



# Spiritual Littleness

## Spiritual Littleness

*Love, trust, surrender and peace follow in this order. The more Holy Love comes to perfection in your heart, the more you trust- the more you surrender, the more you are at peace."* Jesus 3/12/01





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## Preface

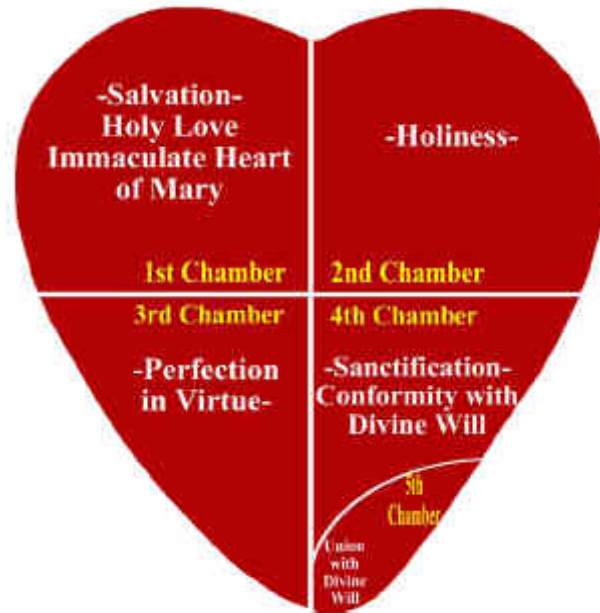
***"In the world I am establishing the Confraternity of the United Hearts."***

***- Jesus 9/5/1999***

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

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.*



## Why Desire Spiritual Littleness?

“Understand, My dear ones, that **it is the spiritually little that progress with the greatest ease through the Chambers of Our United Hearts** Therefore, seek always to be hidden and little, and you will be big in My Heart.” *Jesus 11/8/04*

“**The holy souls in purgatory are being purged of everything that keeps them from this littleness.** It is this complete dying to self that makes the soul childlike in My Eyes. The child, you know, trusts his parents to provide every need. He runs to the refuge of his mother’s arms when in trouble. His heart is light and full of joy in many little things. **This is the way I call all souls to be.**”

“Abandon your fears and your cares to the tender embrace of your Heavenly Mother. Trust in Divine Providence. Subscribe your heart to the joy of spiritual abandonment—spiritual childhood. **Then you will feel peace, love and joy in your heart as Heaven’s embrace.**” *Jesus 11/9/04*

“I have come to help you understand the importance of spiritual childhood—spiritual littleness. The child seeks only to please his parent—to appeal to his parent. In a similar way, **the spiritually little seek only to satisfy the Will of God. They want to be in the presence of God more than anything** If they feel they are displeasing God in any way, they quickly seek His forgiveness. It is impossible to become spiritually little outside of humility and love. So, for this reason alone, **spiritual littleness is a necessary step to perfection and to the journey through the Chambers of Our United Hearts.**” *Jesus 11/15/04*

“I am your Jesus, born Incarnate. My brothers and sisters, Advent approaches rapidly. I desire very much that you prepare your hearts for My arrival on Christmas Day in humility and love. **For it is only the humble, loving heart that can advance to the deepest Chambers of Our United Hearts. These are the spiritually little.** These two—humility and love—make up spiritual littleness.” *Jesus 11/22/04*

“I am your Jesus, born Incarnate. Tonight, My brothers and sisters, I desire that you begin to prepare your hearts for My arrival on Christmas. **Prepare them in humility and love so that I will be welcomed in spiritual littleness—the way I desire to be welcomed.**” *Jesus 11/29/04*



## **How to Become Spiritually Little**

“I have come to speak to you about being little. Spiritual littleness is a goal all must seek in order to advance through the Chambers of the United Hearts. **This is how to be spiritually little.**”

- **“Always regard others as more holy and more worthy than you yourself, all the while striving to be as holy as you can be.”**
- **“Do not seek to be great or important in the eyes of men, but in the eyes of God; that is, surrender reputation and popularity seeking only to do God’s Will.”**
- **“Do not complain—this shows a dissatisfaction with God’s Will in the present moment. This is also true of impatience.”**
- **“Put others’ needs always ahead of your own. It is in this way God will fulfill your needs in His way and in His time. God knows your needs better than you yourself.”**

“These precepts will help you to be spiritually little and to live according to Divine Love—surrendering your health, appearance and comforts.” *St. Martin de Porres 2/24/03*

**“The spiritually little are the ones who are self-effaced. They place God and others first.** In this way they take Holy Love a step farther, for they love their neighbor more than self. **The spiritually little take delight in little things**, such as the Hand of God in nature, the gift of life from Heaven, the very conveniences God provides for them.”

