



The Alpha and Omega Healing Guide

How to become the saint you were created to
be for the Second Coming of Jesus Christ

Second Edition

Charles Pritchard



www.alpha-omega.org.za





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INTRODUCTION

This book summarises the essence of God's call, his way and his truth so that we can acquire his peace and become the saints we were created to be. It has been written to highlight the core pillars of sanctification that God has been teaching us for thousands of years through his prophets of old, in the flesh through Jesus Christ his Son, and through his subsequent saints and messengers. By following these teachings, we will acquire the peace, calm and tranquillity that we all seek, and will also understand our purpose on this earth. The teachings are clarified through Douay-Rheims Bible verses and selected messages received from the Holy Trinity and Blessed Mother Mary through Jesus' chosen End of Times messenger, Fernanda de Sequeira.

I first met Fernanda on 7 October 2014 after sharing my testimony of coming closer to our Lord Jesus Christ at a prayer group meeting. Soon after, Fernanda, Alice Grota and I formed the Alpha and Omega Mission. Since then I have been helping Fernanda to publish the heavenly messages that she receives.

God the Father explains Fernanda's rare gift¹: "Yes, this is the gift of conversing with the highest of heaven, not by your choice, but by my Son Jesus' even before you were conceived in your mother's womb. You are connected in spirit with us here in heaven. In our conversations between us here in heaven and you, the words, the communication is within you, in your mind: there are no "voices" and you don't see us, but in spirit you know we are with you. Like a family around a table, you know who is conversing with you. It is also the same with the saints who are in conversation with

¹ For the full conversation relating to this message, and all others found in this book, visit www.alpha-omega.org.za.

you. My little lamb, this is a gift that has been used all these years to help bring my people to my Son Jesus' heart. You are a mere instrument, a channel. You have given your will to my Son Jesus to be his servant. When my Son Jesus calls his servants, his children, it's up to them to be his servants – as it's written in the Holy Bible, my Son Jesus said, "My harvest is big, but my workers are few." My people don't need degrees or certificates to be working for his dry fields.

It was the same with the Apostles – they didn't have any degrees but were simple working men. Like Peter, he was a fisherman, yet my Son Jesus entrusted his Holy Church to him. St Peter, he is the Rock of my Son's Church. And the other Apostles, they were also peasants from the villages, and they were with my Son Jesus. They learnt all his teachings to be his servants, to bring the sinners, the ignorants, his lost sheep, to my Son's heart. Yes, there were no huge teaching degrees and certificates then – the wisdom and knowledge came from heaven. My dear people, if you give your will to be servant of my Son Jesus, there is no better reward one day in heaven for you to be seated at the Banquet of Heaven." (13/05/2020)

Since 2015, the Alpha and Omega Mission has received diocesan blessings from Johannesburg's bishops to publish these conversations with God, to run the Alpha and Omega healing and deliverance ministry, and to conduct healing seminars in various parishes where we have been invited to assist, both locally and overseas.



Come to Jesus' heart



GOD'S LOVE IS BEYOND OUR UNDERSTANDING

God the Father created us in his image, in his love, to love and to be loved. He gifted us with an earthly paradise through which he gave us dominion over the whole earth. We were created incorruptible. Then, through the envy of the devil, Adam and Eve were tricked into disobeying God. This first sin brought death and corruption into the world and we lost our earthly paradise. As time progressed, mankind sank deeper into sin and into the hands of evil. The more we sinned, the more power we gave Satan and his evil spirits, and so, more suffering, sicknesses and disasters came into this world.

God the Father, in his love and mercy, sent his Only Begotten Son Jesus Christ to light up the world with his heavenly graces, to show us how to live and to free us from our captivity to evil. Despite Jesus Christ's huge sacrifice on the cross for us, most of us reject this gift of divine love by following our own ways instead of God's ways, the way we were created to be, and then wonder why we cannot find the true love, peace and happiness that we all seek.



**Jesus' death defeated
Satan**

Meditations

"For God created man incorruptible, and to the image of his own likeness he made him. But by the envy of the devil, death came into the world: And they follow him that are of his side." (Wisdom 2:23–25)

"For God so loved the world, as to give his only begotten Son; that whosoever

believeth in him, may not perish, but may have life everlasting." (John 3:16)

Father God: "Vengeance, hatred, malice, anger, retaliation and unforgiveness: all this comes from the enemy, the devil, because he was a fallen, rebellious angel who wanted to be more than the Creator. He wanted power and status. And my people, they know all this, yet they fall into his trap. I, your Father God, the Son Jesus Christ and the Holy Spirit, we are the opposite. We are love, charity, unity and mercy. We are the Triune God, the Three-in-One Persons Inseparable. We love and care for our children." (11/02/2019)

Father God: "I, your Father God, I love you, my people. I created you with all my love. You are unique. You have a unique fingerprint. You have a unique body, perfect in my eyes. You are perfectly designed by me, your Father God. You are beautiful. I created the universe with all that you need for your daily life while you are in this world. My love for you never fails. I love you. I love you. You will never understand or comprehend the extent of my love for you, yes, the love of your Father God. I am your Father. You belong to me. I want, I desire, you to comprehend my love for you, that I gave you my Only Begotten Son to die for your sins, for your salvation." (18/05/2019)

Father God: "All that has been created in this world, everything, was planned carefully by me, Father God. Everything has been mapped, planned for my people, for this entire world. I created the universe; the stars to brighten the night; the moon also to illuminate the night sky and for many other reasons; the dawn, which is a perfection, to bring light as the night is disappearing; the beautiful day for my people to work, to plant the seeds; the



trees for a purpose, to bring shade on the hottest day; the seeds to plant for food, for my people to eat; the sunset for my people to recollect themselves, to prepare themselves for a good night's sleep, to rest for a new day, to start afresh. Everything has been mapped with my love towards my people whom I created.” (04/01/2018)

LISTEN TO GOD IN THE DEPTHS OF YOUR HEART

The Triune God – God the Father, God the Son and God the Holy Spirit – was always there, before all creation. God the Father is our Creator, Jesus Christ is our Saviour and the Holy Spirit is our Breath of Life who lives within us. The Holy Spirit, the Paraclete¹, is our teacher and guidance through whom the Holy Trinity speaks to us. He is the first voice in the depths of our heart and mind that brings peace and clarity of thought. When we reject this first voice, by listening to the second voice of evil and sinning, then confusion, restlessness and hardness of heart sets in. This is very hurtful to our Lord Jesus who does not force his will upon us. In his love, he endures these sufferings and waits patiently for us to come to him in reciprocation of his love.

Meditations

“Tell ye, and come, and consult together: who hath declared this from the beginning, who hath foretold this from that time? Have not I the Lord, and there is no God else besides me? A just God and a Saviour, there is none besides me. Be converted to me, and you shall be saved, all ye ends of the earth: for I am God, and there is no other.” (Isaiah 45:21–22)

¹ “Paraclete” originates from the Latin “Paracletus”, which means “Comforter”.

“Jesus said to them: Amen, amen I say to you, before Abraham was made, I am.” (John 8:58)

“And there are three who give testimony in heaven, the Father, the Word, and the Holy Spirit. And these three are one.” (1 John 5:7)



**God the Father, God the Son
and God the Holy Spirit**

Father God: “I, your Father God, my Son Jesus of Nazareth and the Holy Spirit, the Paraclete: we are called the Triune God, the Holy Trinity. We are the Three-in-One Persons Inseparable, Undivided. I, your Father God, I created you all with so much love. I love each one of you equally, in my own image. My Son Jesus Christ, he is your Saviour, the Redeemer of all your sins. His love for each one of you is unconditional. The Holy Spirit, the Paraclete, he is your Breath of Life. Since you were conceived, he has lived within you in every instant of your life. Without the Holy Spirit there is no life. The Holy Spirit is your guidance at your crossroads, your teacher in conjunction with Mother Mary. But you, my people, you forget to ask the Holy Spirit to help you, to show you with clarity where the darkness is, to bring into the light what is being hidden in the dark. Do not fear to ask us, the Holy Trinity, for help, for guidance. When it seems like the boat is sinking, my Son Jesus Christ is there to rescue you, to bring you safely ashore. He is the captain of your boat, your ship. If you call him, us, we will never let you sink and go into the deep seas. My Son Jesus is your anchor at all times.” (01/01/2017)



Holy Spirit: “I am the Breath of Life. I am the light of your first breath. I am the light of your heart, soul and mind. I am the one who infuses you, my children, with wisdom, knowledge, prophecy, with all the gifts of the Holy Spirit. When you are created by God, the Son – my Son – and Father God, I, the Holy Spirit, come to you to give you the Breath of Life, and I am the one who takes away your last breath on earth, on your last day, last minute, before you come to eternity forever. I am the Holy Spirit, with you for your entire life. I am constantly with you. Oh, but sometimes many of my children ignore me. I am with you constantly, but you very seldom call me to come and help you. I am your companion, your friend, your brother with the Holy Trinity. My children, I am very joyous when you call me, when you ask me for wisdom, vision and knowledge to infill you with the right judgement and knowledge in times of tribulations. Oh, many times, if you listen in the depths of your heart, I help you in many dangers to avoid the snares of the enemy. Know, my people: respect, love and adore the Holy Spirit as the Holy Triune God, as the Three-in-One Persons Inseparable.” (07/02/2012)

Mother Mary: “My Son Jesus Christ, he is your Saviour, the Redeemer of all your sins. He is your brother, your friend. He defends you in front of his Father’s throne and in the course of your lives. My Son Jesus turns to his Father and asks for forgiveness for your sins, your errors, in your lives. My Son Jesus’ Sacred Heart bleeds for the salvation of sinners, for your



**The Holy Spirit descends
like a dove**

salvation. Come, my dear children, love my Son Jesus with all your hearts. My Son Jesus never betrays or forsakes you. His love, his Father God’s and the Holy Spirit’s are united as one person’s, undivided, undefiled – their love is unconditional love, an ocean of mercy. Oh, I, Blessed Mother Mary, I witness all this infinite love, but I also witness all the hurts, pains, caused by the lukewarm, tepid souls that cause my Son Jesus’ Sacred Heart so much pain, a crown of thorns upon his loving Sacred Heart.

“When you bless yourselves, do it with sincerity and respect. When you say, ‘In the name of the Father, the Son and the Holy Spirit,’ know that you are calling the Holy Trinity to come, to be with you. Do it slowly, with an open hand on your forehead, on your chest, your left shoulder and on your right shoulder. Amen. Call the Holy Trinity to help you by blessing yourselves three or more times with a sincere, loving heart – it’s like a prayer and pleases them very much. Think about them when you feel alone at the crossroads in your life. Amen.” (31/01/2020)

Father God: “Love, respect and obey the Holy Trinity. As he guides you, listen to his voice, the first voice that gives you direction in your lives. This is a very triumphant light upon you all. Come, receive many gifts of the Holy Spirit in your Baptism, on the day of your Confirmation. The Holy Trinity never fails you, never forsakes you and never abandons you. The Holy Trinity is very important in your lives.” (27/05/2018)

Holy Spirit: “My dear children, my people, I, the Holy Spirit, in conjunction with the Mother of your Saviour Jesus Christ, say: do not listen to the other voices that take you away from the grace and blessing of God the Father, God the Son and God the Holy Spirit, and Blessed Virgin Mother – she is always with her



Beloved Son to protect you, to intercede for you. My people, be attentive to the true voice of the Holy Spirit. Pray always to the Holy Spirit to guide you with the right discernment, wisdom and knowledge of God, of heaven. The voice of the Holy Spirit is a sweet fragrance, gentle and pure, it will never take you on the wrong path of wrong deeds. The Holy Spirit is your teacher, your guidance, your light in times of darkness. Do not confuse the voice of the enemy with the voice of the Holy Spirit that lives within you since you were conceived. I am faithful. I never betray you. I never confuse you. Just pray, 'Come my Holy Spirit, come infill my mind, my soul, my spirit with the fire of your love. Kindle in me the spirit of wisdom, knowledge, discernment of good and bad spirits, all the gifts of the Holy Spirit,' or say in times of your crossroads, 'Come my Holy Spirit, infill my mind with the right words so that when I speak it's not my words but your words of the Holy Spirit.' Oh, there are so many beautiful prayers, novenas, to pray, to teach you." (10/06/2020)

Father God: "Oh, the Holy Spirit guides them if they ask him for help, but my people only want to listen [when it suits them]. When the Holy Spirit speaks to their hearts, minds, they ignore him because it's not what they wanted to hear. Yes, my people turn a deaf ear. When things turn out the wrong way, oh, they blame God the Father, the Son, saying, 'Where is God, where is Jesus?' Oh my dear people, my Son Jesus never forces your free will. You must open your hearts, listen and absorb within yourselves the living Word of God and of my Son Jesus, the Holy Spirit who lives within you. Listen in the silence of your heart. Be still and know that I am God." (12/05/2020)

THE WORD OF GOD IS IN THE BIBLE

The Bible is the only religious book that is prophetically, spiritually and historically accurate, proving that its origins are from God. Many Catholic saints who lived by the Gospel of Christ performed miracles in the holy name of Jesus¹. Some of these saints' bodies lie incorruptible in shrines throughout the world. Many of these saints received messages from our Lord Jesus Christ or Mother Mary and none of these messages contradict the Bible. This further proves that the Bible is the Word of God.

As with the first Apostles and many of Jesus' saints and faithful servants, to show our love of God, it is important to read and implement the Word of God in our lives. With the help of the Holy Spirit, this knowledge helps us to direct our way and to not fall prey to attacks of evil.



St Jerome is the patron saint of translators

The books of the New Testament were written after Jesus' death and it was only in the fourth century that the bishops of the Catholic Church were able to openly meet and confirm the 73 books of the Holy Bible. In AD 382, St Pope Damasus commissioned St Jerome to translate the 73 books to Latin, which he assembled from the best available Hebrew, Greek, Latin and some secondary Aramaic texts of the time. The resulting

¹ Including resurrection miracles: see, for example: "Saints Who Raised the Dead: True Stories of 400 Resurrection Miracles", Fr Albert J Herbert, 1986



Read an authentic Bible

translation of these books by St Jerome¹, which was completed in about AD 405, became known as the Latin Vulgate. This Bible was introduced into the early Church and, over time, was universally adopted by the Church. In 1546, the following official declaration was made at the Council of Trent under St Pope Pius V: “Moreover, the same holy council considering that not a little advantage will accrue to the Church of God if it be made known which of all the Latin editions of the sacred books now in circulation is to be regarded as authentic, ordains and declares that the old Latin Vulgate Edition, which, in use for so many hundred years, has been approved by the Church, be in public lectures, disputations, sermons and expositions held as authentic, and that no one dare or presume under any pretext whatsoever to reject it.” Therefore, any Bible translation that contradicts the Latin Vulgate is in violation of this official decree. Most Bibles in circulation today (including so-called modern Catholic ones) are violating this decree. In these Bibles, deliberate changes were made by evildoers to dilute the true teachings of Christ, all in an attempt to divert people away from the Catholic Church that Christ founded². Many of

¹ St Jerome was the only canonised saint after the first Apostles to have officially translated the Bible, which confirms God’s blessing upon his work.

² For more information and proof of this, see: “Where most Bibles in circulation today have been changed to suit man not God” by Charles Pritchard in “Resources”, and “God confirms that many Bibles in circulation are defiled and that the Latin Vulgate, translated to the Douay-Rheims, is the true Bible” (28/02/2019) in “Conversations” on www.alpha-omega.org.za.

these defiled Bible verses have also infiltrated our modern-day Roman missals. Therefore, direct vernacular translations of the Latin Vulgate should be exclusively used by those who wish to understand the true Word of God. The Douay-Rheims Bible is a wholly accurate English translation¹ of the Vulgate and is the source of Scriptures quoted in this book².

Throughout the ages, there have been attempts by dissidents to try and obscure the original Vulgate text, but by God’s grace, it has been accurately preserved by the Catholic Church. Also, today many Bible researchers ignorantly claim that they are using “original” Greek and Hebrew manuscripts to justify their translations, not realising that the original texts disintegrated many centuries ago and that the ones in circulation today have been changed to suit manmade laws.

Meditations

“Let not the book of this law depart from thy mouth: but thou shalt meditate on it day and night, that thou mayst observe and do all things that are written in it: then shalt thou direct thy way, and understand it.” (Joshua 1:8)

“I wonder that you are so soon removed from him that called you into the grace of Christ, unto another gospel. Which is not another, only there are some that trouble you, and would pervert the gospel of Christ. But though we, or an angel from heaven, preach a gospel to you besides that which we have preached to you, let him be anathema.” (Galatians 1:6–8)

¹ Barring minor nondeliberate translation errors

² The Douay-Rheims Bible uses the words “Holy Ghost” for the “Holy Spirit”, so for ease of understanding “Ghost” has been replaced with “Spirit” throughout this book.



