

### 1. Feeling Afraid?

Bernadette was also afraid just before the first apparition. Making the Sign of the Cross with all of her heart like the "most beautiful lady" in the Grotto, Bernadette was no longer frightened.

*† In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.*

### 2. Feeling Unhappy?

Our Lady said, "I do not promise you the happiness of this world, but of the other world." Like Bernadette, none of us are promised "happiness" here. It is in carrying our cross united to His Cross that we can find JOY!

*"I shall do everything for Heaven, my true home." St. Bernadette*

### 3. Suffering?

Like each of us, Bernadette already had suffering in her life. Penance can be a suffering or sacrifice, a prayer or a good work offered for someone away from God.

*"One who loves does not notice their trials; or perhaps more accurately, is able to love them."*

### 4. Why me?

St. Bernadette said, "If the **GOOD GOD** allows it, there must be something good in it for me."

*"Suffering passes . . . to have suffered remains eternally."*

### 5. Feeling Hopeless?

***Believe in miracles!***

The miracles of the Gospels are true—and continue today at Lourdes! Over 7,000 scientifically documented medically inexplicable cures remain on file in Lourdes of which the Catholic Church has proclaimed 70 as miracles.

*"With God, all things are possible."  
Matthew 19:26*

## 10 Lourdes Lessons



to Help  
During  
Difficult  
Times

### 6. Feeling stressed?

***Love is the answer!*** As the daughter of a miller, measurement was crucial between profit and loss, keeping or losing a business. Having lost their family business, Bernadette knew this significance of measurement, yet she opened her heart to ***love with God*** beyond just our human capability of love. *"Love, without measure..."*

*St. Bernadette*

### 7. Feeling Confined?

When asked if she missed the Grotto after leaving Lourdes for religious life never to return again, Bernadette responded, "Every day I go to the Grotto in my heart and make my pilgrimage there!"

***Imagine the Grotto... go there now, deep into that interior quiet of your own heart!***

### 8. Difficulty Breathing or Stomach Problems?

Bernadette suffered from asthma and stomach problems after the cholera and tuberculosis outbreaks. You have a friend in Heaven, who understands and a holy intercessor in St. Bernadette of Lourdes!

*"I will forget no one!" St. Bernadette*

### 9. Feeling Alone?

Prayer is a conversation between us and God. Jesus never refuses His mother—ask her to pray with you, like she did with Bernadette every time they met in the Grotto! She is real. She is listening. She is our mother!

*"She spoke to me as one person to another..." St. Bernadette*

### 10. Lourdes Water

When Bernadette was asked how much Lourdes Water is needed, she replied,

***"One drop and faith!"***

**To receive Lourdes water, visit [LourdesVolunteers.org](http://LourdesVolunteers.org) or call (315) 476-0026.**