“Such souls are not intent on their own way or on their own opinions. **They desire only what God chooses for them. The spiritually little never seek out recognition, acclaim or prestige in the eyes of man** These souls recognize that the only opinion of value is God’s opinion of them. Souls such as these desire hiddenness. Their spirituality is clothed in the hidden life they share only with Me. The ones who try to appear holy in the eyes of others have not discovered genuine



holiness. The truly holy little one never announces the graces he receives from Heaven. He always desires others be considered more holy than himself.” *Jesus 11/8/04*

“I have come to help you see that **the spiritually little desire only to go unnoticed**. If they receive Heavenly favors, they try to keep it hidden. They do not try to be perceived as holy or specially chosen, for they are well aware of their own faults and failings. **In humility they see others as more holy—more worthy—than themselves.**”

“It is to such as these—the childlike—that I am able to reveal much and to use as My instruments in the face of conflict. You have heard Me speak often of compromise and duplicity. **The spiritually little live only in truth and with a singular heart, seeking always to please God.**” *Jesus 11/13/04*

“I have come to describe to you the heart of a child, as I am calling all to childlike littleness. The heart of a child is simplistic. He seeks to please—not so much to be pleased. He does not take account of what he doesn’t have, but delights in all that he has. When needs do arise, he goes first to his mother or father. He trusts they will bring all things to good.”

“**Those who seek spiritual littleness must not be quarrelsome or hold grudges**. **They must not be the fault finders but make allowances whenever possible.** Like the child, they should take complaints to Heaven’s helpers first—My Mother or Me. Then, in humility, they should stand back and wait for Heaven to act.”

“If they find themselves in a place of leadership where it is their job to correct, then the **correction must be with Holy Love**. Love does not accuse, but reminds.” *Jesus 5/12/05*

“When a soul **abandons his attraction to the world and surrenders worries over his reputation, past events and future events**, his heart is emptied of distractions and I can begin to fill it with Divine Love. Yes, these are the things you must surrender. The enemy wants to keep you in turmoil so that I cannot show you the wonder of Divine Love.”

“I desire intimacy with every soul, so much so, that the soul remains in My Divine Presence throughout the day, making the most mundane task a wonder of love. I



desire to fill each soul with the Eternal Flame of Love that I may take charge of each heart, and bring it deep within My Own Heart.”

“The quickest path to the depths of My Heart—the soul that is immersed most easily and readily in the Will of My Father—is the soul that is childlike. This is something that cannot be learned, but must be practiced to be experienced. **The spiritually little have abandoned themselves to God’s Will and His Provision with a childlike trust. These children always share My Presence and do not fear.** I can describe spiritual childlikeness to you, but the soul can only attain it from Heaven.”

*Jesus 4/9/05*

**"Spiritual littleness comes only as the soul surrenders to humility and self-effacement.** Therefore, understand that it is a cooperation between grace and human effort that results in childlike littleness."

"Those who seek to be recognized as holy are opposing the grace of littleness with their free will. They are, in fact, deep into spiritual pride. Those who are self-righteous will never be little in My Eyes, for they are making gods of their own opinions. Those who hold grudges are allowing unforgiveness to become like a god. If they ask Me, I will help them to forgive."

**"Spiritual littleness requires humble surrender, humble trust and complete self-effacement, making all others more important than self.** It is not easy, but in My Eyes--a perfection in Holy and Divine Love." *Jesus 6/7/06*



## Obstacles to Spiritual Littleness

“Once again, open your heart to this truth—humility and love are always found together in the heart if they are genuine. Stop and consider the counter traits to humility and love. **They are pride and hatred—two things Satan develops in a soul that cooperates with evil.**”

“But true virtue makes its home in the humble, loving heart. Such a heart is **spiritually little** and unassuming. Such a soul desires to be divested of honor and acclaim and takes delight in hiddenness. **Always beware of the one who seeks recognition, who takes credit for the workings of grace and enjoys being in the spotlight.** To such a one inspiration does not come from Heaven but from the adversary. A heart such as this is full of ambition, selfinterest and promotes division instead of unity. Pray against all that opposes humility and love. Humility and love build up—pride and hatred tear down.” *Jesus 1/6/05*

“I invite you to see that My Victory will come through the spiritually little. This is what you must strive for. **Do not gossip or tear each other down. Build each other up in the Spirit. The tongue can be used for good through Holy Love or it can be used for evil. There is no gray area.**”

“I invite you to trust one another because trust is the victory of Holy Love. Always embrace the truth. **Do not become ambitious for ambition’s sake. Do not take pride in your accomplishments,** for all good comes from God.” *Jesus 2/25/05*

“My brothers and sisters, I have come to help you understand that **it is impossible to be spiritually little outside of love and humility,** just as **it is impossible to be loving and humble and not be spiritually little,** as well. These three are always together in the heart when they are genuine and deep.” *Jesus 2/22/05*

“I have come to help you better understand the pharisaical spirit, for it is this spirit that is most often embraced by unbelievers. The Pharisees, in Jesus’ day, were **spiritually and intellectually smug. They believed their opinion was the only true opinion—their truth—the only truth. They placed great value on station and wealth, intellect and power.** It took **much arrogance** to reach this level of pride.”



“This is why I tell you, to be spiritually little is like a safety net as you walk the tightrope of life. The spiritually little **do not fall into the trap of pharisaical pride**, but are able to humbly recognize truth from error. St. Michael’s Shield is a shield of spiritual littleness.” *St. Thomas Aquinas 4/26/06*



## **Prayer**

**“Dear Jesus, I wish to come to you as a little child. As a child, I desire only to appeal to you. In this effort, I reject the pomp of the world. I embrace the truth of humility which reveals to me where I am in God’s Eyes. I seek only God’s approval in every present moment.”**

**“Thus I surrender my own will and my human nature to the Divine Will of God. In doing so, I do not chase after pleasures or importance in human eyes. I allow God complete mastery over my heart, trusting always in His plans for me.**

*Jesus 2/26/99*



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