!**

Schwert-Bischof  
JESU CHRISTI  
SB.



## Dangers in Christian Life

My beloved, in Christian life Heaven opens up with its grace. Your life is fraught with dangers as well. Apart from dangers for the body it is the soul that is particularly affected. That is the reason why experienced spiritual guides enlightened by GOD are so important as they are able to help you triumph over these dangers.

### Lukewarmness

A great danger to the faithful, a severe disease of the people of GOD is, indeed, lukewarmness! Today it is rampant more than ever. Bear in mind that GOD judges it very severely. Apoc. 3,15: "I know your works, that you are neither cold nor hot. I would you were cold or hot. But because you are lukewarm and neither cold nor hot I will begin to vomit you out of my mouth." And the SAVIOUR says, Matth. 12,30: "He that is not with me, is against me: and he that gathers not with me, scatters." – The enemies of the Church are more zealous and honest in their convictions than so many Christians who are lukewarm, idle and do not stand up for their belief. The zealous who are in the wrong can be won over more easily to GOD than the lukewarm who are suited neither for this side nor the other. A man is only a man and a woman is only a woman if they have the courage of their convictions.

### In Little Things Lies Greatness

A further threat to untrained souls is that they believe that only great, outstanding deeds are deserving. Going by the knowledge and promptings I receive from Above, the most excellent exercises, however, lie in little things. So many people struggle in their striving for virtue to move giant

rocks, really giant rocks of sacrifices. They fast almost to the point of collapsing, they pray all night through and so on. Admired by their neighbours as pious and saintly because of their efforts, they go for their rock with even greater enthusiasm. In the end they admire and gratify but themselves: "Look how I am wrestling". However, they do not succeed in moving this rock but one inch, in other words: Hardly do they win anything for eternal life through this battle, neither are they making the least progress in their striving for virtue. Others who are usually being scarcely noticed at all, who are often even disregarded, continuously gather up only tiny little stones, say little prayers from the heart, little acts of love, just picking up what is coming their way and give these to GOD. These people make tremendous progress in their lives of virtue. When they die they will be greatly surprised about the giant mountains, entire gravel pits made up of works of love that they carried into Heaven through their continuous gathering. They will be astonished because they thought they had not achieved anything.

If ever you have the chance of accomplishing some "great" work, do not pride yourself on your own deeds but admire and praise GOD who chose you for this work. Because you can do good only with the help of GOD's grace, only with the help of your Guardian Angel. Only too soon are you running the risk of becoming proud, of taking a rest contemplating this work thinking that Heaven is yours. However, you will lose much of the earned graces very quickly, the work will lose its splendour and shrivels up as if one had let down a tyre. – With little insignificant works of virtue there is barely any danger. It will stop you from thinking: "Look what great things I have achieved! Look how good I am!" You will consider yourself poor because you were not able to do better things. You will throw these little works of virtue to GOD or to your Guardian Angel: "What do you think, can you make anything of it? Can GOD do anything with it?", and you will stop worrying about them. – Do not bother about how good or how bad you are. Be concerned about pleasing GOD with little works of love. Let that be your life!

## The Scrupulous

Especially among those Christians who are in the early stages of their love of GOD are the scrupulous to be found. These are fussily and anxiously concerned not to make any mistakes whatsoever, not to sin at all. They focus their whole attention on this instead of GOD: "What could I do to love GOD, to please GOD?" Of course, you should be most afraid of yourself. You will come to fully realize your own weakness. You must not worry about that because at the same time you are to look at GOD and expect everything of

Him. Only one fear is justified, the fear of GOD: "I fear that I may offend Him whom I love." This phrase comes from GOD. But it has nothing to do with being afraid, with hesitation and indecision.

Do not look at yourself, look at GOD and your neighbour and start to please GOD with little works of love. Nevertheless, if you should ever make a mistake or lapse into sin, the grace of GOD that you have earned with your little good works will help you overcome this offence. You know that love covers many sins. Kneel down, ask GOD for forgiveness, take holy water while praying that GOD may cleanse you again and, if necessary, go to confession at the first possible opportunity. But then rise and go on! Why are you troubled about your own weakness? You are merely disappointed with yourself. Again, pride is hidden in that, not being willing to admit your own weakness! Do you consider yourself a saint? Only in Heaven will you be a saint and only one can make you a saint: GOD the HOLY SPIRIT! Well then, go to Him!

## Cheerfulness – a Gift from GOD

Other Christian faithful are tensed up with their religion to such an extent that they hardly dare change the looks on their faces, they are unable to smile. They dare not be cheerful. It is true, they are times of seriousness but, my beloved, these serious faces have nothing to do with piety or holiness. It is part of the commandment of love to give your neighbour a friendly smile even if your dearest one had just died. Remember what the SAVIOUR said even during His bitter Way of the Cross: "Weep not over me ..."

Joy and cheerfulness are fruits of the HOLY SPIRIT. If you allow the HOLY SPIRIT to work in you, if you love GOD with your whole being, if you value GOD more highly than anything else, if you can say as Paul did: "And I live, now not I, but Christ lives in me." Gal. 2,20 then you will have a smile coming from your soul, without being aware of it. If your heart, your soul is all right before GOD you cannot but smile despite all the sorrow and pain you might have to bear. A forced smile that would put your face into a mask could be misunderstood. Your smile must be the emanation of your soul. A smile having GOD for its source is the real thing!

Give your heart to GOD! Then be natural and your face will clearly show a smile. Bear in mind that the HOLY SPIRIT breathes where He will. There are also people who are so much in darkness that their souls, their hearts are not receptive to the grace of GOD and, therefore, will not pick up your smile. Unfortunately, this is also the case among many of the baptized. JESUS, Mary