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My life is the passion—
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MY LIFE IS THE PASSION

A Short Way of the Cross

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O.S.B.**

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MEDITATION

The way of the cross was first traveled by Christ the Son of God, and then by His disciples in Jerusalem, and finally by those who believe in Him during every century and in every part of the world.

When I make the stations I must remember that in a real but mystical way Christ Jesus walks to His death every day in me . . . and in others too whose passion I witness.

As one of the baptized, I am, indeed, Christ walking again toward Mt. Calvary. This is what it means to be a Christian. It means to redeem the world with Christ by the redemptive use of pain. It also means that this life is the Passion lived again in each docile and generous member of Christ's mystical body.

Illustrations by Ade de Bethune. Text edited by Walter Sullivan, O.S.B. Copyright 1952 by St. Meinrad's Abbey.



Christ in me

**Christ in every human being
is again condemned to death.**

**I am on the way to my death
every day of my life.**

How am I preparing for it?



**Christ in me
Christ in everyone
takes up His cross today
Do not let it be said
that Christ in me
refuses to carry the cross.**



**When a human being falls
into serious sin
or refuses the cross,
Christ falls again.
How many times does Christ in me
fall to the ground?**



**Mary is interested in Christ in me
and hence interested
in the cross I am carrying.
Her interest encourages me
to keep going;
let me not disappoint her.**



**I must see Christ in others
especially in those who suffer.**

When anyone carries a cross

I should help him

as Simon helped Christ.

Then I am also helping Christ.



**I must not let human respect
ever keep me from Christ on the
altar or Christ in suffering human
beings.**

**Veronica was rewarded by Christ
because she disregarded
human respect.**



**Christ is weak in me.
But I cannot lose courage and
confidence because Christ in me
cannot lose courage and
confidence.
Physical weakness need not mean
spiritual surrender.**



**Sin is the only terrible thing.
When I see suffering in myself
or in others . . . let me not weep
over the suffering, but weep
over the sin which caused it.
Christ in me hates
only one thing—SIN!**



**My body may be crushed,
But the Christ-Spirit in me
must never be crushed.
When I am most humbled, then
I am nearest to redeeming
the world with Christ.**



**Think of poverty and chastity.
The poor Christ in me
is deprived of earthly goods
and the lonely Christ in me
is deprived of earthly loves.
Christ in me is nakedly poor
and chastely rich.**



**Think of obedience.
Christ in me is nailed down
by laws and regulations.
Christ in me adores the will
of the Father by generous and
loving obedience.**



**The consecration of my life
is renewed at every Mass consecra-
tion.**

I die with Christ . . .

death to sinful and selfish self-love.

**Death to the world . . . that a sinful
world be redeemed and live again!**

I die for love.



**Mary looks at Christ in my death.
In my scars she reads the words
of a lying world
which promises great things.
She gave the world a beautiful
Babe, and the world returns to her
a Crucified Christ.**



**My life of obscurity . . .
hidden and buried with Christ . . .
a failure perhaps in the eyes of
men
but a divine success.**

Let us pray

Dear God the Father, when you look upon me you see Christ, your Divine Son . . . you see Him condemned, falling, sick, weary, discouraged . . . crucified and finally dying . . . you see my flesh laid away in the grave, and marked with a stone, and forgotten . . . but you also see Him triumphant in me in my last resurrection from the dead. Help me, Dear Father, so to live that I may rise again with Christ. Amen.

Our Father

Hail Mary

Glory be to the Father . . .

**The cross is but half
a cross, for the love
of Jesus Christ sweetens
all. One doesn't suffer
much except when one
loves little.**

—Fenelon

