

*Holy Love*  
AN ECUMENICAL MINISTRY AND SHRINE



## SUFFERING AND THE CROSS

*“If the soul has a heart immersed in Holy Love,  
then he is better able to surrender to each cross as it comes.  
His acceptance of the cross is commensurate with acceptance of My Father’s Will in his life.”*

*Jesus, April 12, 2006*

### **Additional Studies in the Series:**

Martyrdom of Love  
Primary Purpose  
Purgatory  
Spiritual Littleness  
Spiritual Oneness  
Surrender to the Cross  
The First Chamber of the United Hearts  
The Second Chamber of the United Hearts  
The Remnant Faithful  
Trust  
Trustful Surrender  
Worldwide Ecumenical Call  
from God the Father

This publication is distributed by:

Archangel Gabriel Enterprises  
Holy Love Ministries  
Maranatha Spring and Shrine  
37137 Butternut Ridge Road  
Elyria, OH 44039 U.S.A.

TEL 440.327.8006  
FAX 440.327.8017

For more information please visit  
[www.HolyLove.org](http://www.HolyLove.org)

Publication redesigned / reissued February 2008

Holy Love Ministries  
St. Thomas Aquinas Topical Studies Series

## **SUFFERING AND THE CROSS**

---

### **Table of Contents**

Preface	1
The Purpose of the Cross	2
How Are We To Carry Our Cross	3
When We Struggle With Our Cross	4
Prayers To Embrace the Cross	4
Scripture	5
Catechism	5

*“In the world I am establishing the Confraternity of the United Hearts.”*  
Jesus, September 15, 1999

This topical study is a fruit of the *Confraternity of the United Hearts of Jesus and Mary* and can be viewed and printed from the website: [www.HolyLove.org](http://www.HolyLove.org).

*United Hearts of Jesus and Mary* means the mystical union of the Hearts of Jesus and Mary that began at the moment of Jesus’ conception, never to be parted.

The Confraternity of the United Hearts promotes a journey of sanctification through devotion to the United Hearts of Jesus and Mary. The entire journey is based on trustful surrender through love and was established to order lives towards God’s intended purpose: Eternal life in the Holy Trinity through sainthood.

*“Be you therefore perfect, as also your heavenly Father is perfect.”*  
MT 5:48

The first Constitution of the Confraternity of the United Hearts was drafted in the Fall of 1999 by Archbishop Gabriel Gonsum Ganaka of the Catholic Archdiocese of Jos, Nigeria and, at the request of Our Lady, it was officially inaugurated in the Catholic Church on the Feast of the Annunciation, March 25, 2000, by the Apostolic Administrator of the Archbishop’s diocese.

ABOUT THE FOUNDER OF THE CONFRATERNITY  
**ARCHBISHOP GABRIEL GANAKA** (1937-1999)  
His Grace, the Late Most Rev. (Dr.) Gabriel Gonsum Ganaka of the Catholic Archdiocese of Jos, Nigeria, founded the Confraternity of the United Hearts shortly before his death in 1999. He was a native of Plateau State, Nigeria.



Archbishop Ganaka occupied important positions both within and outside this Archdiocese, including:

- Appointed a member of the Congregation for the Evangelization of Peoples by Pope Paul VI
- Appointed to the Canon Law Review Commission and the Pontifical Council for Interreligious Dialogue by Pope John Paul II.
- Served as President of both the Catholic Bishops Conference of Nigeria and the Symposium of Episcopal Conference of Africa and Madagascar (SECAM).
- He was a leader and representative to many international pastoral events, including the World Day of Prayer for Peace and the Millennium of Christianity.

The Archbishop was known by all for his loving pastoral approach to his flock, his innovative evangelization which impacted the Church at large, and his role as the Charismatic Renewal leader in all of Nigeria. His Grace promoted the Divine Mercy devotion and other devotions throughout his diocese, and under his care, priestly vocations soared.

THE CHAMBERS OF THE UNITED HEARTS  
OF THE HOLY TRINITY AND  
IMMACULATE MARY



The Door to Each Chamber is  
Deeper Surrender to Love - the Divine Will

In 1997, the Archbishop became acutely ill and was flown to the United States for medical treatment. One of his flock came to Maranatha Spring and Shrine, the home of Holy Love Ministries, to seek Our Lady's intercession and subsequently introduced him to Holy Love Ministries and the all-important messages of Holy and Divine Love. His Foreword graces the pages of the book *Holy and Divine Love: The Remedy and Triumph*.

