

14 Rules of the Chain of Love

Formula	Practice
1. Work on being humble and sacrificing.	Mortify your five senses. Enjoy yourself when you encounter small humiliations.
2. To be pure in body and soul.	Guard your eyes from impurity and excess. Call on the Holy Spirit with frequency. Procure internal union with Jesus as you go about your day.
3. Work on being a person of prayer.	Make the Chain of Love with care. Make many spiritual communions throughout the day.
4. Love the hidden life, immersing yourself in God.	Practice modesty and hiddenness. Try not to speak of your spiritual experiences. Be simple, natural and without presumption in your interactions.
5. Have affection for the virtue of poverty.	Try to feel some effects of poverty in your choices and lifestyle. Gain patience when you are being despised like Jesus.
6. Forget yourself and think only of Jesus.	Seek not comfort. Do not desire consolation. Control yourself in conversation and learn to challenge yourself to avoid laziness or repugnance towards distasteful things.
7. Have your heart empty of all earthly affection in order that Jesus can fill you with His totality.	Meditate about the shortness of your life. Think about how creation is in light of eternity. Learn to accept and offer everything in life for Jesus. See God in your relationships with others.
8. Love and imitate Mary in her obedience to God and man.	See God in action by whom He sends to us.

	<p>Say with frequency: "God what do you want for me to I do right now?"</p> <p>Listen and obey the Holy Spirit when He inspires you.</p>
9. Work with purity of intention, under the watchfulness of Jesus.	<p>Offer every action to Jesus. See God in the depth of your soul.</p>
10. Tend without ceasing to all that is right and holy.	<p>Do not strive after human respect. Manage your impulses and practice discernment in your work.</p>
11. Let your soul be tempered by learning to accept pain that comes from loving others. This does not mean you remain in abusive situations.	<p>Do not seek to escape from pain but learn to offer it for others. Ask for the love of the cross. Never lose peace in your pain.</p>
12. Love God, without petty interest for who He is, with generosity, without interruption, and abandonment to His will.	<p>Practice the virtues through pure love, without excluding hope. Do not measure the heights of your calvaies (sufferings). Be generous.</p>
13. Correspond to the graces of the Holy Spirit without hesitation and be faithful to the inspirations when they come.	<p>Love with enthusiasm and much fire. Desire your sacrifices, to be victims, in order to prove our love.</p>
14. Live in God and only for God, dead to all that is not God.	<p>Die to all the created order to be able to live in God. Love others through God and for Him. Nothing grows without loving and suffering. When they look at us, they find Jesus.</p>

We live the famous grace of the baptismal priesthood of the Church or of the "*Chain of Love*."

http://apcross.org/chain_of_love.htm