“I charge thee, before God and Jesus Christ, who shall judge the living and the dead, by his coming, and his kingdom: Preach the word: be instant in season, out of season: reprove, entreat, rebuke in all patience and doctrine. For there shall be a time, when they will not endure sound doctrine; but, according to their own desires, they will heap to themselves teachers, having itching ears: And will indeed turn away their hearing from the truth, but will be turned unto fables. But be thou vigilant, labour in all things, do the work of an evangelist, fulfill thy ministry. Be sober.” (2 Timothy 4:1–5)

Father God: “Read the Holy Bible. Enthroned your homes with the Holy Bible – it’s very important for your homes. Don’t keep your Holy Bible at your home in drawers. Open it at the entrance, the door. Read the Holy Word every day, even if it’s a verse every day. This verse will be the answer to your doubts, questions, fears and desires for the knowledge of God, to be your guidance, your teacher with the Holy Spirit.” (01/05/2018)

Father God: “About the Holy Bible changes done through the many years, along these years: yes, there is a different meaning in some of the holy words of my Son Jesus’ teachings. Yes, they did change, divert, the words to suit manmade laws.” (28/02/2019)

Jesus Christ: “My Church, my son the holy pope will approve the transgressions, the errors that have been committed, and the real true Bible, the Vulgate.” (28/02/2019)

Mother Mary: “I, your Mother, I repeat my Son Jesus and our Father God’s words: do not be apprehensive about the outcome of my son Charles Pritchard’s project, about helping my children, my Son Jesus Christ’s Church, to see the errors, faults, mistakes committed in my Son Jesus’ holy words, in the Holy Bible. Yes,

it was done on purpose, purposely to avoid the real meaning of my Son Jesus’ teachings, for my children to not be aware of the importance of some parts of my Son Jesus’ Catholic Church entrusted to St Peter, ‘Simon Peter, upon this rock, you shall build my Church, the Church of Jesus Christ.’” (28/02/2019)

LOVING SACRIFICIALLY PREPARES US FOR ETERNAL LIFE

When you give your will to Jesus Christ in humility and obedience, as he did to his Father, he will abide in you and direct you towards your sanctification. Jesus did not promise paradise in this life, but he did promise that if we follow his commandments, we will be filled with his love and peace, and we will understand our purpose on this earth and have the strength to see it through. Attacks of evil bring all sorts of illness, sufferings, trials and disasters, but if we embrace them in the right way, in God’s love, trust and obedience, not meeting sin with sin, we will grow stronger spiritually, and in time to come, we will understand why we had to go through our earthly purifications. By forgiving and loving our enemies and those who have hurt us, we plant the seeds of goodness in their hearts. By praying for them, we are watering these seeds by sending God’s graces to them for their salvation. This act of sacrificial love defeats the work of Satan. The souls that we save through our unconditional love and prayers, as Jesus did on the cross to his enemies, will be eternally grateful one day in



Love like Jesus



eternity when they see the sacrifices that you made for them. These crosses, lightened by Jesus Christ's heavy cross for us, truly are graces as they strengthen us for all eternity if we embrace them in God's love.

Meditations

"But if you partake of the sufferings of Christ, rejoice that when his glory shall be revealed, you may also be glad with exceeding joy." (1 Peter 4:13)

"Charity¹ is patient, is kind: charity envieth not, dealeth not perversely; is not puffed up; is not ambitious, seeketh not her own, is not provoked to anger, thinketh no evil; rejoiceth not in iniquity, but rejoiceth with the truth; beareth all things, believeth all things, hopeth all things, endureth all things." (1 Corinthians 13:4-7)



**Humility, simplicity
and obedience**

"He that is the greatest among you shall be your servant. And whosoever shall exalt himself shall be humbled: and he that shall humble himself shall be exalted." (Matthew 23:11-12)

Jesus Christ: "Oh my dear, precious children, I, we, do receive each one of your prayers. None of them are in vain. They are in the abode of my heart, in my hands, at the foot of the cross. I do answer each one of your prayers in my own time, because I know what the right time is and what is best for you. I do give

¹ Sacrificial love

to my children what is best for them. My children are so busy and occupied with their earthly things, so concerned about their status. Yes, some of them are only looking for a roof and a plate of their daily food on the table, to provide for their families. They do get discouraged, despondent, so easily. They don't persist. Oh, I never abandon or forsake any of my children in those difficult moments of their aching hearts. That's when I am there for them, helping them, but they don't even notice my presence, my love. I do give many graces and blessings during those trials. Yes, there are many trials, tribulations and hardships in my children's lives. This is not paradise: this is earth, where my children get purified and cleansed, a passing by for eternity. I didn't promise paradise in this world for my children, but I did promise paradise in eternal life. This world is a teaching, a cleansing, a purification for eternal life. If my children would accept their wins and failures with dignity, patience, humility and understanding, they would see my glory upon them one day as they come to eternal life." (05/06/2016)

Father God: "Yes, in my people's lives, there is always a price, a sacrifice. Yes, this world is not paradise. My Son Jesus, his time is always [spent] taking care of his children in every instant of the day and listening to my children's needs of help, complaining sometimes for no real reason, instead of giving thanks. Oh, my people don't appreciate the graces and blessings. Even with trials, hardships and tribulations, there are also graces, blessings from heaven. Yes, my children don't see it but later in life they will see and understand why all the suffering. When my people are going through trials and hardships, they are also learning more and more and growing stronger than before. If my people suffer with love and patience, surrendering all to my Son Jesus' pierced heart



– oh, what a gift to my Son Jesus Christ, alleviating his Sacred Heart, loving him with all their hearts – one day in heaven, all of this is retributed on a golden platter in the Book of Heaven, and the joy, rejoicing, it will be seen there on the judgement day.” (06/01/2020)

Father God: “Oh my dear people, you are mine. You belong to me, a Father’s love that you reject many times. Yes, there are many receiving these teachings in their hearts, the Ten Commandments that you take for granted. If only you knew how much I love you, you would never leave my side and my Son Jesus Christ’s. You would be the happiest of this world.

“Yes my dear people, I came to relay this message because I see the agony, the affliction within your hearts. Some of you are living in some fear that takes over your thoughts, your joy of life. If only you restored your confidence and trust towards heaven and prayed. Know, my dear people, without a sacrifice, penance, there is no complete joy of heaven one day when you come to eternity. If you have this grace within yourself, you would combat any obstacle in front of you.

“I created you with so much of my love. How can I forget you and your affairs of your daily life? I know each one of you. I created you uniquely. There is no one like you – even your fingerprints are unique. If you believed in these, my solemn words, you would surrender all to me, your living Father God, my Son Jesus your Saviour, the Holy Spirit, your sanctifier, the Paraclete. We are unique. We are the source of your lives. You just need to understand the power of our love towards you and you would never feel abandoned, lonely or orphaned because I am your Father, the Creator of the whole universe. Come, rest

your burdens, your fears, upon my love for each one of you. I am waiting for your response.” (08/05/2020)

Father God: “Don’t let fear stop you from walking in the light of my Son Jesus Christ. My Son Jesus also underwent a difficult, turmoiled path through the desert, a dark time of his soul. For forty days he fasted, fasted and prayed to his Almighty Father God to gain strength and courage to finish his journey in this world, to carry the cross of your sins that belongs to you. My dear people, follow my Son Jesus’ example: prayers, prayers, fasting, fasting, are the key words to overcome the mountain that you see in front of you. With prayers and fasting, you will conquer any obstacle in your life.” (06/07/2020)

THE EARTHLY PROMISE FOR THOSE WHO LOVE GOD

If you truly love God, follow and obey all his commandments, then he will abide in you, will answer all your prayers (in his time) and will come to you. When God truly abides in you, the gifts and fruits of the Holy Spirit will shine and manifest through you, irrespective of the cross you are carrying.

Meditations

“Amen, amen I say to you, he that believeth in me, the works that I do, he also shall do; and greater than these shall he do. Because I go to the Father: and whatsoever you shall ask the Father in my name, that will I do: that the Father may be



Let the Holy Spirit guide you



glorified in the Son. If you shall ask me any thing in my name, that I will do. If you love me, keep my commandments. And I will ask the Father, and he shall give you another Paraclete, that he may abide with you for ever. The spirit of truth, whom the world cannot receive, because it seeth him not, nor knoweth him: but you shall know him; because he shall abide with you, and shall be in you.” (John 14:12–17)

“He that hath my command-ments, and keepeth them; he it is that loveth me. And he that loveth me, shall be loved of my Father: and I will love him, and will manifest myself to him. Judas saith to him, not the Iscariot: Lord, how is it, that thou wilt manifest thyself to us, and not to the world? Jesus answered, and said to him: If any one love me, he will keep my word, and my Father will love him, and we will come to him, and will make our abode with him. He that loveth me not, keepeth not my words. And the word which you have heard, is not mine; but the Father’s who sent me. These things have I spoken to you, abiding with you. But the Paraclete, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring all things to your mind, whatsoever I shall have said to you.” (John 14:21–26)

“And the Spirit of the Lord shall rest upon him: the spirit of wisdom, and of understanding, the spirit of counsel, and of fortitude, the spirit of knowledge, and of godliness. And he shall be filled with the spirit of the fear of the Lord.” (Isaiah 11:2–3)

“But the fruit of the Spirit is, charity, joy, peace, patience, benignity, goodness, longanimity, mildness, faith, modesty, continency, chastity. Against such there is no law.” (Galatians 5:22–23)

PRAY WITHOUT CEASING AND TRUST JESUS

Prayer is the foundation of our relationship with God. Through our prayers, in a true partnership of love, God can change this world for the better. It is our choice whether to be with God our Creator, who makes everything possible, and to ask him for assistance or to think we can do everything on our own and to suffer the consequences. Our Lord Jesus Christ keeps telling us that prayers are his only hope for this lost, chaotic world in turmoil.

Meditations

“For I know the thoughts that I think towards you, saith the Lord, thoughts of peace, and not of affliction, to give you an end and patience. And you shall call upon me, and you shall go: and you shall pray to me, and I will hear you. You shall seek me, and shall find me: when you shall seek me with all your heart.” (Jeremiah 29:11–13)

“And Jesus answering, saith to them: Have the faith of God. Amen I say to you, that whosoever shall say to this mountain, be thou removed and be cast into the sea, and shall not stagger in his heart, but believe, that whatsoever he saith shall be done; it shall be done unto him.” (Mark 11:22–23)

“And Jesus beholding, said to them: With men this is impossible: but with God all things are possible.” (Matthew 19:26)



Moses’s faith parts the sea



“Pray without ceasing.” (1 Thessalonians 5:17)

Jesus Christ: “Oh, my child, I don’t ask much of my children’s time. I do know they have their chores of their daily lives. I, your Jesus Christ, I ask only for a bit of their time every day. I do not force my children. I wait for them, for their time to come to me, to us, the Triune God, but my children, they forget me, their Jesus Christ. If only my children would give me at least one hour a day to receive my love, my blessing. I want my children to pray without ceasing every day. I am going to explain

what it is to pray without ceasing: that’s when their hearts and minds are constantly with me, as my children go to their jobs, work, driving, cooking and much more, their hearts are absorbed in me, their Jesus Christ... when their minds, spirits, souls are longing for me, the Triune God and my Mother Mary... a small gesture, thinking about how much I love my children... when they’re praying the Rosary with their hearts [and coming to] my Holy Mass. These are little things that bring balm to my Sacred Heart. Also, praying my



**St Faustina, Apostle
of Divine Mercy**

Divine Mercy Chaplet at 3pm or any other time of the day. If my children are working at 3pm, if they immerse their hearts just for a few minutes and think about my passion... I do understand that they can’t stop working to pray, but their hearts can be with me for a few seconds. This is my desire to appease my aching heart. Oh, my child there are many ways that my children can love me and appease my Sacred Heart. Oh, the Blessed Sacrament: when

my children pass by and enter my chapel, shrine, just to greet me for a few minutes and then go on with their chores...

“See my Petal, these are little gestures that my children can love me with. I will concede them many blessings and graces. This is my love for them. Teach this to my children.” (23/10/2015)

Jesus Christ: “Oh my children, help me, your Jesus Christ, and fulfil my desire to save all of my children. Oh, more and more are coming to eternity and their souls are in damnation of sin. Oh my dear little ones, help me, your Jesus Christ, to save them. See, with your prayers, you are helping them to come to my heart. Pray the Holy Rosary and the other prayers given to my humble servant. There are a few that you can pray from the booklet¹. Pray the Divine Mercy Chaplet – it is very powerful, especially when it is prayed at 3 o’clock, my Divine Mercy hour, my mercy is unconditional. Or even a prayer from your heart is very much appreciated. I repeat: be my prayer warriors. If each one of you can save one soul, this is very powerful. Pray for the conversion of sinners and don’t forget to pray for the souls of purgatory and the most abandoned ones. They are thirsty for your prayers. These poor souls, they came to eternal life and many of them don’t have anyone praying for them – oh, they are in so much anguish to come and see the Face of God, but most of these souls stay there for all eternity because of a lack of prayers.” (12/06/2017)

Mother Mary: “My child, my recommendation to you and to all my children is to not distract yourselves from what allows you to be closer to my Son Jesus Christ. Persevere in your prayers, in fervently praying the Holy Rosary, the Divine Mercy Chaplet

¹ See “The Alpha and Omega Book of Many Prayers” on www.alpha-omega.org.za



and prayers from the heart, praying these prayers without ceasing – that's when your heart is always in awe of God, of Jesus Christ. It does not mean you have to constantly recite the Holy Rosary or Divine Mercy Chaplet or other prayers, but your heart yearns all the time for the love of my Son Jesus Christ, the Holy Trinity and Mother Mary, the Mother of your Saviour. It's also when you restrict yourselves from foul language, from things that offend my Son Jesus and God the Father – that's when your hearts entwine with God the Father, God the Son and God the Holy Spirit. Amen." (26/10/2017)

Mother Mary: "My little lamb, every second of the day, there are many souls falling into hell because there is no one praying for them. Yes, my son _____, his soul was so obscured in darkness, but somewhere, they were praying for his conversion, for the healing of his sickness, cancer. The prayers helped him to reconstruct, save, his soul. Yes, through prayers, sometimes, my Son Jesus does not heal the body, but he heals the soul, which is far more important. My children must pray without ceasing for their loved ones, families, brothers and sisters in Jesus Christ, for their enemies, for the conversion of sinners. Yes, the enemy hates my children praying for the conversion of sinners." (04/02/2020)

MOTHER MARY IS THE MOST POWERFUL INTERCESSOR TO JESUS

There are many prophetic references to Blessed Mother Mary throughout the Bible, in particular the Old Testament and the Book of Revelation, in which she is at the forefront of the battle against her adversary Satan. Jesus Christ, the long awaited Messiah, was conceived in the womb of his Blessed Mother Mary by the power of the Holy Spirit. He was born without original

sin by entering this world through his pure and perfect Blessed Mother Mary. She was also born without original sin and remained sin-free all her life.

Jesus' first recorded miracle at the wedding feast of Cana was at the request of his Blessed Mother and ever since, countless miracles have occurred as a result of her heavenly intercessions on our behalf to her Son Jesus. On the cross, as Jesus was dying, he gifted his Blessed Mother to St John and to all of us. God commands us to honour our father and mother, and God's will is done on earth as it is in heaven, so if Jesus honours his Father God and Mother Mary, so too must we.



The Wedding at Cana

Meditations

God's ancient prophesy of Blessed Mother Mary crushing Satan's head will soon come true: "I will put enmities between thee and the woman, and thy seed and her seed: she shall crush thy head, and thou shalt lie in wait for her heel." (Genesis 3:15)

Mother Mary was prophesied as perfect, without any sin: "One is my dove, my perfect one is but one, she is the only one of her mother¹, the chosen of her that bore her. The daughters saw her, and declared her most blessed: the queens and concubines, and they praised her. Who is she that cometh forth as the morning rising, fair as the moon, bright as the sun, terrible as an army set in array?" (Song of Solomon 6:8–9)

¹ Referring to Mother Mary's mother, St Anne



Jesus was full of grace, without original sin: “And the Word was made flesh, and dwelt among us, (and we saw his glory, the glory as it were of the only begotten of the Father), full of grace and truth.” (John 1:14)

Mother Mary was also full of grace, without original sin: “To a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin’s name was Mary. And the angel being come in, said unto her: Hail, full of grace, the Lord is with thee: blessed art thou among women.” (Luke 1:27–28)

All generations have called Mother Mary Blessed, as she prophesied: “Because he hath regarded the humility of his handmaid; for behold from henceforth all generations shall call me blessed.” (Luke 1:48)

Mother Mary is persecuted by those who are in bondage to Satan, the dragon: “And when the dragon saw that he was cast unto the earth, he persecuted the woman, who brought forth the man child... And the dragon was angry against the woman: and went to make war with the rest of her seed, who keep the commandments of God, and have the testimony of Jesus Christ” (Revelation 12:13,17)

*As prophesied, the great sign was the Miracle of the Sun in 1917 in Fatima, Portugal*¹: “And the temple of God was opened in heaven: and the ark of his testament was seen in his temple, and there were lightnings, and voices, and an earthquake, and great hail. And a great sign appeared in heaven: A woman clothed with the sun, and the moon under her feet, and on her head a crown of twelve stars: And being with child, she cried travelling in

¹ As confirmed by Mother Mary on 13/10/1996 to Don Stefano Gobbi of the Marian Movement of Priests

birth, and was in pain to be delivered.” (Revelation 11:19–12:2)

Mother Mary, the Ark of the New Testament, has been sanctified through her sufferings with our Lord Jesus Christ: “Arise, O Lord, into thy resting place: thou and the ark, which thou hast sanctified.” (Douay-Rheims Psalms 131:8, others 132:8)

Mother Mary is an honourable and humble Mother, a gift from God to those who love Jesus Christ: “He that feareth

God, will do good: and he that possesseth justice, shall lay hold on her, and she will meet him as an honourable mother, and will receive him as a wife married of a virgin¹. With the bread of life² and understanding, she shall feed him, and give him the water of wholesome wisdom to drink: and she shall be made strong in him, and he shall not be moved: And she shall hold him fast, and he shall not be confounded: and she shall exalt him among his neighbours. And in the midst of the church she shall open his mouth, and shall fill him with the spirit of wisdom and understanding³, and shall clothe him with a robe of glory. She shall heap upon him a treasure of joy and gladness, and shall cause him to inherit an everlasting name. But foolish men shall

¹ The virgin is chaste St Joseph who took Mary as his wife.

