

# Throw wide the gate of your heart...

[truthhimself.blogspot.com/2018/12/throw-wide-gate-of-your-heart.html](http://truthhimself.blogspot.com/2018/12/throw-wide-gate-of-your-heart.html)

**ADVENT assures us that Someone is coming  
Who will fill our lives  
with everything we are looking for...**

**The LORD is my light and my salvation - whom shall I fear?  
The LORD is the stronghold of my life - of whom shall I be afraid?  
- Psalm 27:1-2**



**"Let your door stand open to receive Him, unlock  
your soul to Him, offer Him a welcome in your mind,  
and then you will see the *riches of simplicity, the  
treasures of peace, the joy of grace.***

**Throw wide the gate of your heart,  
stand before the sun of the everlasting light."**

## ***St Ambrose***

**Italy ~ 340-397**

**Father\* and Doctor of the Church**

\*One of four original Doctors of the Latin Church.  
He died on Holy Saturday (April 4) in the year 397 AD.  
His feast day in the Roman calendar is December 7,  
the day he was ordained bishop.

**Spiritual father of St Augustine**

**Bishop of Milan**  
**Model Bishop and eloquent preacher**  
**Credited with composing the "Te Deum" hymn**  
**Feast Day - December 7**

**"One day after he had celebrated Holy Mass, St Ambrose was approached by a woman afflicted with paralysis who wanted to kiss his hands. The woman had great faith in those hands that had consecrated the Eucharist; and she was cured at once."**

*(From Jesus Our Eucharistic Love, Fr Stephano M Manelli)*



**[Click here: St. Ambrose - YouTube](#)**

**Ambrose of Milan Quotes (Author of On the Mysteries)**

**Let us today make this our prayer too:**

*Prayer of St Ambrose*

Lord, teach me to seek You,  
and reveal Yourself to me when I seek You.  
For I cannot seek You unless You first teach me, nor  
find You unless You first reveal Yourself to me.  
Let me seek You in longing and long for You in seeking.  
Let me find You in love, and love You in finding.



**St Ambrose, pray for us!**