

## **Alleluia! The Lord bends down to listen to me**

29 September 1989, Vassula prays:

Alleluia!

The Lord bends down to listen to me every time I call,  
My gaze is fixed upon You my Lord,  
I meditate on You without ceasing,  
You are my Food, my Bread and my Wine,  
I need nothing more in this hostile world,  
my soul is thirsting for You,  
my lips are parched for You,  
You are my God who sought me  
and found me in my wretchedness,  
allow me to abide in Your Sacred Heart.