² Jesus Christ is the Bread of Life: “And Jesus said to them: I am the bread of life: he that cometh to me shall not hunger: and he that believeth in me shall never thirst.” (John 6:35)

³ As God the Father explains: “The Holy Spirit is your guidance at your cross-roads, your teacher in conjunction with Mother Mary.” (01/01/2017)



Our Lady of Grace



**Jesus can't refuse his
Blessed Mother**

not obtain her, and wise men shall meet her, foolish men shall not see her: for she is far from pride and deceit. Lying men shall not be mindful of her: but men that speak truth shall be found with her, and shall advance, even till they come to the sight of God.” (Ecclesiasticus 15:1–8)

Mother Mary is a gift from God to those who love him: “To whom hath the root of wisdom been revealed, and who hath known her wise counsels? To whom hath the discipline of wisdom been revealed

and made manifest? and who hath understood the multiplicity of her steps? There is one most high Creator Almighty, and a powerful king, and greatly to be feared, who sitteth upon his throne, and is the God of dominion. He created her in the Holy Spirit, and saw her, and numbered her, and measured her. And he poured her out upon all his works, and upon all flesh according to his gift, and hath given her to them that love him.” (Ecclesiasticus 1:6–10)

Mother Mary is our Lady of Wisdom: “Now what wisdom is, and what was her origin, I will declare: and I will not hide from you the mysteries of God, but will seek her out from the beginning of her birth, and bring the knowledge of her to light, and will not pass over the truth” (Wisdom 6:24)

Our Lady of Wisdom was taken into heaven at her Assumption: “And because they had not wisdom, they perished through their folly. Who hath gone up into heaven, and taken her, and

brought her down from the clouds?” (Baruch 3:28–29)

Mother Mary, is undefiled, without sin and quick to help us. She has appeared throughout the nations to holy souls: “For in her is the spirit of understanding: holy, one, manifold, subtile, eloquent, active, undefiled, sure, sweet, loving that which is good, quick, which nothing hindereth, beneficent, gentle, kind, steadfast, assured, secure, having all power, overseeing all things, and containing all spirits, intelligible, pure, subtile. For wisdom is more active than all active things: and reacheth everywhere by reason of her purity. For she is a vapour of the power of God, and a certain pure emanation of the glory of the almighty God: and therefore no defiled thing cometh into her. For she is the brightness of eternal light, and the unspotted mirror of God’s majesty, and the image of his goodness. And being but one, she can do all things: and remaining in herself the same, she reneweth all things, and through nations conveyeth herself into holy souls, she maketh the friends of God and prophets. For God loveth none but him that dwelleth with wisdom. For she is more beautiful than the sun, and above all the order of the stars: being compared with the light, she is found before it. For after this cometh night, but no evil can overcome wisdom.” (Wisdom 7:22–30)

The Immaculate Heart of Mary’s pains were prophesied: “And Simeon blessed them, and said to Mary his mother: Behold this child is set for the fall, and for the resurrection of many in Israel, and for a sign which shall be contradicted; and thy own soul a sword shall pierce, that, out of many hearts, thoughts may be revealed.” (Luke 2:34–35)

Father God: “My dear people, I am your Father God. You are mine. You belong to me. You are part of me. My dear people,



you are not orphans. You have an Almighty Father God who loves you unconditionally, a Father who takes care of you. You have an earthly father and a mother, entrusted to you since you were conceived in your mother's womb. This is part of my plan – these, your parents, to love you, take care of you and love you so much. I allowed you to be born through these earthly parents, but I am your Heavenly Father God. Blessed Virgin Mother, she is your Heavenly Mother. So, even if you lose your earthly parents one day, remember, you are not alone, you are never abandoned. Look up to me, your Heavenly Father God and also Blessed Virgin Mother, without original sin, chosen by me to be the Mother of my Son Jesus and also to be your Heavenly Mother, whom you, my dear people, must venerate. Love her, as she is your most loveable, admirable, pure, humble Mother. She is your intercessor to her Son Jesus Christ. I chose this poor, simple peasant, Virgin Mary, to be the Mother of my Son Jesus Christ through the power of the Holy Spirit. The Holy Spirit is your Breath of Life.

“My dear people, I say these solemn words: respect, venerate, the Mother of my Son Jesus. Do not blaspheme pure, humble, Blessed Virgin Mary. She is the Mother of your Saviour, the Messiah, the Redeemer of your sins. Blessed Virgin Mother, her role is very unique. She is next to her Son Jesus, imploring, pleading, asking her Son to forgive you. At the Wedding in Cana, my Son Jesus' first miracle, she went up to him saying that there was no more wine. Yes, her Son Jesus knew it was not yet his time to do his holy work, but he didn't disobey his loving, pure, gentle, meek, humble Mother. My Son said, ‘This is not my concern, it's not my time yet,’ but his loving, Blessed Mother went to his servants and said, ‘Do what he asks you to do.’ My

dear people, these are the true, living words of the living God conveying this message to you.” (09/02/2020)

Jesus Christ: “My Mother Mary lived in Turkey. While I was dying upon the cross, I said, ‘Woman, this is your son,’ and to John, the obedient Apostle, I said, ‘John, this is your Mother.’ My son John the Apostle then took my Mother to Ephesus in Turkey, but it was too dangerous there. Then, John took my Mother, ‘his Mother’, to his house. My Mother lived a normal life until the age of 66. Then, in my Mother's sleep, she was taken by the angels – body, soul and spirit – pure as crystal water, without any sin while she lived on earth. Yes, my children are saying my Beloved Mother died: no, she was taken in her sleep to the beam of heaven, ascended to heaven. Oh, it was beautiful to see how the angels carried my Mother.” (11/02/2016)

Father God: “My little one, my Son Jesus had this dialogue with you about his Blessed Mother Mary – yes, Mother Virgin Mary also continues working without ceasing and praying, interceding, at the foot of the cross of her Son Jesus Christ. She is continuously working, praying for each one of you. She is alert upon her children in need of help as my people call her name, pleading to her for her intercession for my people's needs. Oh, her task, her mission, is one of continuously working. Mother Mary, she is rotating her pleas to her Son Jesus Christ. Oh, many times she cries tears of blood when my people are in danger of losing their souls. She pleads to her Son Jesus Christ to ask me, Father God,



Our Lady of Fatima



for my people who are committing horrendous sins, outrages and sacrileges, to have mercy when they come to eternity. Oh, Mother Mary, her time is to be always working, appearing all over the world to her visionaries and [attending] to the needs of her children. Oh, my people, they must appreciate and thank her for her love, compassion, and for my people's salvation. Mother Mary has a huge role upon her shoulders every second of the day. I desire my people all over the world to love and respect the Mother of the Saviour of the world. She goes to the entrance of purgatory with St Michael the Archangel to soothe the souls with her love, with the mist to alleviate the sufferings of these souls. She goes there very often, but on these special dates she brings many souls to heaven: Christmas day, New Year's Day, Good Friday, Easter Sunday and on the day of Holy Souls Day – 2 November. This is a very arduous task upon Mother Mary, Virgin Mother. These souls call her 'Mother, Star of the Sea'.

"Thank you, my people. Love and respect Blessed Mother Mary. She was chosen by me, Father God, to be the Mother of the Saviour of the world. Amen." (05/09/2018)

Father God: "My people must stay where they are – it's no use running from country to country. My Son's Church is going through an apostasy, an apocalypse. There will be division in my Son Jesus' Church, but my people must stay strong in their faith. The devil's time of destruction is near the end. His time of terror and destruction, given to him, is coming to an end. Blessed Virgin Mother, she is protecting my Son's Church with her Virginal Mantle. Satan is fiercely destroying whatever he can, but my Son's Church will not fall, as Blessed Mother Mary, she has already started this warfare with Satan. She needs my people's intense prayers, Rosaries. Blessed Virgin Mother, she

is going through a severe attack with the dragon. Oh my people: pray, pray. This is getting out of hand. Blessed Mother Mary, she is fighting Satan. My people must pray without ceasing to help Blessed Virgin Mother to conquer all this chaos that the enemy is causing, prowling through the world to cause destruction. Blessed Virgin Mary will triumph. Satan will be defeated through her Immaculate Heart and her Son Jesus' Sacred Heart." (21/09/2019)

THE ANGELS AND SAINTS ARE OUR HEAVENLY HELPERS

God's will is done on earth as it is in heaven. Like us, the saints in heaven are part of the Body of Christ. They are our heavenly helpers and are happy to pray for us, to protect us and to help us to fight evil spirits in the holy name of Jesus Christ.

There are thousands of Catholic saints who obediently followed Christ on earth, who bore many fruits and through whom intercession miracles have occurred after their deaths. They are happy for us to call on them for help. The saints are powerful prayer warriors and are of great assistance in their areas of patronage. Reading about the lives of these saints will give you insight as to whom to ask for help in specific situations. In addition to the well known saints, there are many forgotten saints who can be called upon to intercede for you.



St Joseph



As the Scriptures show, the angels in heaven have always been with us, in particular Archangels Michael, Gabriel and Raphael, who bring protection with their troops of angels. St Michael is well known for combating Satan and his evil spirits, St Gabriel is the messenger who gives us strength and St Raphael brings healing upon us. Our guardian angels are always accompanying, guiding and shielding us from enemy attacks.

Meditations

Archangel Michael: “And there was a great battle in heaven, Michael and his angels fought with the dragon, and the dragon fought and his angels: And they prevailed not, neither was their place found any more in heaven. And that great dragon was cast out, that old serpent, who is called the devil and Satan, who seduceth the whole world; and he was cast unto the earth, and his angels were thrown down with him.” (Revelation 12:7–9)

Archangel Raphael: “Then the angel Raphael took the devil, and bound him in the desert of upper Egypt.” (Tobit 8:3)

Archangel Gabriel: “And the angel answering, said to him: I am Gabriel, who stand before God: and am sent to speak to thee, and to bring thee these good tidings.” (Luke 1:19)

Guardian angels: “There shall no evil come to thee: nor shall the scourge come near thy dwelling. For he hath given his angels charge over thee; to keep thee in all thy ways.” (Douay-Rheims Psalms 90:10–11, others 91:10–11)

Judas Machabeus saw two deceased saints, Onias and Jeremiah, in a vision praying for the Jews, and, on their instruction, won the battle: “Now the vision was in this manner: Onias who had been high priest, a good and virtuous man, modest in his looks, gentle in

his manners, and graceful in his speech, and who from a child was exercised in virtues, holding up his hands, prayed for all the people of the Jews: After this there appeared also another man, admirable for age, and glory, and environed with great beauty and majesty: Then Onias answering, said: This is a lover of his brethren, and of the people of Israel: this is he that prayeth much for the people, and for all the holy city, Jeremias the prophet of God. Whereupon Jeremias stretched forth his right hand, and gave to Judas a sword of gold, saying: Take this holy sword a gift from God, wherewith thou shalt overthrow the adversaries of my people Israel.” (2 Machabees 15:12–16)



**Guardian angels
protect us**

The ancients are powerful saints who also present other saints' prayers for us to Jesus: “And when he had opened the book, the four living creatures, and the four and twenty ancients fell down before the Lamb, having every one of them harps, and golden vials full of odours, which are the prayers of saints.” (Revelation 5:8)

Jesus Christ: “Oh, just a few hours ago we celebrated the feast of the Archangels St Michael, St Gabriel and St Raphael. Oh, these three archangels, they are so powerful in combating the enemy's attacks. They are warriors of God. These archangels combat the enemy's attacks. Many of my children don't know these beautiful archangels of heaven. These archangels stand next to the tabernacle to adore, to praise and love me constantly with their love in Adoration. They don't leave the tabernacle. My children must pray for their intercessions to us of heaven.



St Michael the Archangel fought the dragon and all his evil spirits' temptations. Pray as well for these powerful archangels' intercessions." (30/09/2015)

Mother Mary: "When my children are born, each one of them is entrusted with a guardian angel to accompany and protect them in every instant of their lives. Each one of my children is protected with a guardian angel, but my children ignore this. They never call upon them. Their guardian angels have a special mission, task, to help them through their daily lives. These angels are so powerful. When my children are aware of their presence, they¹ are so happy and joyous to serve them." (23/10/2015)

Father God: "My humble servant, I, your Father God, I am here with you after the long dialogue with St Charbel. Know that our saints in heaven are always occupied doing their work from heaven to earth, for my people who ask for help, intercessions, who are in need of help and desperate in their daily lives." (24/03/2015)

Father God: "My little one, yes, today is All Saints Day. Oh, my people don't know, are not aware, of the power of the saints of heaven. These saints, while they were in this world, they strived for sainthood. Oh, many of them were martyrs. They endured persecutions, pains, excruciating pains. They were forced to renounce the name of my Son Jesus Christ, but they persevered and are now in the Kingdom of God, in heaven. Many saints did good deeds on earth, sacrifices, without my people's comprehension.

"Oh my people, the Kingdom of Heaven has a special place

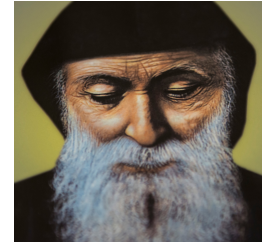
¹ The guardian angels

called the Communion of Saints, the Banquet of the Saints. My people can obtain this table of saints. Yes, my people can strive to be saints while in this world. Obedience, love, peace, loving their neighbours, forgiving, obeying the Ten Commandments, loving my Son Jesus and his Beloved Mother with all their hearts, adoring my Son Jesus in his Blessed Sacrament, receiving him with pure, clean hearts, coming to his Holy Mass with respect, etc... repenting. Oh, my people, if you knew the beautiful heaven, the sweetness, candour, the love, peace and joy, you would cry with tears of joy." (01/11/2019)

Mother Mary: "Oh, many, many of my children come to me crying, pleading to intercede to my Son for many miracles. Oh, the saints and angels as well! They also ask me to ask my Son Jesus to help them on my children's petitions and prayer requests." (12/03/2012)

THE CATHOLIC CHURCH HAS THE KEYS TO HEAVEN

The Catholic Church is the true Church of God. It was founded by Jesus Christ, not man, and has the fruits to prove this. It is the biggest charity in the world. It is primarily driven by the orders of the saints and is home to thousands of canonised saints. Catholics have also witnessed more miracles than all other religious groups combined. Some of these miracles include Eucharistic miracles, incorruptible bodies of saints and stigmata wounds on true



St Charbel is a powerful intercessor for the sick



St Peter, the first pope

followers of Christ, all of which cannot be explained by science.

God's openly declared enemies, the Satanists, steal consecrated hosts from the Catholic Church and, in their black masses, they make a mockery of everything for which Catholicism stands. This is further proof that the Catholic Church is the true Church of God.

Jesus Christ appointed St Peter as his first pope, and the subsequent papal lineage has remained in the Catholic Church. Despite countless attempts by evildoers to destroy and break up the Catholic Church, it has stood the test of time and has retained its position as the pillar and foundation of truth. As prophesied by Christ, the gates of hell will not prevail against his Church, but we also need to play our part in praying for and unifying his Church, which is under severe attack today.

Meditations

"And I say to thee: That thou art Peter; and upon this rock¹ I will build my church, and the gates of hell shall not prevail against it. And I will give to thee the keys of the kingdom of heaven. And whatsoever thou shalt bind upon earth, it shall be bound also in heaven: and whatsoever thou shalt loose upon earth, it shall be loosed also in heaven." (Matthew 16:18–19)

¹ Here Jesus appoints Peter as the Rock of the Church – the first pope. In John 1:42, Jesus renamed Simon to "Cephas", which means "Rock" in Aramaic (the language Jesus spoke). The English equivalent name of Peter has lost its meaning.

"The heavens shall confess thy wonders, O Lord: and thy truth in the church of the saints." (Douay-Rheims Psalms 88:6, others 89:5)

"But if I tarry long, that thou mayest know how thou oughtest to behave thyself in the house of God, which is the church of the living God, the pillar and ground of the truth." (1 Timothy 3:15)

"Therefore, brethren, stand fast; and hold the traditions which you have learned, whether by word, or by our epistle." (2 Thessalonians 2:14)

Father God: "Oh sometimes, my people are dried up because of a lack of knowledge, not knowing the roots of my Son Jesus' teachings. Oh, their hearts are so dry. They need to be infilled with the wisdom of the Holy Spirit. Sometimes their hearts want to know more profoundly about my Son Jesus' love and they hunger for the Word of the living God, the Holy Bible. Yes, my Son Jesus Christ, he is the true light of the world, he is the founder of the Catholic Church, as he entrusted to Peter [Cephas], the Rock, as he said, 'Peter, on this Rock, you will build my Church.' But my people, they turn to the other page in my Son Jesus' living Holy Word. They are building more and more churches on different pillars, different cornerstones." (03/06/2017)

Jesus Christ: "My Petal, today, you were reading about the message seen in the media about all the wrong messages for my Holy Church, the lies, deceit, crime of injuria, prejudice upon my Church, my teachings. My Petal, the damage of these messages from false prophets giving the wrong information, contradicting my Holy Bible, the Church, my religion, the religion of the Catholic Church, putting the false pretences in the teachings



of the Catholic Church, putting everything the opposite of the catechism of the Catholic Church, not having crucifixes in the schools, not having Holy Communion in the mouth and not kneeling, all those false teachings [on what is] crucial to my children's souls. My Petal, these are the signs of the times, for my Second Coming, for the Chastisement. If only my children, the few who are faithful and strong in my beliefs, my Church, [would] pray against the apostasy, Freemasons, illuminati, prejudicing my holy true Church. My dear children, pray, pray for this malice against my Church. My holy Pope Francis, he needs strong prayers, to help him to bring my flock to me, Jesus Christ, for his protection and to guide my Church." (21/11/2018)

Mother Mary: "I, your Mother, I heard every word being said today about the religions. Yes, my child, all these false religions weren't formed by the Catholic Church. They are manmade laws, but my child, in time to come, all is going to be one, the only one true Church, and my children must pray for this huge event to happen. It will come in the light of my Son Jesus Christ." (13/11/2017)

CATHOLIC PRIESTS ARE ESSENTIAL FOR OUR HEALING

Jesus Christ is the great high priest, the Redeemer of our sins. The Apostles were Jesus Christ's first bishops. He gave them the authority, through the first pope, St Peter, to ordain priests in the Sacrament of Holy Orders so that they could fulfil his salvific ministry. This tradition of priestly Ordination has continued to this day. The Holy Sacraments administered by priests are God's gifts to cleanse and strengthen our souls, to bring God's love and peace into our hearts, and to help us to overcome evil.

