

# Let Us Learn To Be Tempered To Love Through Suffering! (IV/V)

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*Editor's note: In the [first part](#) of this series, we introduced the concept of the Chain of Love, from Venerable Concepción Cabrera's Spirituality of the Cross. [Part II](#) examined how we are to live our baptismal priesthood and briefly looked at the concept of the fourteen rules of the Chain of Love. The [third post](#) explored the idea of seeing with the eyes of Jesus and went into greater detail on the rules of the Chain of Love. Today, we will look at how the Chain of Love helps us learn to be tempered to love through suffering.*

In the last several posts, we have been discussing the new spiritual way of Venerable Concepción Cabrera and the fourteen principles of the "Chain of Love." We have explored what this trajectory of virtues, attitudes and lifestyle patterns lead us to: to joining in Jesus' saving mission by connecting our own life, experiences and attitudes to Jesus at an ever increasing level of intimacy. While Concepción made a list of these fourteen principles and probably stuck them in her journal so she could refer to them every day, we have been summarizing and describing these without providing you with a list.

We have described the importance of purity of body, of mind and of intention so the soul can be flexible and resplendent in the light of the Holy Spirit in order to radiate the love of Christ. We have explored spiritual modesty, or avoiding saying a lot about your spiritual experiences, for spiritual pride is a subtle but ready snag for the intentional disciple. We want to direct others toward God and not ourselves. We want to remain simple, with our ego self-contained in God, but able to be moved off center in order to respond fully to God and the needs of our brothers and sisters. These virtues allow us to become an offering that begets spiritual life to others. Also, living the "Chain of Love" is a way of life where love of God takes precedence and consumes the life energy of the person in the pursuit of God and His holiness for us. For people in love with Jesus, the cross is the way of the most consistent, self-less and other-focused love.

Father Luis Ruiz Vazquez, M.Sp.S. says in Priestly Oblation of Christ and Priestly Dimension of Baptism in Concepción Cabrera de Armida (page 15), : "To live this "Chain of Love, the soul needs to be love, to live in love, to act by love in order to communicate love and thus, animated by the Holy Spirit, it is able to save others, in union with Christ, for the glory of the Father." In essence, the "Chain of Love" targets anything in us that make us self-centered or obtuse to loving. Beyond purity in all its forms, and modesty, the fourteen principles draw us to live immersed in God alone, loving Him as our top priority where we are able to respond to Him fully no matter what He asks of us. One aspect of the "Chain" is that we have to hold nothing back from Him and the purification we need on earth for holiness. The "Chain" leads us to learn to be "tempered for suffering in all its forms."

This means that instead of following the self focus of our culture, we have to learn to hold ourselves accountable. We have to shake off the desire for comfort, ease, and self fulfillment as an end, to learn to "love the Cross and never lose our peace in our pains." In this light, we remain aware that the cross, when it comes, is a good sign of God loving us and taking our mission to emulate Him seriously.

We are to live the following stanza:

“O Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved, as to love.”[1]

The “Chain of Love” is a daily strategy of keeping this priority in mind, so everything can be gathered up and made a gift and a force of conversion for others. Without self-dictating our actions and imprisoning us, we become free to join Jesus, to unearth the “uranium” of pure love for the Kingdom that the Cross leads us to.

Listen to the words of Jesus to Venerable Concepción to discover your potential for charity that the “Chain” can draw forth in you if you take these simple mantras to heart.

To Concepción, Jesus shared:

*“I am all charity and I am not able to be moved I will say, without spreading it; I am love, and I am not able to give more than love. Ah, daughter, I know all love and that yours, your spiritual descendents, are to be love, only love, all love, by the coming of the Holy Spirit which is LOVE. The Works of the Cross, in all their shimmer are Works of Love, because the Cross is and will be love, saving love, yes that crucifies, saves.”[2]*

These simple strategies, after reflection, can lead us to live “under the regime of the Holy Spirit”[3] where our spiritual experiences can “put on the peculiar characteristics of love, where the primary characteristic of love is simplicity in the Holy Spirit. The Holy Spirit will engender interiorly certain attitudes where the complexities proceeding from the Creature ...are conformed to the simplest mode of acting divinely.”[4]

Study these simple principles and stay alert to how and where you are called to welcome the cross for don’t you want to act divinely! Let us shimmer in love as we follow the simple, yet profound maxim from the “Chain”: Let us learn to be tempered to love through suffering!

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[1] A prayer distributed by Cardinal Spellman during World War II and by others in World War I, which often has been incorrectly attributed to St. Francis of Assisi.

[2] Ruis, Luis Vazquez, M.Sp.S. *Priestly Oblation of Christ and Priestly Dimensions of Baptism in Concepción Cabrera de Armida*, p 15, unpublished English translation.

[3] Ruis, Luis Vazquez, M.Sp.S, p 25.

[4] Ruis, Luis Vazquez, M.Sp.S. *Priestly Oblation of Christ and Priestly Dimensions of Baptism in Concepción Cabrera de Armida*, p 15, unpublished English translation, p. 25.

*Editor’s Note: The last post in this series will connect the Chain of Love with living out the Holy Sacrifice of the Mass in our daily lives.*

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