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A quote from Pope Francis:

"The consolation we need, amid the turmoil we experience in life, is precisely the presence of God in our hearts. God's presence in us is the source of true consolation, which dwells in us, liberates us from evil, brings peace and increases our joy. For this reason, if we want to experience His consolation, we must give way to the Lord in our lives. And in order for the Lord to abide continually in us, we must open the doors of our hearts to Him and not keep Him outside. There are doors of consolation which must always be open, because Jesus especially loves to enter through them: the Gospel we read every day and carry around with us, our silent prayer in adoration, confession, the Eucharist. It is through these doors that the Lord enters and gives new flavour to reality. When the door of our heart is closed, however, His light cannot enter in and everything remains dark. We then get accustomed to pessimism, to things which aren't right, to realities that never change. We end up absorbed in our own sadness, in the depths of anguish, isolated. If, on the other hand, we open wide the doors of consolation, the light of the Lord enters in!"

— Holy Mass at Meskhi Stadium in Tbilisi, Georgia, Oct. 1, 2016

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