

# Heart balm...

[truthhimself.blogspot.com/2018/04/heart-balm.html](http://truthhimself.blogspot.com/2018/04/heart-balm.html)

**O LORD, hear my prayer, listen to my cry for mercy;  
in your faithfulness and righteousness come to my relief. ....  
Answer me quickly, O Lord, my spirit fails. - Psalm 143:1, 7**



**"Do not look for other excuses.**  
Try it, and find out by your own experience.  
Do not wait until tomorrow.

**Today,**  
**go and spend a few moments with Jesus,**  
whether He is within the tabernacle or exposed in the monstrance.

Let your weary and wounded heart be penetrated  
by the peaceful atmosphere of the sanctuary  
and your soul be bathed in the light  
streaming forth from the Eucharistic Sun.

**And, tomorrow, I am sure, you will return."**

*Fr. Jose Guadalupe Trevino*  
Excerpt from *The Holy Eucharist*