Meditations

The prophesied everlasting priesthood continues today: "Thou shalt put on them the holy vestments, that they may minister to me, and that the unction of them may prosper to an everlasting priesthood." (Exodus 40:13)

Judas Iscariot's failure to be a bishop was prophesied: "May his days be few: and his bishopric¹ let another take." (Douay-Rheims Psalms 108:8, others 109:8)

Together with the eleven faithful Apostles, Matthias was appointed bishop in place of Judas who betrayed Jesus: "For it is written in the book of Psalms: Let their habitation become desolate, and let there be none to dwell therein. And his bishopric let another take... And they gave them lots, and the lot fell upon Matthias, and he was numbered with the eleven apostles." (Acts 1:20,26)



Several priests help at the Alpha and Omega Mission

"Take heed to yourselves, and to the whole flock, wherein the Holy Spirit hath placed you bishops, to rule the church of God, which he hath purchased with his own blood." (Acts 20:28)

"And when they had ordained to them priests in every church, and had prayed with fasting, they commended them to the Lord, in whom they believed." (Acts 14:22)

¹ "Bishopric originates from the Latin word "episcopatum", which means "episcopate" or "office of a bishop".



“Let every soul be subject to higher powers: for there is no power but from God: and those that are, are ordained of God.” (Romans 13:1)

“Let the priests that rule well, be esteemed worthy of double honour: especially they who labour in the word and doctrine.” (1 Timothy 5:17)

Mother Mary: “Yes, my son priests, they received all these gifts on the first day of their Ordination: for the Sacraments of Baptism, Confession, First Holy Communion, Confirmation, Marriage, Anointing of the Sick, burying of the dead, celebrating Holy Mass and during the Consecration to turn the host into the Body and Blood of Jesus Christ. Oh, my love for my son priests is profound. My children must respect and pray for them, even if they are wrong, committing errors and faults, pray for them and offer Mass intentions for them. Oh, they are human, fragile and tempted because the enemy, he knows that without my son priests there is no Holy Mass and no Precious Body and Blood of my Son Jesus’ sacrifice of the Holy Mass.” (18/05/2017)

COME TO JESUS’ SACRAMENTS FOR HEALING

Jesus Christ has gifted us with his Holy Sacraments so that we can be cleansed (body, mind, soul and spirit) with his Precious Blood through his ongoing sacrifice in atonement (purgation) for our sins. Every Sacrament received brings more of God’s graces to us and strengthens our souls so that we can be filled with his love, peace and tranquillity.

Meditation

“God, who, at sundry times and in divers manners, spoke in times past to the fathers by the prophets, last of all, in these

days hath spoken to us by his Son, whom he hath appointed heir of all things, by whom also he made the world. Who being the brightness of his glory, and the figure of his substance, and upholding all things by the word of his power, making purgation of sins, sitteth on the right hand of the majesty on high.” (Hebrews 1:1–3)

BAPTISM

The Sacrament of Baptism frees us from the original sin of Adam and Eve and brings gifts of the Holy Spirit and a stronger shield against evil. We are forgiven of our sins at Baptism, but we are not absolved (released) of the bondages to evil that our past sins have brought upon us – that grace is reserved for the Sacrament of Confession¹. Many Christians who have broken from the Catholic Church do not conduct valid Trinitarian baptisms, so if you have been baptised elsewhere, seek the assistance of a priest to do a conditional Baptism with a holy oil blessing. In an emergency, if a priest is not available, any person can baptise another, provided that the intent is to perform a valid Baptism. In its simplest form, water is poured on the candidate’s head while saying, “I baptise



Children must be baptised soon after birth

¹ Some teachings suggest otherwise, but Scripturally, the Sacrament of Penance comes with Baptism for new converts (Acts 2:38). This truth was confirmed by Jesus Christ through Fernanda on 20/01/2020. In my experience, a new convert who is possessed of evil spirits is not fully delivered through Baptism alone, but only once contrite Confessions of sins prior to Baptism have been made.



you in the name of the Father, and of the Son, and of the Holy Spirit. Amen.” In this case, if the person survives, help should be sought from a priest to do a conditional Baptism.

Meditations

“And Jesus coming, spoke to them, saying: All power is given to me in heaven and in earth. Going there-fore, teach ye all nations; baptizing them in the name of the Father, and of the Son, and of the Holy Spirit.” (Matthew 28:18–19)

“One Lord, one faith, one baptism.” (Ephesians 4:5)

Jesus Christ: “My children must know this is a very sacred and important first Sacrament upon my children since they are born into this world. Oh, but many fail to do so. I, your Jesus, desire that my children be baptised soon after they are born because I do not advise any of my children when their time to come to eternity is – it can be at any age, any time in their daily lives since their coming into this world.” (09/02/2014)

CONFESSION

The Sacrament of Confession (Penance or Reconciliation) releases (remits) us from our bondage to sins we have committed throughout our lives. It brings new life to our souls and allows us to develop our own strength in God’s love. Confession is an ongoing Sacrament to assist us to come into a state of grace to enter the Kingdom of Heaven.

For an in-depth look at this powerful Sacrament, see page 64.

Meditations

“But Peter said to them: Do penance, and be baptised every one of you in the name of Jesus Christ, for the remission of your

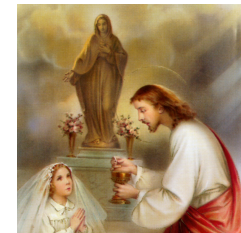
sins: and you shall receive the gift of the Holy Spirit.” (Acts 2:38)

“But all things are of God, who hath reconciled us to himself by Christ; and hath given to us the ministry of reconciliation.” (2 Corinthians 5:18)

Father God: “It’s time now to reconcile in the Sacrament of Confession. Time is very much needed for my people to realise how important it is to live in simplicity, humbleness of heart, and to clear their souls before it is too late.” (22/02/2018)

HOLY COMMUNION

At the Last Supper, Jesus Christ instituted his Holy Eucharist, which we celebrate and receive in Holy Mass. This was the First Holy Communion for the Apostles (the first bishops and priests) to whom Jesus gave the gift of consecrating the bread and wine into the living Body and Blood of Christ. This is the sacred bread of life and the fruit of the vine that he gives to us in his ongoing sacrifice in atonement for our sins. When we pray the Our Father prayer that Jesus taught us, we say, “give us this day our daily bread”. This daily bread is our daily Communion that is offered in Holy Masses around the world. Our Father has answered our prayer through daily Mass offerings in most parishes around the world, yet not many make the effort to receive Jesus daily in Holy Communion. God is calling us to daily Mass, but as a minimum we must come every Sunday to Holy Mass. We share in the sacrifice of Holy Mass by not eating at least an hour prior to receiving Holy Communion. If we receive Jesus



**First Holy
Communion**



worthily at Holy Mass, by detesting sin and continually cleansing our souls through regular Confession, then Jesus truly enters us to enrich and strengthen us for the spiritual battle ahead. However, if we receive him unworthily, we hurt him and are eating and drinking judgement upon ourselves.

Meditations

“For the bread of God is that which cometh down from heaven, and giveth life to the world. They said therefore unto him: Lord, give us always this bread. And Jesus said to them: I am the bread of life: he that cometh to me shall not hunger: and he that believeth in me shall never thirst.” (John 6:33–35)

“I am the bread of life. Your fathers did eat manna in the desert, and are dead. This is the bread which cometh down from heaven; that if any man eat of it, he may not die. I am the living bread which came down from heaven. If any man eat of this bread, he shall live for ever; and the bread that I will give, is my flesh, for the life of the world.” (John 6:48–52)

“Give us this day our supersubstantial bread.” (Matthew 6:11)

“Then Jesus said to them: Amen, amen I say unto you: Except you eat the flesh of the Son of man, and drink his blood, you shall not have life in you. He that eateth my flesh, and drinketh my blood, hath everlasting life: and I will raise him up in the last day.” (John 6:54–55)



The Last Supper

“And whilst they were at supper, Jesus took bread, and blessed,

and broke: and gave to his disciples, and said: Take ye, and eat. This is my body. And taking the chalice, he gave thanks, and gave to them, saying: Drink ye all of this. For this is my blood of the new testament, which shall be shed for many unto remission of sins. And I say to you, I will not drink from henceforth of this fruit of the vine, until that day when I shall drink it with you new in the kingdom of my Father.” (Matthew 26:26–29)

“And rising up, the same hour, they went back to Jerusalem: and they found the eleven gathered together, and those that were staying with them, saying: The Lord is risen indeed, and hath appeared to Simon. And they told what things were done in the way; and how they knew him in the breaking of the bread.” (Luke 24:33–35)

“And they were persevering in the doctrine of the apostles, and in the communication of the breaking of bread, and in prayers.” (Acts 2:42)

“The chalice of benediction, which we bless, is it not the communion of the blood of Christ? And the bread, which we break, is it not the partaking of the body of the Lord?” (1 Corinthians 10:16)

“For as often as you shall eat this bread, and drink the chalice, you shall shew the death of the Lord, until he come.” (1 Corinthians 11:26)

“Labour not for the meat which perisheth, but for that which endureth unto life everlasting, which the Son of man will give you. For him hath God, the Father, sealed.” (John 6:27)

“For he that eateth and drinketh unworthily, eateth and drinketh judgment to himself, not discerning the body of the Lord.” (1 Corinthians 11:29)



Father God: “A simple wafer turns into the true living Body and Blood of my Son Jesus Christ. During Holy Mass, at the time of Consecration, as my Son Jesus’ servants, his chosen shepherds, turn this wafer (host) into the reality of the holy sacrifice of the Holy Mass, it becomes so precious, alive, to be my people’s strength, their daily bread, their food to enrich their souls, bodies and spirits, their salvation.” (03/06/2017)

Mother Mary: “Yes, my children need the Holy Mass and to receive the Precious Body and Blood of Jesus Christ to regain strength and courage to carry on with their trials and hardships. With my Son Jesus in their hearts, there is nothing that they cannot conquer – it’s their fortification, their daily bread. If my children cannot receive him every day, at least they must not miss Sunday’s Holy Mass – it’s a day of obligation.” (02/01/2019)

Jesus Christ: “My child, my Holy Mass, my Eucharist, is a very serious commandment and is very important. How I wish my children [would] understand. How I love to see my sheep, my flock, my lost ones, coming to me to take the food of life, the fount of mercy, their daily food. I, their Jesus, will grant many graces to them, their loved ones and families. I will protect them from my adversary, my enemy, and from dangers.

“My children, come to my table, the Banquet, which I instituted at my Last Supper for all of you. My children, remember that I gave you seven days a week, six to work with one day dedicated to me, my Father and the Holy Spirit, the Holy Trinity, the Three in One. My children, it pleases, enhances my heart, when you give holy Sunday to me, your God, my Father, the Holy Spirit and my dear Mother; the heavens rejoice, ‘Alleluia! Alleluia!’” (04/07/2010)

Father God: “My people, whom I created with so much love, each one of you is unique. Here in heaven, we do see all on earth, in this world, and in each of my children’s hearts, minds and souls. My Son Jesus’ holy sacrifice of the Mass is said throughout the world, every second of the day. Oh, it pleases us very much in heaven to see my people attending, but nowadays, my people come to my Son’s Holy Mass with no respect, no love, not appreciating my Son’s sacrifice in Mass.

“My Son Jesus waits patiently for each one of you to come and enter the church. Oh, my Son is so joyous to see his children coming, but sometimes my people, most of them, enter very late. My children are supposed to enter the church at least ten minutes before Holy Mass starts. Oh, then they come late. It is very saddening to my Son Jesus’ heart when his children arrive late, after the readings or as the readings are taking place – the most important part to assist – my Son’s holy words as the Apostles left them in the Holy Bible.

“My people must be at Mass, as I said, ten minutes earlier, to pray, to say thank you to my Son Jesus for the graces, the blessings obtained, and to absorb the content of the Holy Mass.

“Then, as my people enter the church, they look around to see who is in the church before greeting my Son Jesus. Oh, their hearts and minds are not there in concentration to listen to the readings and the Gospel, which is the Word of God. My people sit with their arms and legs



Fill the church from the front



The moment of Elevation

crossed, relaxing like they are at home or at a place of enjoyment. Know, my people, that my Son Jesus is at the altar as the Mass is starting. So am I, your Father God, and the Holy Spirit, because we are the Three-in-One Persons Inseparable. Mother Mary is also present at all times, praying and interceding for each

one of you. Know, where the Son is, there is the Mother and vice versa. Oh, it saddens Mother Mary. At that moment, she pleads to her Son Jesus to forgive his children for all of their distractions, for ignoring her Son Jesus at that special, unique time of giving himself to each one of you.

“Oh, my people look at their watches if the homily is taking too long! My Son asks for just one hour from you to dedicate totally to him, to offer your hearts, your love, your time, this special time, to him. Oh, my people start getting impatient, wanting the Mass to end, but my Son gives all of his time to each one of you.

“At the time of Consecration, oh, what a special present: my Son gives himself totally to you. At this special time, the host, which my people call a wafer: yes, it's a wafer, but the moment my son priest consecrates the host and wine, it becomes my Son Jesus' flesh, his Body and Blood. It is his Precious Body and Blood at that precise moment. As the Body and Blood is elevated by my son priest, my people, you must look up to my Son Jesus with appreciation and gratitude, and thank him for this unique grace and blessing upon you all. Pray, my people, at that moment, asking anything from my Son Jesus with all your heart – it's a

time of many graces. Also, at that moment, ask your guardian angel to present your petitions to my Son Jesus. Oh, the angels surround my Son Jesus' Precious Body and Blood in every Holy Mass. A multitude of angels are at my Son's altar, above and all over the church. Oh, it's so beautiful to see the gratitude, appreciation and thanksgiving towards my Son Jesus. Oh, your guardian angels, they are so pleased to bring your petitions at that moment to my Son Jesus. Oh, your guardian angels, they are sad when they come to the altar at that moment without anything in their hands from you.

“At the time of praying the Our Father, oh, my people pray, but are not concentrating on his, my, holy words. Many of them pray, saying, “Forgive us our sins,” oh, but how many of them are praying and not forgiving their enemies, their families and friends who hurt them, and never forgiving each others' mistakes and errors? My children must understand the meaning, the content of the Our Father prayer. My people, at that precise moment, my Son Jesus' heart saddens to see how many of them are praying this prayer with so much hatred and unforgiveness in their hearts.

“My people, as you come to this special celebration of the Holy Mass, come to Confession and ask for forgiveness with a contrite heart to receive my Son Jesus worthy of him. When it is time to come to Holy Communion, oh, my people, they come out of their benches like they are going to a gathering with friends, looking around, waving and greeting one another, oh, most of the time dressed indecently and inappropriately for Holy Mass. My children, come dressed to church knowing that you are coming to a feast of the Lamb of God, a great feast to receive Jesus' Precious Body and Blood. It saddens and pierces my



Son Jesus' heart when my people come to receive my Son Jesus unworthy of him. Know that before my Son Jesus enters into your heart, he knows each one of you, your state of grace and when you are not worthy to receive him. Oh, it pierces my Son Jesus' heart to enter into my children's hearts that are in so much sin – it's better not to receive him because my Son Jesus' pains are unbearable. My Son Jesus' desire is for my people, as they come to receive him, to kneel down or genuflect and receive him in their mouths, not on their hands. Many of my children, my people, receive my Son Jesus on their hands. Oh, then they hide my Son Jesus in their hands. They take my Son's Precious Body and hide him in some filthy place in their bodies, clothes, then they hurry up to take and use my Son Jesus for satanic work, for witchcraft, for their own use. Oh, they are using my Son Jesus' Precious Body (which has been consecrated by my son priests) in sacrileges. They also blaspheme Mother Mary and her virginity in this satanic work.

“Then my children come to their seats again, looking at the time to go home, not waiting for the end of Mass, for it to finish. Oh, so much to do! No time to say thank you to my Son for this special grace of my Son Jesus giving himself to them. As my son priests come out of the church, many of my children come out of the church, hurrying to come out and have conversations with each other. My people must wait after Mass again, to thank Jesus for the gift of himself, for the graces and blessings, and then they can ask for petitions, for the most needed requests of their hearts. My Son Jesus waits at the altar for each one of his children to come out of the church.

“Also, as my children enter the church, they must sit in the front as they are coming in, not at the back of the church or scattered

like lost sheep. Oh, it pleases my Son Jesus to see his children being united together, not like lost sheep. Come, my people, receive this request from your Father God. Come and sit with my Son Jesus in Holy Mass. My people, as you are arriving, start sitting in front and fill the gaps. My children, when you invite your guests, friends, to your home, you invite them to come right in and sit in the front, not the back of your lounge, your home.