Archbishop Ganaka established the Confraternity of the United Hearts, with the international headquarters in Nigeria. He wrote the Constitution for the Confraternity before his death on November 11, 1999, exactly three months to the day from when he introduced the visionary and other Missionary Servants of Holy Love to Pope John Paul II.



*On the joyful occasion of the visit by the visionary, Maureen Sweeney- Kyle, with the Holy Father in August of 1999. Her husband, Don (lower right), the Late Archbishop Gabriel Ganaka (top left), and Rev. Frank Kenney, her Spiritual Director (1994-2004) (top center), accompanied her on the visit.*

## The Purpose of the Cross

9/99 Every cross leads to salvation and is allowed only for that end. God alone sees the way the tapestry of each life comes together, as He is the Master Weaver.

Perhaps the reason God allows certain crosses is not apparent in this life. But My Father, who knows all things, sees the reason. It may be that a cross comes into a soul's life towards his own conversion or the conversion of a soul he does not even know. But My Father permits it in His great plan to share Heaven with everyone.

12/99 Every cross that is given is allowed through the Will of My Father for a reason. His reasons are perfect. Give praise to Him.

8/99 Tonight, My brothers and sisters, I have come to help you understand that the cross each of you has been given to carry is the one My Father has chosen for you, just as My Own Cross was chosen by God the Father. But I intend to help you lift that cross up. Surrender it to Me. This is your perfection in Holy Love.

4/99 Today, as you contemplate the great value of My Resurrection, understand that without the Cross, there would be no Resurrection. Then, understand that you too are given crosses that will bring victory.

4/98 My dear brothers and sisters, tonight I ask you: do not fear any cross; do not reject any trial. It is by merit of your crosses that souls are saved. I desire that you give Me every tribulation for the conversion of sinners.

Every present moment is filled both with the cross and with grace. I am in both. No cross is given without ample grace to carry it. No grace is given independent of the cross. It is surrender to both of these that accomplishes the Divine Will of My Heavenly Father.

---

## How Are We To Carry Our Cross?

My brothers and sisters, bear every cross which is given to you nobly, for your crosses are great graces in these troubled times.

*3/05* Do not focus on the cross and its effects upon you, but on the graces that accompany the cross and the positive effects your surrender has upon the world.

Grace is always accompanied by the Cross, and the Cross is always clothed in grace. The Will of My Father, Who is All, orders all things mightily. Nothing occurs outside of His Will. Accept both victory and defeat, for neither is as it seems.

*4/06* My brothers and sisters, many times in the days preceding My Passion and Death, I was overcome with fear of what was to befall Me. But once I accepted the Cross, thereby surrendering to it, I was given the strength and the courage to bear it. You must do likewise.”

Today I invite you to see that it is each soul who makes of each cross either a bitter trial or a sweet grace, according to his acceptance or rejection of it. If the soul has a heart immersed in Holy Love, then he is better able to surrender to each cross as it comes. His acceptance of the cross is commensurate with acceptance of My Father’s Will in his life.

I invite you to surrender to Me completely all your crosses, unforgiveness, illness, any hurts. I am ready to fill you up with Divine Love, but you must make your surrender complete.

But when you offer the pain and suffering to Me with love, I help and assist you in carrying your crosses, for My yoke is easy—My burden light. Cooperate with Me in this way with your suffering and you will assist Me in My Victory, both in hearts and in the world.

But the cross is only a grace when it is embraced. It is only embraced when it is surrendered to with love. It is very difficult to embrace some crosses. However, the soul that realizes in his heart that I embrace the cross with him is better able to surrender to it. You must be strong during these last battles. If you are judged and misunderstood, remember so too was I. Every cross becomes strength when it is offered to Me for sinners.

As to your health, often My Cross comes to you as a physical ailment. Do not let it become a physical complaint! Seek help in the world and allow Me to work through the medicine and doctors. Accept as God’s Will a cure, or no cure.

When the soul experiences any trial, he returns it immediately to Me. Therefore, we share each cross together.

My brothers and sisters, when you cooperate with the crosses in your life in each present moment, you will receive grace enough to bear it quietly and humbly. Then graces will pour into your hearts and into your lives and into the world around you.

*10/02* Do not be discouraged by apostasy and heresy which will abound all about you. Realize that this is part of the cross that My remnant is asked to carry. Prayer and sacrifice are the means by which you will find courage to accept your crosses. The cross is My Victory.”

Understand that I do not call you to a life of sorrow, but to one of joy, for it is those who can offer to Me their crosses with joy and with love that do the most good. Therefore, My dear, dear children, I encourage you to accept both cross and victory as one, with a peace and joy only Holy Love can give.

---

## When We Struggle With Our Cross

Crosses that are not accepted weigh the soul down. But as you accept the cross for Me, it becomes lighter and lighter.

The more the soul struggles against the cross, the less effective it is in converting hearts. The more the soul cooperates with each cross, the more grace I pour into his heart, and the more he is able to love Me. See then, the power of the cross and each one's acceptance of it.

When you are afraid of suffering, you fear sanctity itself.

Most souls trip up because they do not remember that the Cross is a very distinct grace to be used as a stepping stone towards the goal of perfect union. Impatience with the Cross, self-pity or complaining negate the grace.

*2/05* When the soul complains or the love in his heart becomes lukewarm, he receives less assistance from Heaven in his sufferings and the cross becomes heavier.

It is when the soul takes back his surrender that grace is lost and the cross becomes heavier.

Very often the grace comes in the form of a cross. When you fear the suffering that each cross brings, you miss the grace of the redemptive suffering. Abandon everything to Me. Allow Me to be your arbitrator, your consolation, your all. This is how to trust. This is how to live in the grace of the present moment.

Further, please understand that My Beloved Son redeemed the world, not because He suffered and died but because He accepted His Cross and surrendered to it. So many people, My dear one, remain in the Garden of Gethsemane, suffering over and over the same anguish, for they refuse to surrender and accept the crosses God gives them.

---

## Prayers To Embrace the Cross

Prayer and sacrifice are the means by which you will find courage to accept your crosses.

I have come so that you will understand that often for the soul to maintain his peace, he must pray for the grace of holy courage. It is this grace of holy courage that enables the soul to live in the present moment avoiding the temptation towards discouragement, feelings of guilt or worry. These are all weapons of Satan that he uses to tempt the soul away from the path of righteousness and to abandon the cross.

*Heavenly Father, I desire that You place the seal of Your Divine Will upon my heart. Thus, I will accept Your Will in all situations and in every present moment. I will accept all things as from Your Hand for the good of my salvation and the salvation of others. Amen*

*Dear Jesus, pin my heart next to Your Most Sacred Heart on the Cross. Help me to die to the world as you did. Make my heart impervious to the arrows of slander and false accusations.*

*Collect my heart and all its emotions and immerse it in the Flame of Divine Love—the Flame of Your Heart. There, protect me from the allurements of the world. Preserve in my heart all that is pleasing to You, and strike far from it any seduction of Satan. Amen.*

*MT 16:24* Whoever wishes to come after me must deny his very self, take up his cross and follow me.

*LK 4:26* Did not the Messiah, have to undergo these sufferings so as to enter into His glory?

*Rom 8:28* All things work for good for those who love God, who are called according to his purpose.

*1COR 10:13* God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it.

*ACTS 5:41* So they left the presence of the Sanhedrin, rejoicing that they had been found worthy to suffer dishonor for the sake of the name.

*ROM 8:17* and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him.

*RV 3:10* Because you have kept my message of endurance, I will keep you safe in the time of trial that is going to come to the whole world to test the inhabitants of the earth.

---

## Catechism

<http://www.kofc.org/publications/cis/catechism/search.cfm>

618 ...He calls his disciples to “take up [their] cross and follow [him]”, 454 (MT 16:24) for “Christ also suffered for [us], leaving [us] an example so that [we] should follow in his steps.” 455

In fact, Apart from the cross there is no other ladder by which we may get to heaven. 458 (St. Rose of Lima)

1505 ... By his passion and death on the cross Christ has given a new meaning to suffering: it can henceforth configure us to him and unite us with his redemptive Passion.

2427 Work honors the Creator’s gifts and the talents received from him. It can also be redemptive. By enduring the hardship of work 212 (Gen 3: 14 – 19) in union with Jesus, the carpenter of Nazareth and the one crucified on Calvary, man collaborates in a certain fashion with the Son of God in his redemptive work. He shows himself to be a disciple of Christ by carrying the cross, daily, in the work he is called to accomplish. 213

Work can be a means of sanctification and a way of animating earthly realities with the Spirit of Christ.

2015 The way of perfection passes by way of the Cross. There is no holiness without renunciation and spiritual battle. 68 (2 Tim 4)

1808 Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause. “The Lord is my strength and my song.” 70

“In the world you have tribulation; but be of good cheer, I have overcome the world.” 71 (JN 16:33)

1820 ...Hope is also a weapon that protects us in the struggle of salvation: “Let us . . . put on the breastplate of faith and charity, and for a helmet the hope of salvation.”

90

(1 Thess 5:8) It affords us joy even under trial: “Rejoice in your hope, be patient in tribulation.” 91 (Rom 12:12)