“My people, I am your Father God, I came to relay this message of my Son Jesus' Holy Mass and the importance of coming to my Son's church for a big day, a big celebration. Yes, each Mass being celebrated is a big banquet to each one of you. I thank you for your time spent listening to this, my message to all my people, my son priests and the head of the Church, through my humble servant, my Son Jesus' messenger.” (01/09/2014)

Mother Mary: “My child, I, your Mother, I was listening to my Son Jesus' message to you about my Son's Holy Mass. Oh, it's very painful to watch how my children come to my Son's church, Mass, dressed indecently. My children must come with modesty: they're not going to a ball, dance, to a function, a wedding feast. They're coming only to assist my Son's sacrifice of himself. My children need to come with modesty of heart, soul, mind and body. They must be dressed with decency. They must cover themselves properly like the beginning of times. They must be dressed decently with their knees covered, their breasts covered – coming sleeveless to



Always receive Jesus in the mouth



receive my Son's Precious Body is not permitted by us in heaven."
(19/08/2012)

Mother Mary: "Our Father God came to explain the value of my Son Jesus' Holy Mass. If my children knew how valuable this is for their daily lives, my children would never be without Holy Mass for one day and the churches would never be empty. When my children come to my Son's Holy Mass, one day in eternity that will be counted in the Book of Heaven – it will be evaluated for the benefit of their souls. Their sins will be lessened on account of the many Holy Masses that they went to in this world. My dear children, don't let this pass you by. Receive the graces, blessings, for the discount of your sins, and assist the Holy Mass with a sincere act of love. Come with your heart fixed upon my Son's sacrificial love. Come and focus for the whole Mass only on my Son Jesus. Don't let your mind wander with your worries and concerns of your daily lives. When you are at my Son's Holy Mass, forget everything of the outside world. Come as you enter a big party, celebration – just surrender it all to my Son Jesus Christ. He will take care of your trials, tribulations, fears of tomorrow. Don't let your mind wander on the things of this world. Focus, focus on receiving the Body and Blood of my Son Jesus worthy of him. Prepare yourself always with a good Confession with a contrite [heart] to be in a state of grace for this feast day. Oh, it does please my Son Jesus to come to your heart with a perfect, clean home, to live within you. Oh, my Son Jesus gets very sad when he knows my children come to receive him unworthy of him. You can alleviate these pains of my Son Jesus if you go to my son priests and confess all your sinful lives."
(29/02/2020)

CONFIRMATION

The Sacrament of Confirmation builds on the Sacraments of Baptism, Confession and First Holy Communion. In Confirmation, we confirm our belief in God by receiving an anointing from a bishop with sacred chrism oil, which he blessed during the Holy Thursday Chrism Mass. This Holy Sacrament strengthens you by bringing more gifts of the Holy Spirit upon you. At your Confirmation, a saint is also chosen to be your heavenly intercessor, helper and protector against evil and to finally welcome you in heaven.



The laying of hands

Meditations

"Now when the apostles, who were in Jerusalem, had heard that Samaria had received the word of God, they sent unto them Peter and John. Who, when they were come, prayed for them, that they might receive the Holy Spirit. For he was not as yet come upon any of them; but they were only baptised in the name of the Lord Jesus. Then they laid their hands upon them, and they received the Holy Spirit." (Acts 8:14–17)

"And after he had spent some time there, he departed, and went through the country of Galatia and Phrygia, in order, confirming all the disciples." (Acts 18:23)

"Now he that confirmeth us with you in Christ, and that hath anointed us, is God: Who also hath sealed us, and given the pledge of the Spirit in our hearts." (2 Corinthians 1:21–22)



Father God: “Today you went to my devoted son’s Confirmation. This Holy Sacrament is very powerful, where my people receive many fruitful gifts of the Holy Spirit.” (28/10/2018)

Mother Mary: “Through your prayers – the Holy Rosary – Satan will be defeated from attacking marriages, families, my Son’s Church, and the world at war, in conflict, decay, Satanism and the triple-six. Oh, my children must avoid all these sins. The triple-six is on the loose in some countries in the world, the sign of the beast, as written in the Book of Revelation¹. Oh my children, don’t fall into this trap of sin. You have the sign of Jesus Christ upon you through your Baptism of water, the Sign of the Cross – in the name of the Father, the Son and of the Holy Spirit. Amen – and through your Sacrament of Confirmation. My dear children, this is the sign that you must have upon you. Oh, the sign of the beast is very dangerous upon you. Be strong and faithful always to your faith, knowing that the Triune God, the Holy Trinity, the Holy Spirit lives within you.” (26/01/2020)

MARRIAGE

Jesus Christ blesses marriages that come to his altar. He is calling us to remain chaste until married and to see through our vows “for better or for worse”. If you are married, but not through the Catholic Church, speak to your local priest to assist in convalidating your marriage. This sacramental blessing brings heavenly graces to your marriage.

¹ This refers to implantable microchips. See “Prayer to stop the sign of the beast, the chip, from being placed on people’s bodies” (15/07/2016) in “Prayers”, “The implantable chip of the beast of seven heads is one of Satan’s tricks to corrupt our bodies and is very dangerous for our salvation” (01/03/2013) and other messages on this topic in “Conversations” on www.alpha-omega.org.za.

Meditations

“For this cause shall a man leave his father and mother, and shall cleave to his wife, and they shall be two in one flesh. This is a great sacrament; but I speak in Christ and in the church. Nevertheless let every one of you in particular love his wife as himself: and let the wife fear her husband.” (Ephesians 5:31–33)

Jesus Christ: “Yes, many of my children today, they prefer to live together. This is not in my teachings. The Sacrament of Marriage is very important in my children’s lives. My children living together: it is a common thing for them, but heaven has my teachings. Today, in this modern world, my children change the laws for themselves, for their convenience, as they feel comfortable. I bless marriages that come to my altar. My son priest, he is the representative, but I, their Jesus, I am the one who blesses the Sacrament of their marriage. Oh, the past was very much more in obedience to me, their Jesus Christ, living in chastity and being virgins until the day of their wedding vows. But I, their Jesus, forgive them when they amend and confess these sins. I thank all of these, my children, who still respect my teachings.” (23/04/2017)

Jesus Christ: “As this marriage or any other marriages are vowed at my holy altar, this is a sacred, holy marriage that my children should keep united as death parts them. This is a beautiful Holy Sacrament that my children are taking for granted. As my children are united in front of my son priest and at my holy altar, they should be respected for better, for worse, in sickness and



**For better or
for worse**



**The Holy Family
of Nazareth**

in health and for all eternity. This is a beautiful matrimonial contract by God the Father, God the Holy Spirit and God the Son Jesus Christ. My dear ones, this is very pleasing to us here in heaven. What has been bound on earth will be bound in heaven, and what is bound in heaven will be bound on earth. These are very strong, powerful words from the Holy Bible.” (13/05/2018)

Father God: “My little ones are following their loved ones’ examples. If only my

people would do their duty: teach them from a young age and be the example in their lives. But many children are in marriages of turmoil. The little ones are suffering consequences because they see quarrels, disunity, anger, unforgiveness and bitterness from their past mistakes. The little ones are torn between their loved ones, yet they can see the right and the wrong in their parents, but they are not allowed or are fearful to interfere and say what they are feeling. Do not put my little ones to the test in their families. Their trauma is very painful, what they sometimes witness in fear or panic. Fathers and mothers: be attentive in front of your (our) little ones. Be like a family of Nazareth. My Son Jesus Christ followed his parent’s good teachings. Peace, love, unity and forgiveness in families is the most important health remedy for my little ones to one day form their own families. Listen attentively to the deep cry of our children, our innocent ones.

“I am your Father God. I am the Father of the truth, the light, the peace and love: merciful, kind hearted, forgiving, loving each

one of my people, my creation. This is a Father’s love. Live by example for a better generation to come and [reap] the reward that you will have one day in heaven, written in the Book of Heaven at the Banquet of the Lamb.” (02/10/2016)

Father God: “My humble servant, I, your Father God, I am here to converse with you. Today, my Petal, you attended _____ and her loved one’s forty years of marriage, the anniversary of their golden years being in front of my Son Jesus’ altar, the strong cornerstone of their marriage.

“My people must see married couples similar to these, but my people don’t follow the example of their loved ones. Today, my youth, young married couples, don’t stand together during their trials and tribulations. Today, in my people’s lives, there is no respect for each other. My young couples are in a different understanding towards one another. My children, my people, must love, respect and care for their loved ones, as they were courting on the first day of their meeting.

“Today, my people don’t want to forgive one another’s errors, mistakes. They just want to divorce. They are so blinded with anger, resentment and bitterness. The enemy’s aim is to destroy marriages and families, to cause disruption to my people, as in the time of Mary and St Joseph. Yes, they also had hardships and trials, but they would solve their problems and differences in their marriages in peace, love and calmness.

“Oh my Petal, divorce is not from my Son Jesus Christ. If only my people would pray together as a family, many families would be united and marriages would be amended. The secret of the long, everlasting marriage is love, patience, unity, peace, conversing with one another, not fighting, using foul language, quarrelling,



constantly talking about past errors, faults, mistakes, pointing fingers at each other, lies, unforgiveness, hatred, resentment and bitterness, accusing each other and bringing families and in-laws [into] matters. Oh, my people, don't go on this road in your marriage. Be humble to each other, asking pardon and forgiving at all times, telling each other with a sincere heart how much you love one another.

“Yes, marriage is like a rose: it has a beautiful petal, but in the middle there are also thorns. The sea is rough, but also gets calm afterwards. Love is beautiful in my people's marriages: faithfulness; honesty with sincere hearts; forgive, forgive many times a day. Don't go to bed with anger and without asking for pardon. Don't have pride, arrogance and vanity. Have, at all times, the love of God the Father, the Son and the Holy Spirit on your lips. Pray at bedtime and as you are waking up together, saying good night and good morning to each other.

“Teach your little ones all of these good examples. In times of hardships and trials, do not despair or become despondent, just pray, come to my Son Jesus' Holy Mass, Confession, receiving my Son Jesus' Precious Body and Blood worthy of him. Respect the Ten Commandments, respect one another, learn to know your spouse, do not criticise one another for his or her mistakes and errors, do not commit adultery in your marriage, be faithful always. If any of these errors happen, forgive one another and try again – a new beginning – to recollect the pieces of the marriage puzzle. Amend your sins with repentance in your hearts.

“I, your Father God and my Son Jesus Christ, when my people ask us here in heaven for another chance to start anew because of their sinful lives, we are merciful and kind, we are a compassionate

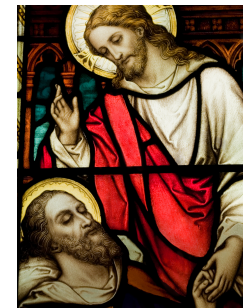
God. It is never too late to recollect and start anew, a new episode with the heart, mind, soul and spirit, to never commit [these sins] again. Oh, do not live in a marriage with a purpose to hurt one another, with intent to hurt each other's bodies, souls and spirits. Anger, unforgiveness, hatred etc. is all the work of Satan, the enemy, attacking.

“My people, save your marriages as the family of Nazareth set out in their example to their Son Jesus Christ.” (26/02/2017)

Father God: “When my children are united at my Son's altar, they are united in heaven for all eternity. Adultery is a sin that heaven cries for. Live a life with faithfulness and sincerity, set the example for your loved ones. When my children come to eternal life, what counts is what they can present to my Son Jesus to bring in front of my throne. Yes, my children are judged according to the two books. Oh, my Son Jesus: his sacrifice was to save each one of my children. Don't let the enemy rob you of what belongs to you. He is so sly in luring my people into sin, like Adam and Eve.” (22/03/2017)

ANOINTING OF THE SICK

If a person is seriously ill or close to death, a priest should be asked to administer the Sacrament of the Anointing of the Sick. The priest lays hands on the person, says special prayers and does an anointing by placing holy oil, in the form of a cross, on the recipient's forehead and hands. This Sacrament is powerful in bringing healing to those with infirmities, illnesses and afflictions



Jesus is the healer



and, when coupled with prayers of exorcism, is especially powerful at driving out evil spirits. The Sacrament of Confession followed by Holy Communion should ideally be administered with the Anointing of the Sick to further assist in the person's healing. If our Lord Jesus Christ does not heal the body, he heals the soul, which is the most important for our salvation.

Meditations

"Is any man sick among you? Let him bring in the priests of the church, and let them pray over him, anointing him with oil in the name of the Lord." (James 5:14)

"And going forth they preached that men should do penance: And they cast out many devils, and anointed with oil many that were sick, and healed them." (Mark 6:12–13)

Father God: "My dear people, sometimes my dear ones are afraid when they are very sick, ill, to call a priest if they are in hospital or bedridden, for my son priest to come to hear Confession and to anoint them with the oil of the sick, the Last Rites¹. Oh my dear ones, with the Anointing of the Sick it doesn't mean that you are going to die, but with my son priest giving it to them, they will get better in their body and soul." (24/02/2019)

UNDERSTANDING THE POWERFUL SACRAMENT OF CONFESSION

The Holy Trinity is calling us to the Sacrament of Confession (Reconciliation or Penance) to be forgiven and absolved (cleansed) of our sins. This powerful salvific Sacrament involves

¹ The Sacrament of Last Rites constitutes the Sacraments of Holy Communion, Confession and the Anointing of the Sick.

the contrite confessing of sins to a priest and doing penance.

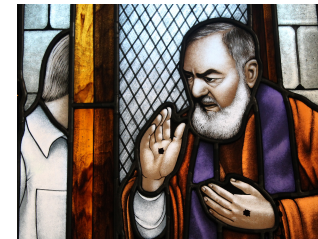
Examine your conscience: "Whereunto baptism being of the like form, now saveth you also: not the putting away of the filth of the flesh, but the examination of a good conscience towards God by the resurrection of Jesus Christ." (1 Peter 3:21)

Confess your sins: "He that hideth his sins, shall not prosper: but he that shall confess, and forsake them, shall obtain mercy." (Proverbs 28:13)

Don't hide your sins: "If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just, to forgive us our sins, and to cleanse us from all iniquity. If we say that we have not sinned, we make him a liar, and his word is not in us." (1 John 1:8–10)

Jesus anointed his first Apostles, his bishops and priests, to forgive sins, and so the same blessing continues today: "He said therefore to them again: Peace be to you. As the Father hath sent me, I also send you. When he had said this, he breathed on them; and he said to them: Receive ye the Holy Spirit. Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained." (John 20:21–23)

Jesus forgives you through the priest's prayer: "And the priest shall pray for him and for his sin before the Lord, and he shall have mercy on him, and the sin



St Padre Pio



Our sins hurt Jesus

shall be forgiven.” (Leviticus 19:22, see also James 5:14–15)

The priest pardons you in the person of Christ: “And to whom you have pardoned any thing, I also. For, what I have pardoned, if I have pardoned any thing, for your sakes have I done it in the person of Christ. That we be not overreached by Satan. For we are not ignorant of his devices.” (2 Corinthians 2:10–11)

When the priest absolves you, your sins are remitted: “And that penance and remission of sins should be preached in his name, unto all nations, beginning at Jerusalem.” (Luke 24:47)

As a minimum, do the penance that the priest gives you: “Let him do penance for his sin” (Leviticus 5:5)

Keep coming to Confession to be cleansed, doing penance and be ready to meet the Face of God when your time on earth is accomplished: “No, I say to you: but unless you shall do penance, you shall all likewise perish.” (Luke 13:3)

WHY GO TO CONFESSION?

Sin is anything that goes against God’s commandments and his way, the way of Jesus Christ. Every time we sin, we hurt the Sacred Heart of Jesus¹ and evil gains a level of spiritual bondage (or captivity) on us in relation to that sin. As we go to the

¹ “And are fallen away: to be renewed again to penance, crucifying again to themselves the Son of God, and making him a mockery.” (Hebrews 6:6). Our risen Jesus is still “making purgation” for our sins (Hebrews 1:3).

Sacrament of Confession and confess these sins, the stains of these sins are removed from our body, mind, soul and spirit, the Holy Spirit strengthens within us and we acquire more graces to become the saints we were created to be. Once all our sins have been confessed, we are now in a state of grace and, should we die in this state, our Book of Heaven is cleared of all our sins and we will not have to atone for them in eternity to enter the Kingdom of Heaven.

Meditation

Jesus Christ: “Yes, I am there with my son priest to absolve my children. Yes, my children can pray and ask us here in heaven for pardon, but the absolution has to come in front of my son priest (he is my channel, my instrument, but I am the one, invisible, who absolves¹ my children) as my son priests have received a special gift, anointing, on the day of their Ordination.” (03/09/2018)

CAN ANYONE GO TO CONFESSION?

Jesus Christ died for everyone without exception: he has no favourites. He desires all of his children, irrespective of religious denomination, to come to him in Confession, without hesitation, because it will give them more graces to come to his Sacred Heart, to full conversion in his Church. Tomorrow may not be another day.

Meditations

While preaching, St Paul was quick to hear Confessions: “And

¹ “Absolve” comes from the Latin word “absolvo” (release, unbind, acquit, remit, set free), which in this context means to acquit you of the sin and to set you free of the bondage to evil that came from committing the sin.



many of them that believed, came confessing¹ and declaring their deeds.” (Acts 19:18)

Mother Mary: “Know, my child, the Holy Spirit was saying, so was my Son Jesus Christ, that Confession is not only for the ones who received their Sacraments. My Son Jesus died on the cross without exception for each one of his children. My Son did not choose anyone specific to save. His aim was only one: to save all of his children. Confession is for each one of his children. His aim is for them to repent, to come to eternity with all of their sins forgiven. Sometimes there is no time to wait for their last breath because my children do not know the day or hour of coming to encounter their Creator.

“My Son Jesus’ desire is for my children to confess, to be absolved from all of their sins. My children never know when they will be called to eternal life. They must be ready at all times. My Son Jesus did not die on the cross for one kind of his creation: it was for all colours.

“My children, know the true Church, where my Son Jesus said to St Peter, ‘Peter, on this rock I will build my Church,’ but through a Confession and absolution, my children can be seated one day at the Banquet of Heaven. That is my Son Jesus Christ’s desire: not to see anyone in Gehenna.

“Pray, pray for my children to come to Confession with a contrite heart and for them to be absolved of all of their horrendous sins. And through Confession, sometimes my astray children from other denominations will convert, and in time to come, they

¹ In some Bible versions, the word “confessing” was expanded to “openly confessing” to divert people from the truth of a private Confession with a priest. The priest is bound to secrecy through the seal of Confession.

will receive my Son Jesus’ Precious Body and Blood worthy of him. The power of God the Father, God the Son and God the Holy Spirit can move mountains, rocks and the most hardened hearts into hearts of flesh.

“My children must pray for the conversion of the lost sheep who are in a different dimension, to know more profoundly about the love of God. The Triune God never judges anyone in Confession, but only wants them back in my Son Jesus’ Sacred Heart. They are a merciful, kind God. My Son Jesus Christ waits patiently for his children, each one of them, in Confession. Tomorrow it might be too late.” (21/02/2017)



Jesus absolves us

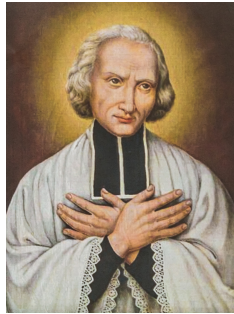
WHAT SHOULD I DO IN CONFESSION?

In the confessional, kneeling or sitting down in front of the priest, bless yourself by making the Sign of the Cross, “*In the name of the Father and the Son and the Holy Spirit. Amen.*”

Then say, “*Bless me Father, for I have sinned. It has been ...state approximate period... since my last Confession and these are my sins...*” Confess your sins, noting that you are talking to Jesus through the priest, so speak with contrition and humility in your heart.

When you are finished, the priest may offer advice and will then give you your penance. This is usually a short prayer to pray and sometimes also includes an act of reparation.

In closing, the priest will ask you to say an Act of Contrition.



St John Vianney is the patron saint of priests

Say, for example, *“O my God, I am heartily sorry for having offended and hurt you. With the help of your grace, I firmly resolve to do penance, to sin no more and to avoid occasions of sin. Amen.”*

The priest will then say a prayer of absolution to absolve you of your sins. After exiting the confessional, do your penance.

In order to be worthy of receiving the Body and Blood of Jesus in Holy Communion, Jesus asks us to make an effort to sin no more and to go to the Sacrament of Confession at least once a month, but weekly if possible.

SPIRITUAL LAWS

The Sacrament of Confession terrifies demons because there they witness our contrition and they lose their authority over us. To facilitate our healing, we need to be aware of some of the spiritual laws governing this powerful Sacrament:

Always forgive your enemies and do not hold onto resentment, bitterness or anger, otherwise your Father in heaven will not forgive you your sins¹. Even if you have forgiven someone, take your past anger, unforgiveness and resentment to Confession, otherwise you will remain spiritually weak in this area.

Be sincere and don't blame others for your sins, downplay them or try to justify them to avoid embarrassment in front of

¹ “But if you will not forgive men, neither will your Father forgive you your offences.” (Matthew 6:15)

the priest: this shows a lack of contrition and humility. Not being truly sorry for your sins brings an additional sin of insincerity. You are talking to Jesus in the confessional through the priest. Jesus knows everything and all he wants is for you to humbly confess all your sins out of your mouth so he can absolve you of them.

Confess all of your sins, even if they happened many years ago, because you don't want to have to be cleansed of these sinful bondages in eternity. There, the purification is much harsher.

The priest and Jesus are not judging you in Confession: you are receiving God's mercy and acquiring graces to sin no more. All priests are human and also make mistakes, so if you feel judged or ill-advised, keep your peace, stay humble and pray for the priest instead. The important thing to remember is when a priest absolves you of your sins in the confessional, he is doing it in the “person of Christ”¹, as he received this gift at his Ordination.

Be specific in confessing your sins, their details and all surrounding or root-cause sins, because Satan is legalistic and will hold you in bondage as a result of your unconfessed sins. For example, if you were disobedient to your parents, selfish and filled with self-pity, don't just mention the sin of disobedience. Take yourself into the sinful situation and ask yourself, “If I were a saint, would I have reacted differently?” If the answer is “yes”, then identify where you went wrong in thought and action. Also, try to identify similar situations in the past that you forgot to confess, as it is these unconfessed sins that caused this bondage, this spiritual weakness.

¹ As explained in 2 Corinthians 2:10 on page 66.



Don't curse yourself or others because this has severe spiritual consequences. As Jesus explains in Matthew 5:22, this includes calling someone a fool, an idiot or any other words or phrases that have nasty connotations. If you have done this, revoke the specific curse in Confession with contrition, then the evil spirits to which you gave authority to implement those curses will have to leave. Self-curses include statements like "I am ugly", "I will never stop smoking" or "I am a loser".

Make reparation for your sins wherever you can, praying for those you have hurt and where possible, apologising for your error. Don't expect an apology from those who have hurt you – instead, bless them and pray for them. If you, for example, have brought witchcraft into your home, remove and burn all demonically infested items and say deliverance prayers, sprinkling holy water and salt on the infested areas.

Ignorant or innocent participation in sin must be confessed to remove any evil bondages as a result of being exposed to these sins. These bondages start as a child, so when examining your conscience, go back as far as you can remember to be released of to be set free of this evil¹. As another example, if as a child you were angry with your parents and were filled with fear as a result of their fighting, possibly even thinking they didn't love you, take the anger, bitterness, fear of evil and wrongful thinking about their love for you to Confession to be set free of this long-distance

¹ Don't just say, "I was exposed to witchcraft". Try to give details to be set free of these bondages, for example, "The false healer did a ritual prayer over me, burned incense in my presence, cut slits on my wrists and cheeks and placed animal blood in the openings. I wore an amulet, was given muti to drink and bathed in strange powders that were subject to rituals." If you cannot remember, don't despair, pray to the Holy Spirit to bring what is in the dark to the light.

bondage. If parents are in darkness and are incapable of showing their love to you, it doesn't mean they don't love you, it means they are in darkness and need your prayers to be set free.

A sin of the mind is still a sin, even if not acted upon. This includes entertaining judgemental, devious or lustful thoughts¹. In certain types of sin, such as watching pornography over a period, it takes many Confessions to be released of all the different types of obscure act that you may have witnessed and entertained in your mind, otherwise evil still has authority to place strong temptations in your mind that are linked to these sins in an attempt to lure you into a similar trap.

Sins in dreams must be taken to Confession². If you find yourself trapped in a sin in a dream without having a choice to engage or you are initially blinded to the sin in the dream, it is because Satan still has you in bondage through some unconfessed sin(s) in this area. Unconfessed sins give Satan authority to place you in a similar sinful scene and mindset in dreams to lead

¹ See Matthew 5:28

² In response to a prayer of help to combat the enemy, who was attacking me most nights in my sleep, Jesus Christ visited me in 2017 in a dream to affirm that if we sin in dreams, it is a sin. He confirmed the same through Alan C Ames in his book *Through the Eyes of Jesus* on 13/3/1996: "Sometimes for those who are close to God the only times he [Satan] can play his tricks is when you are asleep. If you reject in your sleep what you reject when you are awake, then it is not a sin. It is when you welcome these dreams of evil, of lust, of greed, that you sin." Ecclesiasticus 34:1–7 explains how dreams deceive many (see also Isaiah 56:10).



**Dreams from God
bring clarity, as
St Joseph experienced**

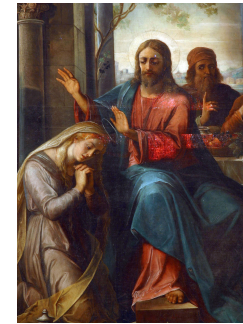


you further into sin. Bear in mind that Satan creates deceptive scenes with different actors or contexts in attempts to cover up the true nature of the unconfessed sins he is using against you. The “actors” in these dreams are evil spirits that come disguised as whomever they choose. When attacked in a dream, be alert and ask yourself, “Would I have responded or thought in this way if I were awake? Would Jesus, Mother Mary or a saint have reacted like this?” If the answer is “no”, ask the Holy Spirit to help you to identify the unconfessed sin(s) that it is linked to. When confessing sins in dreams, explain the sinful portion of your dream as well as the previously unconfessed sin(s) that it is linked to. In the case of lustful encounters, don’t be afraid to state the diabolic contortions that you may have been exposed to and engaged with in dreams, otherwise evil will have authority to further place this filth in your mind. To assist in discerning the good from the bad in dreams, it is important to understand that Satan and his evil spirits can replicate earthly-looking creatures, scenes and colours, but they cannot replicate the unfathomable love, inexplicable radiance, light and colours of Jesus Christ and his angels and saints, the realm of heaven. Evil brings confusion, while God brings clarity.

Confess any lies or deceptions you may have believed, otherwise evil will capitalise on this spiritual blindness to lure you into a trap when you are vulnerable. For example, believing you need a cigarette to relax is a deception triggered by an evil spirit of nicotine addiction to trick you into having another cigarette. As another example, if you do not confess the deception that you engaged with an evil spirit that came under false pretences to lure you into sin in a dream, when it comes again to try and trick you, you will lack the discernment to see it for what it is.

Be alert: overtly strong temptations in your mind or reflexive sinful actions are a result of unconfessed sins in that area. You are a temple of the Holy Spirit and so, if you are in a state of grace, evil spirits will not have authority to place strong temptations, evil thoughts or obtrusive imagery in your mind. However, it often takes time to come into a state of grace, so if an evil thought enters your mind, do not entertain it: call Jesus for help to diffuse the temptation, make a note thereof and ask the Holy Spirit to show you the unconfessed sin that it is linked to. Also, if you reflexively behave in a sinful way, be it by word, thought or action, it is because of unconfessed sin in that area. Remember, you were created in God’s image, to have his peace and self-restraint, not to have uncontrollable and overpowering evil inclinations or tendencies, irrespective of whether you are awake or in a dream state.

Don’t be surprised if evil attacks are all of a sudden stronger and more frequent than before. When the decision is made to become a true servant of God, and you start praying for the salvation of souls and are truly making an effort to cleanse your soul, this will infuriate Satan as he is now losing souls as a result of your obedience to God. In his blinded rage and desperation, he will try to lure you back through the bondages he has on you, either through more frequent, more vivid dreams or stronger temptations when awake. When these attacks happen, always call the name of Jesus and the evil will go in flight. Then, when



St Mary Magdalene repented and became a saint



you come to your senses, make notes on what happened, ask the Holy Spirit to help you to find the unconfessed sin(s) it was linked to and then go to Confession as soon as possible to be cleansed of the evil bondage(s). If you truly love Jesus and don't want to hurt him by detesting all sin, these attacks are in fact a blessing because they bring to light sins that you otherwise would have forgotten and they make you spiritually stronger. Over time, these attacks get weaker and weaker as you become stronger and stronger in Christ.



Trust the Holy Spirit

Never doubt God's mercy. If you have made a good and contrite Confession after a thorough examination of conscience to the best of your ability, then these sins are forgiven. However, it does not mean that you are absolved of all the sinful bondages of the sins you have forgotten to confess. For example, assuming you were trapped in the sin of lust for many years and have repented by making a good Confession in this area of sin, it would be impossible to remember all the sinful fantasies, acts or dreams you have had, each of which is a sin in itself. Jesus knows you are sorry and has forgiven you. However, Satan will hold you to sinful encounters that you have not confessed and will use these bondages to try and lure you back. If this is the case, do not give up: know that Jesus has forgiven you, and if you are trying to love sacrificially, detesting all sin, continuing with

regular Confession and receiving the Holy Eucharist worthily¹, you will overcome this evil.

A good example of God's mercy is demonstrated on Divine Mercy Sunday where, through St Faustina, Jesus promised that if you start the Divine Mercy Novena on Good Friday, make a good Confession and receive the Holy Eucharist on Divine Mercy Sunday, all your sins are forgiven and you will not be punished for them². However, this does not mean that after doing the novena, if a past sin comes to mind, it should not be confessed – yes, you have been forgiven but to remain spiritually strong, you still need to be absolved of this bondage to evil by confessing it³.

When the Holy Spirit reveals a past sin to you, don't ignore it: be obedient to his call and take it to Confession. He is your friend, your teacher, your guidance and will take you in little steps through your healing process. The Holy Spirit is the first

¹ To receive Jesus worthily means that you have confessed all the sins that you can remember, are truly making an effort to sin no more and you are not in a state of deliberated sin (that is, having sinned with full intent and consent to the sin, knowing it was wrong). If, through your spiritual blindness, you started sinning in a dream (or thought) in an area of bondage, but stopped engaging in the sin when you came to your senses, realising that it was wrong, this is not a deliberated sin. Confess it as soon as possible, but don't let it stop you from receiving Jesus daily in Holy Mass. Over time, as you come into a state of grace, you will more easily see through these attacks and will not fall for them.

² See "The Divine Mercy Novena" (28/04/2019) in "Prayers" on www.alpha-omega.org.za, where God confirms through Fernanda that all your sins in the Book of Heaven are cleared.

³ I speak from experience where, despite having done Divine Mercy Sunday novenas and fulfilling all their obligations until all past sins were properly confessed, Satan was trapping me into sinning in dreams because of past unconfessed sins.



voice in your mind that brings understanding, clarity of thought and peace of mind.

If you lack any one of the twelve fruits of the Holy Spirit, it means you are in bondage to evil¹. In this instance, pray to the Holy Spirit to bring what is in the dark to the light, to show you which unconfessed sins are responsible for this behaviour. The Seven Sorrows Rosary² as a novena will also help in this regard.

Always love God first and foremost, then others as yourself. Putting self first opens the door to the sins of pride, selfishness and self-justification, from which confusion, spiritual blindness and hardness of heart follow.

Evil has no authority on you if you are in a state of grace. To come into a state of grace, go to Confession regularly, read and obey the Word of God, receive Jesus worthily in Holy Mass to strengthen you (daily if possible), pray the Rosary every day and love sacrificially. We are worthy of receiving Jesus when we are making an effort to not sin again, regularly going to Confession and following all of God's commandments. We are in a state of grace when all of our sins have been confessed, that is, we are cleansed of all our sinful bondages and evil has no more authority over us. For most of us, this is a lifelong journey. It takes time and patience, being attentive to our sinful bondages when evil attacks, humility in seeing our errors, and obedience to the Holy Spirit at all times.

¹ Instead of charity, joy, peace, patience, kindness, goodness, long-suffering, gentleness, faith, modesty, self-restraint and chastity (as in Galatians 5:22–23), Satan and his evil spirits bring the opposite: hatred, selfishness, depression, anxiety, insomnia, irritability, nastiness, deceitfulness, negativity, self-pity, rebellion, aggression, violence, betrayal, fear, vanity, addictions, lust etc.

² See the "Rosary" section on www.alpha-omega.org.za

THE TEN COMMANDMENTS

The Bible outlines all of our Lord Jesus' commandments, which are also clarified in the traditional teachings of the Catholic Church. The sins below are by no means exhaustive but they serve as a good starting point for examining your conscience.

1. I am the Lord your God: thou shalt have no strange gods before me, thou shalt not make to thyself any idol or graven thing, nor adore them, nor serve them

Have you:

- Worshipped false gods or idols, meditated on strange words, done yoga (as the postures give honour to false gods) or put money and other worldly things before God?
- Practised false religions or visited places of false worship?
- Sought healing with fortune tellers, mediums, diviners, sangomas, false prophets, hypnotists, reiki and other new-age "spiritual" healers?
- Used muti, potions, salts, oils, incense, powders, animal blood, hairs, bones, dolls etc. from sorcerers or false healers?
- Entered any diabolic contracts for protection, wealth, fame or other causes?
- Housed imagery or statues of false gods, idols, dragons, devils, witches, wizards, Antichrist cult symbols etc?
- Played demonic games such as Ouija boards, glassy-glassy, Charlie Charlie etc?



Live according to the Word of God



- Worn superstitious items, such as lucky charms, evil eyes and amulets?
- Consumed foods or drinks (or housed items) subject to rituals, offerings or prayers to strange gods?
- Entertained yourself with evil in books, movies, shows or music where the performers were sinning?
- Opened the door to evil by participating in Halloween events, watching horror movies, reading dark and diabolic books etc., all of which glorify evil?

2. Thou shalt not take the name of the Lord thy God in vain

Have you:

- Been angry with, mocked or defamed God and the holy name of Jesus Christ?
- Blasphemed Jesus' Holy Sacraments and his Blessed Mother Mary?

3. Remember that thou keep holy the Lord's Day

Have you:

- Missed or been late for Holy Mass on Sunday, behaved irreverently and not focussed on Jesus in Holy Mass?
- Received the Body and Blood of Jesus Christ unworthily, irreverently or on the hand?
- Dressed immodestly or disrespectfully for Holy Mass?

4. Honour thy father and thy mother

Have you dishonoured, hurt or neglected your parents in any way?

5. Thou shalt not kill

Have you:

- Been complicit in killing someone? This includes being involved in, supporting or promoting abortion, euthanasia, violence or war. Also, saying nothing to someone considering an abortion or any other killing makes you complicit in this murder.
- Used or condoned birth control or artificial insemination? A child is born at conception: modern contraceptive pills and birth control implants are being falsely marketed as preventing pregnancy when, in fact, they are abortifacients¹. Artificial insemination also results in spontaneous abortions.
- Killed in the spirit by using foul language, cursing, mocking or using witchcraft against someone? This includes harbouring vengeance, malice and spite.
- Killed your own spirit by cursing yourself, wallowing in self-pity or considering suicide²?
- Defiled your body by getting drunk, high on drugs, smoking poisons (such as nicotine), been gluttonous, mutilated yourself, marked yourself with tattoos, taken medicine that emanated



**St Maria Goretti
rebuked sin and
forgave her killer**

¹ See "At the instant of conception, a child is born, not a 'piece of blood' to abort and, in life, always forgive and be humble" (20/04/2017) in "Conversations" on www.alpha-omega.org.za. Read Dr Gloria Polo's well known testimony and the writings of Dr Brian Clowes of Human Life International who both confirm that contraceptive implants and pills can cause abortions.

² In the case of suicide, confess the diabolical justifications, suicide plans or attempts that you may have entertained to be freed of these bondages.



from a sinful research process (such as birth-control pills or covid-19 vaccines) or inserted a microchip (the triple-six mark of the beast) in your body?

6. Thou shalt not commit adultery

Have you:

- Not practised conjugal chastity in marriage, that is, instead of purity of sexual contact, engaged in contraception, sodomy (masturbation, oral sex, anal sex, bestiality, using artificial stimulants etc.) or adulterous fantasies?
- Engaged in fantasy lust, immodest dressing, flirtatiousness, fornication, sodomy, molestation and/or pornography?

7. Thou shalt not steal

Have you:

- Disinherited or defrauded someone?
- Evaded tax?
- Bought or sold stolen goods?
- Cut corners or been lazy at work?
- Exploited the poor and spiritually weak?

8. Thou shalt not bear false witness against thy neighbour

Have you:

- Falsely accused, defamed, misrepresented or gossiped about someone?
- Been dishonest in any way?

9. Thou shalt not covet thy neighbour's wife [husband]

Have you desired or lusted after someone who is married?

10. Thou shalt not covet any thing that is thou neighbour's

Have you been envious or jealous? Has this led to the sins of arrogance or vanity, seeking power and status, trying to put yourself above others, or having self-pity and not counting your blessings?

DON'T DELAY COMING TO CONFESSION

Entering eternity with unconfessed sin will result in a harsher purification in eternity – one that could have been avoided by making an effort to not sin and being cleansed through the Sacrament of Confession. Don't delay in coming to Confession because tomorrow may not be another day.

Meditations

Jesus Christ: "Oh, if only my children would understand the power of Confession, how my children are released from the spirits of bondage, from their horrendous sinful lives! Unconfessed sin: it's a bondage, a chain of illness, sickness upon them. When my children come to Confession with their contrite hearts, with the heavy baggage, luggage, that has been accumulating in them, oh, what an amazing healing that they receive!" (21/03/2018)

Jesus Christ: "Confession brings healing in my children's lives – it's a beautiful medicine to heal their brokenness, their hurts, pains, sorrows, illnesses from the body, soul and spirit." (25/07/2017)

Father God: "Many of my people keep deep secrets in the depths of their hearts, secrets that need to be released through a good, honest Confession, to release them, to deliver them from the



**Put God first in
your life**



bondage of sin.” (27/12/2022)

Mother Mary: “My dear children, I, your Blessed Mother, I am well aware of your condition of your embarrassment and fear to open your hearts in Confession. No, my dear children, open your hearts profoundly, in honesty and humility to set you free from any bondages, oppression, spirits. In Confession, you are truly delivered from bondages of your sinful life. Your true Confession is your liberation of your body, soul and spirit. Oh, what Satan hates most is the Sacrament of Confession and then the exorcism upon my children.” (21/02/2024)

Father God: “My dear people, Confession, the Sacrament of Reconciliation with God the Father, God the Son and God the Holy Spirit: where all the sins are confessed in front of my Son Jesus Christ as he stands in the Confession box with my Son Jesus’ representative, the shepherds, the priests with a special, unique gift that my son priests receive on the day of their Ordination; where all the confessed sins are washed away from the Black Book of Heaven; where their souls are purified, clear as crystal water through this special Sacrament of Confession.

“Oh, this is a special gift that my people receive as they go regularly to Confession. My people, some of them, they are going to this Sacrament of Reconciliation once a year. Yes, it’s good to go once a year according to the doctrine of the Holy Church, but my Son Jesus desires at least once a month – it’s more profitable, more



Hell is an obscure place

desirable from my Son Jesus Christ. But my little lamb, as you and my people of Alpha and Omega Mission go more than once a month, every week, this is beautiful to see when my people come to do this often.

“My people say that they don’t kill, don’t steal, they don’t sin. Oh no, my people sin many times a day. Yes, there are venial sins committed almost every second of the day. Yes, unconfessed sins on purpose or not remembering them, but if my people examine their consciences there is so much to confess – hidden unforgiveness. Oh, sometimes, they say, ‘I have forgiven my family or brothers and sisters in Jesus Christ.’ Oh, they forgive them from the mouth, but not from the heart. All of these kinds of sin deep within their hearts need to be confessed, and much more: rage; anger; bitterness; revenge; retaliation; foul language; false accusations; dragging and putting someone’s name in the mud, staining their dignity; quarrelsomeness; vanity; pride; arrogance; cursing; curses; witchcraft; wishing bad upon each other; gossiping with intent to harm someone, to cause damage in their lives; disunity; not speaking to one another, especially family, loved ones, for years and years. So many of my people come to eternity with this heavy garbage to face the Face of God and of my Son Jesus. Oh, it’s painful to see my people being judged in front of my throne, looking at their Book of Heaven. Yes, there are two Books of Heaven. Oh, but sometimes there is not much in the Good Book. These are examples of some kinds of sin, but there are many more in the Dark Book.” (18/05/2019)

Jesus Christ: “My dear children, they must clear their consciences, their souls, while on this earth, because in eternity if that book is not blank, oh, what a sorry suffering they will have in eternity. Prayers, Rosaries and Holy Masses for them one day in eternity



are their only hope, but most of them don't have anyone to pray for them. They must clear all here on earth while there is time to do it. Time is very precious to be wasted. Be prepared at all times because death is like a thief that comes without advising you: it takes you by surprise." (25/07/2017)

Father God: "Oh, do not fear death, fear your sins, unconfessed sins." (31/08/2014)

PRAY FOR THE DEAD

Most people die in an impure state. To enter heaven, they need to be purged (cleansed) of their sinful bondages in purgatory. The purifications of purgatory are worse than those experienced on earth, but not as severe of those in damnation of sin in hell. Our prayers and Holy Mass offerings alleviate the sufferings of the souls in purgatory and help them to reach heaven quicker. We trust in God's mercy for those in damnation of sin to be rescued through our prayers, even if only at final judgement¹.

Many of us are victims of generational curses and by praying for the dead in our families, as they are loosened of their sins in purgatory, so too are we released of any generational bondages. If you are praying for someone's healing, take the time to also pray for the deceased in this person's family – this act of love will enable quicker healing as these souls cannot pray for themselves, but they can and will pray for you and your petitions.

Meditations

"A gift hath grace in the sight of all the living, and restrain not grace from the dead." (Ecclesiasticus 7:37)

¹ See Revelation 20:11–13 on page 105

"It is therefore a holy and wholesome thought to pray for the dead, that they may be loosed from sins." (2 Machabees 12:46)

"But thou hast taught thy people by such works, that they must be just and humane, and hast made thy children to be of a good hope: because in judging thou givest place for repentance for sins." (Wisdom 12:19)

Father God: "My dear people, hell and purgatory exist. Don't let yourselves be defeated by not acknowledging hell. Oh, what an obscure, painful place to live! It's horrendous with my people living there every second of the day in the most sufferings of their souls. Yes, hell does exist. Many saints saw, by the grace of God, the horrific way hell is. Even the little shepherds of Mother Mary's apparitions in Fatima, Francisco, Jacinta and Lucia, now in eternity for many long years, these innocent children, they had the vision of what hell is, and these little ones were horrified at the sight that they witnessed in a vision. Oh, they made a lot of sacrifices while on earth for the sinners to be saved.

"Yes, my people, purgatory is also a place of purification, not so severe as hell, but also, it's not a place to live there for all eternity. Prayers are very much needed, because [some of] these poor souls are living there for all eternity because of the lack of prayers from this world. How many of my people are praying for the souls of purgatory and the most abandoned ones? My dear



**Offer Masses for
the dead**



Pray for the abandoned souls

people, pray, send Holy Masses¹ to be said for these souls that are yearning to see the Face of God. Oh, Mother Mary, she comes to the entrance of purgatory with St Michael the Archangel to soothe them with her love, to alleviate their sufferings. In your heart, in your time, pray without ceasing for these souls that are waiting for your

prayers, to be rescued from a *pena do purgatório*², the sufferings of purgatory. Oh, these souls in return are praying for you. Praying for the souls of purgatory is an act of love towards them. Remember, these souls can also be your loved ones, family, brothers and sisters in Jesus Christ, who once upon a time were your good friends in your lives.” (12/01/2019)

Father God: “My little lamb, there are many souls waiting to be released with prayers, to come and enter heaven. These souls are thirsty for their coming into heaven. There are many waiting for long, long years without relief from earth to heaven. My little one, I have told you before: Holy Mass is very essential as my people come to eternal life. The souls in purgatory and the most abandoned ones for whom no one is praying: these souls are in anguish to contact their loved ones to ask them to

¹ To “send” a Mass means to offer a Mass for a person or persons. This is a prayer in your heart that is offered up by your guardian angel to our Lord Jesus at the moment of Elevation. If the Mass is formally offered through the priest, usually accompanied by a stipend, it is an additional love offering that brings more graces.

² Portuguese to English translation: the penalty of purgatory

release them from purgatory. The souls of purgatory are thirsty for their salvation to come to heaven. It is very painful to see the many souls waiting for a prayer to bring them closer to heaven. Gregorian Masses are a very powerful weapon for the souls. As they come to eternal life, very few of my people remember to send these Masses for their loved ones. You can send them to any person: it need not be [only] for your loved ones. If you, my people, can send this Mass for anyone, it is an act of love. Pray the Rosary for the souls of their loved ones, family, for the souls of purgatory and the most abandoned ones.

“When my people are judged in front of my throne it is a very painful time for my Son Jesus Christ, for us here in heaven. When they are condemned for eternal life in damnation of sins, very little help comes to save their souls. My Son Jesus’ Sacred Heart bleeds for the salvation of all of his children, seeing them being condemned for all eternity, until my Son Jesus’ Second Coming to judge the living and the dead.

“I repeat: Holy Masses, Rosaries, Divine Mercy Chaplets, other prayers for the souls of purgatory and the prayers given to you to pray for the souls of purgatory¹ – pray, pray. These souls cannot pray for themselves, but they can pray for you, for your intentions on earth. When these souls reach heaven, they won’t stop praying for you.

“My little Petal, the souls of purgatory and the most abandoned ones desire to be purified, and then they can see the Face of God, their Creator. This is the purification that my people encounter in eternity. My people must amend their sins and lead a plain, steadfast and faithful life. They must repent before it is too late

¹ See the “Prayers” section on www.alpha-omega.org.za



because they don't know the time, the hour, of their last breath on earth. My people live their earthly lives enjoying themselves: riches and status are their priorities. Oh, they forget, the most essential on earth is to pray for their salvation, to send Masses to be said for them while they are alive – this Holy Mass is more powerful for them than the ones said after their death.”
(08/03/2016)

Father God: “My Petal, tonight the Holy Mass was to break all the bondages, shackles, off my people’s ankles, their feet. They are in bondage from their past generations’ curses and much more. This Holy Mass released many souls of their, my people’s, families. Through these Masses, their souls are being set free in different ways. My little lamb, these Masses are needed in my people’s lives because they come to eternity with so much garbage, without being released on earth. Remember my people: what you bind on earth will be bound in heaven, and vice versa. Many of my people are very ignorant of this – some of them, they know, but don’t believe or follow these teachings. Oh, what a pity, a hurtfulness for my people not leaving all their garbage on earth. These Holy Masses also set my children, my people, free [on earth]. As these Masses are celebrated, the [deceased] souls of these families are named and all their sinful lives. Many of my people in today’s times are suffering due to their families never being released with this kind of healing upon their souls.”
(07/07/2018)

Mother Mary: “Praying for the dead means all the dead, whoever they are or wherever they are, in all the places of eternity.”
(04/06/2016)

SPEND TIME WITH JESUS IN ADORATION

As in the Agony in the Garden, our agonising Jesus asks us to spend at least an hour a week with him¹ in front of the Blessed Sacrament (the Holy Eucharist), exposed in his tabernacles around the world, from which many blessings will follow.

Meditations

“We will go into his tabernacle: We will adore in the place where his feet stood. Arise, O Lord, into thy resting place: thou and the ark, which thou hast sanctified². Let thy priests be clothed with justice: and let thy saints rejoice.” (Douay-Rheims Bible Psalms 131:7–9, others 132:7–9)

“And all the angels stood round about the throne, and the ancients, and the four living creatures; and they fell down before the throne upon their faces, and adored God, saying: Amen. Benediction, and glory, and wisdom, and thanksgiving, honour, and power, and strength to our God for ever and ever. Amen.” (Revelation 7:11–12)



O come let us adore him

Jesus Christ: “My child, thank you for sitting with me and my Mother at my tabernacle. I am alive with you here. I am with you, present in front of you. My child, look at this wafer: it’s me. I see you right now. I see you took off your glasses and you put them back on to see and look at me, your Jesus.

¹ See Matthew 26:40

² The sanctified ark refers to Blessed Mother Mary: as in Revelation 11:19, she is the Ark of the New Testament and is always next to her Son Jesus.



“Thank you for coming to sit with me. You are tired, but you have this desire to be with me, to keep me and my Mother company. My child, I am like a prisoner in my tabernacle when my children leave me here alone, and in all the tabernacles of the world. My joy, my child, is when I see one of my children enter my shrine, to sit and keep me company. I, your Jesus, get so excited. I am like a little lamb, so meek, to be caressed by my children. I become so happy, like a child. Oh, if only my children understood how much my heart desires their company and love. Thank you for this unfathomable love given to me.

“My child, today you explained to some of your sisters in Jesus Christ about my desire to receive my sheep here in this monstrance. You told them how much I ask for, just one hour a week for me. Thank you for your love in teaching them about me here. Thank you for telling them about the hours spent with me here in the early hours of the morning. I said and I, your Jesus, repeat again: I will protect them and their families, their loved ones; I will obtain many graces; I will restore broken hearts and families; I will unite families; I will bring peace where there is hatred. My child, I see the tears shed in front of me. I will

heal their sicknesses and pains. I will bless them abundantly. My child, explain to my children that I will never forsake them or leave them.” (18/07/2010)

Jesus Christ: “When my children come to visit me at my Blessed Sacrament, I come to the church door to welcome them, I greet them, I accompany them to



Jesus heals and protects

their seats, I sit next to them, I embrace them, I caress their hair and I wipe their tears. I see all their pains and sorrows. My children must open their hearts completely to me. I hear their prayers, their cries. They must tell me everything. I don't judge them. I just want them to confide everything to me. I will help them in their sufferings, all kinds of help that they need, with their work, their children, financial stresses, infirmities, illnesses, marriages in divorce (which is not from me), but I amend their brokenness, I heal them. When my children come to visit me at my tabernacle, I hear them, I don't criticise them. I want my children to trust me. I will give a solution to their trials and hardships. Oh, what a joy when my children come and confide all to me. Come my dear children, to my tabernacle. Open your hearts to me. Visit me, even just for a few minutes. Say hello to me, your Jesus Christ. I am a prisoner in my tabernacle. I have given you this gift of my love at the Last Supper, my Body and Blood. I was at the Last Supper with my Apostles and I couldn't contain this, my great love, and I decided to share it with you. My dear children, use it, don't waste this immensity of love, of my Precious Body and Blood. I then became a prisoner in my tabernacle for you. Come and rescue me from my tabernacle in those special moments of your time spent with me, till the next of my children come and take me out of my Blessed Sacrament. All these special hours, moments, are written in the Book of Heaven in letters of gold. Thank you, my dear precious children.” (20/02/2020)

Father God: “My Son Jesus, his real presence, brings you much joy, happiness and comfort in your most difficult times, trials, of your life. Come, my dear people, sit with my Son Jesus to alleviate your burdens, your sorrows. When you encounter a



crossroad and you don't know which way to turn, when you feel the cross is too heavy, my Son Jesus sits with you and alleviates that heavy cross from your shoulders. His Blessed Sacrament brings all that to you. It's a free love that burns for you, for your salvation." (23/02/2020)

BLESS YOUR HOME WITH HOLY WATER AND SALT

Anything in your home that is offensive to God gives evil authority to be in your surrounds and should be removed¹. Praying to the Holy Spirit will help to identify these items, which could for example be: offensive music, movies, games, books, pictures and statues; imagery of pagan gods, idols, witches, wizards, ghosts, dragons, devils; superstitious items such as evil eyes, charms, amulets, tarot cards, angel cards; cult symbols such as one-eyed illuminati characters and other evil contortions of God's creations; items subject to rituals, occult activity and witchcraft, such as mutis, potions, lotions, bones, dolls, hairs, powders, etc. If any of these items have been identified, after praying for protection, sprinkle them with holy water (which has an exorcism blessing from a priest) and say, "In the name of Jesus and by Jesus' authority, I command you, evil spirits, to go to the foot of the cross of Jesus. I bind you there never to come back again." Then destroy them, preferably by burning them.

Start the blessing of your home with an opening prayer to the Holy Trinity, an Our Father, Hail Mary and Glory Be, also inviting St Michael, St Gabriel and St Raphael the archangels to come with their troops of angels to help to cleanse your home. Then, with a blessed crucifix in hand, walk through your house, sprinkling holy water in each room, making the Sign of

¹ It should not be given to someone else because that passes on the curse.

the Cross and commanding any evil spirits to go in Jesus' name. Holy water can be lightly sprinkled on the floors of each room, in cupboards and on the windows, while a pinch of holy salt can be placed in each corner of the room. Repeat in each room and within the boundaries of your property. Place a thin line of holy salt at the entrances of your home and on windowsills to block any evil from entering. While praying, burning incense that has been blessed by a priest is also very powerful in cleansing your environment. Seeking a priestly blessing in your home is also of great benefit.

Meditation

Jesus Christ: "Yes, pray upon my children, their homes and businesses with holy water and blessed salt in my holy name. It is always beneficial in my holy name to protect and to help my children in many different ways." (15/01/2020)

BRING SACRAMENTALS INTO YOUR HOME

Just as we have pictures of our family in our homes, so we should also have sacramentals of our heavenly family. When statues and images of the Holy Trinity, Mother Mary and the angels and saints have been blessed by a Catholic priest, there is a divine presence. This torments evil spirits. The same applies to blessed crucifixes, rosaries, candles, incense, oils and devotional items such as Green Scapulars, Brown Scapulars, Miraculous Medals linked to



Priests must bless holy items



**Always carry a
crucifix**

the apparitions of our Blessed Mother Mary, and other Catholic-Church approved sacramentals, such as St Benedict Medals.

Meditations

Jesus Christ: “We are alive there in all of our images and statues when they have been blessed by my son priests. We are there in churches and in homes for my children to understand, to have

their memories, to comprehend that our presence is there when images and statues (also of the saints and angels) have been blessed. My children are not idolising images, photos or pictures, but it’s simply to know that we are with them in those images, photos, pictures.” (11/01/2018)

Mother Mary: “Yes, the crucifix is a big, huge, protection in my children’s daily lives. Wearing a crucifix is very essential in these times of the enemy upon my youth, my children. Oh, the enemy, he is trying so hard to gain souls, especially my youth. The crucifix is their salvation against the evil tricks in times of temptation.” (09/07/2017)

Mother Mary: “I, Our Lady of Mount Carmel, I obtain many graces and protection for my children, especially if my children use my Brown Scapular. I protect them all from the enemy’s attacks. The Brown Scapular is a very powerful weapon against the enemy’s attacks. My children should know more about these graces, and the power at my children, the dying: when my children use this, my Scapular, I save their souls from the enemy’s grip, his evil tricks.” (16/07/2017)

Mother Mary: “My little one, I thank my son priest Father Joseph for this spectacular Holy Mass of the family tree and for the Scapulars of Our Lady of Mount Carmel (that will be celebrated this Saturday) and also the Green Scapulars for my children’s protection. Oh, the enemy is fierce because of this special act, deed, upon my children. This is a very strong weapon against Satan’s attacks. My children must be clothed with these Scapulars.” (07/07/2018)

Jesus Christ: “If only my children knew how much protection they get from the Holy Rosary. I, your Jesus Christ, I desire my children to carry a blessed holy rosary with them: men, women and my little children must wear it on their necks or have it in their pockets at this time when the enemy is so fiercely attacking my children. Oh, if only my children knew how the enemy trembles with this weapon, a rosary with a crucifix (the cross must have the body of Jesus Christ on it), Satan will not touch my children. It must be blessed by my son priest. My children must also sleep with a blessed rosary under their pillow or sleep with it around their hand, as you do, my Petal. My children must never leave their homes without this strong weapon.” (12/06/2020)

CONSECRATE YOUR HOME

By consecrating or enthroning your home to the Sacred Heart of Jesus, you are confirming that our Lord Jesus Christ is the King of your home. Likewise, consecrating your home to the Immaculate Heart of Mary affirms our Blessed Mother Mary as the Queen of your home. This brings an immensity of graces to



A home altar

your family and forms a strong shield against evil¹.

In the late 1600s, Jesus Christ made the following promises through St Margaret Mary to those who devote themselves to the Sacred Heart of Jesus and receive Holy Communion on the First Friday for nine consecutive months in reparation to the pierced Sacred Heart of Jesus²: “I will give them all the graces necessary in their state of life. I will establish peace

in their homes. I will comfort them in all their afflictions. I will be their secure refuge during life, and above all, in death. I will bestow abundant blessings upon all their undertakings. Sinners will find in my heart the source of an infinite ocean of mercy. Lukewarm souls shall become fervent. Fervent souls shall quickly mount to high perfection. I will bless every place in which an image of my heart is exposed and honoured. I will give to priests the gift of touching the most hardened hearts. Those who shall promote this devotion shall have their names written in my heart. I promise you in the excessive mercy of my heart that my all-powerful love will grant to all those who receive Holy Communion on the First Fridays for nine consecutive months the grace of final perseverance; they shall not die in my disgrace,

¹ See “Guide to Enthroning your home to the Sacred Heart of Jesus and Immaculate Heart of Mary” in “Resources” and “Prayer of consecration to the Immaculate Heart of Mary and Sacred Heart of Jesus” (10/01/2015) in “Prayers” on www.alpha-omega.org.za.

² See “Don’t waste your time casting your pearls to the pigs – rather teach Jesus’ love, his huge First Friday Devotion promises, and stop sinning” (02/06/2020) in “Conversations” on www.alpha-omega.org.za.

nor without receiving their Sacraments. My Divine Heart shall be their safe refuge in their last moment.”

Meditations

Mother Mary: “This is a promise from me, your Mother Mary: when my children consecrate themselves to our Sacred Heart of Jesus and the Immaculate Heart of Mary, I will assist them on their last breath on earth and I will present them to my Son Jesus. Know that my Son Jesus, he is also with me in their last hour, breath, on earth, to be present in front of our Father’s throne. Their souls will be saved.” (10/01/2015)

Jesus Christ: “I was very joyous, so was my Blessed Mother, to consecrate this home to my Sacred Heart and my Mother’s Immaculate Heart. When a Mass is celebrated at any house, I will concede many graces and blessings to this family, especially the Enthronement – it is very powerful in my children’s homes. Tell my children they must celebrate Holy Mass at their homes and consecrate themselves to my Sacred Heart and to the Immaculate Heart of Mary. My children, they are ignorant of these special celebrations.” (06/02/2017)

PRAY EVERY DAY FOR PROTECTION

God is calling us to pray every morning and evening for our protection, and then to be at peace and trust that he is taking care of us and our loved ones.

Meditations

Father God: “I do understand, the times are very crucial as my people are living in fear because of the crimes and robberies of this world. My people are living in fear, but only prayers and trusting my Son Jesus Christ [will help]. Praying the Holy Rosary



and Mother Mary's Hail Mary are powerful weapons against any attacks of the enemy. My people must keep themselves in prayer with the Armour of God (Ephesians 6), Psalm 91, Psalm 23¹ and the Holy Rosary. As Mother Mary explained before, my people must pray at least one Our Father, three Hail Marys and one Glory Be in the morning. She promises her protection. Also, the St Michael the Archangel prayer, the Hail Holy Queen and a prayer from the heart as my people are waking up and at night. There are many more prayers to be recited, but at least these – Our Father, three Hail Marys and Glory Be – [so] the enemy can't get you in your daily life." (06/10/2018)

Mother Mary: "Oh, Satanism is very dangerous in this world, to destroy my youth, my children's souls. Oh my dear children, pray, pray the Holy Rosary, the weapon against this cult of Satanism. Beware, my dear children, not to fall into this trap of lies. Don't let your soul be destroyed. You are worth much more to us here in heaven. Your salvation is at stake if you allow this cult to come into your lives. Pray for my protection with my Blue Mantle upon you all. Cover yourselves with my Son Jesus' Precious Blood every day in the morning, at night and during the day and as you feel you are in danger." (06/07/2020)

PRAY TRADITIONAL PRAYERS TO SOLIDIFY GOD'S WORD IN YOU

The traditional prayers that God is calling us to pray bring the Word of God alive in us. Scriptural verses are included with some of these prayers to help to clarify their meaning.

¹ Douay-Rheims Psalms 90 and 22. See page 116 for these prayers.

SIGN OF THE CROSS

In the name of the Father [with an open palm, place your right-hand fingers on your forehead], **and of the Son** [place your right hand on your chest], **and of the Holy Spirit** [move your right hand from your left to right shoulder]. **Amen.**

APOSTLES CREED

I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of God the Father Almighty. From thence he will come again to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.



The Nativity

Meditations

I believe in God, the Father Almighty, Creator of heaven and earth,

"In the beginning God created heaven, and earth." (Genesis 1:1)

and in Jesus Christ, his only Son, our Lord,

"That you may walk worthy of God, in all things pleasing; being



fruitful in every good work, and increasing in the knowledge of God: Strengthened with all might, according to the power of his glory, in all patience and long-suffering with joy, giving thanks to God the Father, who hath made us worthy to be partakers of the lot of the saints in light: Who hath delivered us from the power of darkness, and hath translated us into the kingdom of the Son of his love, in whom we have redemption through his blood, the remission of sins; who is the image of the invisible God, the first born of every creation¹: For in him were all things created in heaven and on earth, visible and invisible, whether thrones, or dominations, or principalities, or powers: all things were created by him and in him. And he is before all, and by him all things consist. And he is the head of the body, the church, who is the beginning, the first born from the dead; that in all things he may hold the primacy: Because in him, it hath well pleased the Father, that all fulness should dwell; and through him to reconcile all things unto himself, making peace through the blood of his cross, both as to the things that are on earth, and the things that are in heaven.” (Colossians 1:10–20)

“And that every tongue should confess that the Lord Jesus Christ is in the glory of God the Father.” (Philippians 2:11)

who was conceived by the power of the Holy Spirit, born of the Virgin Mary,

“Now the generation of Christ was in this wise. When as his mother Mary was espoused to Joseph, before they came together, she was found with child, of the Holy Spirit.” (Matthew 1:18)

¹ This is translated from the Latin word “creaturae”. The Douay-Rheims translators incorrectly assumed “creatura”. Jesus Christ is the first born of the Father, God the Son, who came before all creation. He is not a “creature”.

He suffered under Pontius Pilate, was crucified, died and was buried.

“And so Pilate being willing to satisfy the people, released to them Barabbas, and delivered up Jesus, when he had scourged him, to be crucified.” (Mark 15:15)



“And Jesus crying out with a loud voice, **And the earth quaked** said: Father, into thy hands I commend my spirit. And saying this, he gave up the spirit¹.” (Luke 23:46)

“This man went to Pilate, and begged the body of Jesus. And taking him down, he wrapped him in fine linen, and laid him in a sepulchre that was hewed in stone, wherein never yet any man had been laid.” (Luke 23:52–53)

He descended to the dead.

“In which also coming he preached to those spirits that were in prison²: Which had been some time incredulous, when they waited for the patience of God in the days of Noe, when the ark was a building: wherein a few, that is, eight souls, were saved by water.” (1 Peter 3:19–20)

“Now that he ascended, what is it, but because he also descended first into the lower parts of the earth? He that descended is the same also that ascended above all the heavens, that he might fill all things.” (Ephesians 4:9–10)

¹ Meaning he “expired” or “died”, originating from the Latin word “expiravit”

² These spirits in prison are the souls in eternity awaiting to be released into heaven, also referred to in Matthew 5:25: “... and thou be cast into prison. Amen I say to thee, thou shalt not go out from thence till thou repay the last farthing.”



On the third day he rose again.

“He is not here, but is risen. Remember how he spoke unto you, when he was in Galilee, saying: The Son of man must be delivered into the hands of sinful men, and be crucified, and the third day rise again.” (Luke 24:6–7)

“Who was predestinated the Son of God in power, according to the spirit of sanctification, by the resurrection of our Lord Jesus Christ from the dead” (Romans 1:4)

He ascended into heaven and is seated at the right hand of God the Father Almighty.

“And the Lord Jesus, after he had spoken to them, was taken up into heaven, and sitteth on the right hand of God.” (Mark 16:19)

“Who is he that shall condemn? Christ Jesus that died, yea that is risen also again; who is at the right hand of God, who also maketh intercession for us.” (Romans 8:34)



**The Ascension of
Jesus**

From thence he will come again to judge the living and the dead.

“Now of these Enoch also, the seventh from Adam, prophesied, saying: Behold, the Lord cometh with thousands of his saints, to execute judgment upon all, and to reprove all the ungodly for all the works of their ungodliness, whereby they have done ungodly, and of all the hard things which ungodly sinners have spoken against God.” (Jude 1:14–15)

“I charge thee, before God and Jesus

Christ, who shall judge the living and the dead, by his coming, and his kingdom: Preach the word: be instant in season, out of season: reprove, entreat, rebuke in all patience and doctrine.” (2 Timothy 4:1–2)

“And the angels who kept not their principality, but forsook their own habitation, he hath reserved under darkness in everlasting chains, unto the judgment of the great day.” (Jude 1:6)

“For if God spared not the angels that sinned, but delivered them, drawn down by infernal ropes to the lower hell, unto torments, to be reserved unto judgment:” (2 Peter 2:4)

“The Lord knoweth how to deliver the godly from temptation, but to reserve the unjust unto the day of judgment to be tormented.” (2 Peter 2:9)

“And I saw a great white throne, and one sitting upon it, from whose face the earth and heaven fled away, and there was no place found for them. And I saw the dead, great and small, standing in the presence of the throne, and the books were opened; and another book was opened, which is the book of life; and the dead were judged by those things which were written in the books, according to their works. And the sea gave up the dead that were in it, and death and hell gave up their dead that were in them; and they were judged every one according to their works.” (Revelation 20:11–13)

“And I will set my glory among the nations: and all nations shall see my judgment that I have executed, and my hand that I have laid upon them. And the house of Israel shall know that I am the Lord their God from that day and forward.” (Ezekiel 39:21–22)

I believe in the Holy Spirit,



“But the Paraclete, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring all things to your mind, whatsoever I shall have said to you.” (John 14:26)

“Or know you not, that your members are the temple of the Holy Spirit, who is in you, whom you have from God; and you are not your own?” (1 Corinthians 6:19)

“I speak the truth in Christ, I lie not, my conscience bearing me witness in the Holy Spirit: That I have great sadness, and continual sorrow in my heart.” (Romans 9:1)

“For the kingdom of God is not meat and drink; but justice, and peace, and joy in the Holy Spirit.” (Romans 14:17)

the Holy Catholic Church,

“Sing ye to the Lord a new canticle: let his praise be in the church of the saints.” (Psalms 149:1)

“The heavens shall confess thy wonders, O Lord: and thy truth in the church of the saints.” (Douay-Rheims Psalms 88:6, others 89:5)

“And I say to thee: That thou art Peter; and upon this rock I will build my church, and the gates of hell shall not prevail against it. And I will give to thee the keys of the kingdom of heaven. And whatsoever thou shalt bind upon earth, it shall be bound also in heaven: and whatsoever thou shalt loose upon earth, it shall be loosed also in heaven.” (Matthew 16:18–19)



**St Peter's Basilica,
Vatican City**

“Therefore, brethren, stand fast; and hold the traditions which you have learned, whether by word, or by our epistle.” (2 Thessalonians 2:14)

the communion of saints,

“But the saints of the most high God shall take the kingdom: and they shall possess the kingdom for ever and ever.” (Daniel 7:18)

“Even when we were dead in sins, hath quickened us together in Christ, (by whose grace you are saved,) and hath raised us up together, and hath made us sit together in the heavenly places, through Christ Jesus.” (Ephesians 2:5–6)

“And if one member suffer any thing, all the members suffer with it; or if one member glory, all the members rejoice with it.” (1 Corinthians 12:26)

the forgiveness of sins,

“When he had said this, he breathed on them; and he said to them: Receive ye the Holy Spirit. Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained.” (John 20:22–23)

“To open their eyes, that they may be converted from darkness to light, and from the power of Satan to God, that they may receive forgiveness of sins, and a lot among the saints, by the faith that is in me.” (Acts 26:18)

the resurrection of the body,

“For the Lord himself shall come down from heaven with commandment, and with the voice of an archangel, and with the trumpet of God: and the dead who are in Christ, shall rise first.



Then we who are alive, who are left, shall be taken up together with them in the clouds to meet Christ, into the air, and so shall we be always with the Lord.” (1 Thessalonians 4:15–16)

“So also is the resurrection of the dead. It is sown in corruption, it shall rise in incorruption.” (1 Corinthians 15:42)

and the life everlasting. Amen.

“And behold one came and said to him: Good master, what good shall I do that I may have life everlasting? Who said to him: Why asketh thou me concerning good? One is good, God. But if thou wilt enter into life, keep the commandments.” (Matthew 19:16–17)

OUR FATHER

Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.



Our supersubstantial bread

Meditations

Our Father who art in heaven,

“That you may be the children of your Father who is in heaven, who maketh his sun to rise upon the good, and bad, and raineth upon the just and the unjust.” (Matthew 5:45)

hallowed be thy name.

“There is one most high Creator

Almighty, and a powerful king, and greatly to be feared, who sitteth upon his throne, and is the God of dominion.” (Ecclesiasticus 1:8)

“The fear of the Lord is holy, enduring for ever and ever: the judgments of the Lord are true, justified in themselves.” (Douay-Rheims Bible Psalms 18:10, others 19:9)

“He hath sent redemption to his people: he hath commanded his covenant for ever. Holy and terrible is his name.” (Douay-Rheims Bible Psalms 110:9, others 111:9)

Thy kingdom come.

“When he shall come to be glorified in his saints, and to be made wonderful in all them who have believed” (2 Thessalonians 1:10)

Thy will be done on earth, as it is in heaven.

“Not every one that saith to me, Lord, Lord, shall enter into the kingdom of heaven: but he that doth the will of my Father who is in heaven, he shall enter into the kingdom of heaven.” (Matthew 7:21)

Give us this day our daily bread,

“Give us this day our supersubstantial bread” (Matthew 6:11)

“This is the bread that came down from heaven. Not as your fathers did eat manna, and are dead. He that eateth this bread, shall live for ever.” (John 6:59)

“For as often as you shall eat this bread, and drink the chalice, you shall shew the death of the Lord, until he come.” (1 Corinthians 11:26)

and forgive us our trespasses as we forgive those who trespass



against us,

“But if you will not forgive men, neither will your Father forgive you your offences.” (Matthew 6:15)

“Let the wicked forsake his way, and the unjust man his thoughts, and let him return to the Lord, and he will have mercy on him, and to our God: for he is bountiful to forgive.” (Isaiah 55:7)

and lead us not into temptation¹,

“Watch ye, and pray that ye enter not into temptation. The spirit indeed is willing, but the flesh weak.” (Matthew 26:41)

but deliver us from evil. Amen.

“And going, preach, saying: The kingdom of heaven is at hand. Heal the sick, raise the dead, cleanse the lepers, cast out devils: freely have you received, freely give.” (Matthew 10:7–8)

“And the enemy death shall be destroyed last: For he hath put all things under his feet. And whereas he saith, all things are put under him; undoubtedly, he is excepted, who put all things under him. And when all things shall be subdued unto him, then the Son also himself shall be subject unto him that put all things under him, that God may be all in all.” (1 Corinthians 15:26–28)

“He shall cast death down headlong for ever: and the Lord God shall wipe away tears from every face, and the reproach of his people he shall take away from off the whole earth: for the Lord hath spoken it.” (Isaiah 25:8)

“And God shall wipe away all tears from their eyes: and death shall

¹ This old English phrase means “and do not let us be led into temptation” or as per Pope Francis, “and do not let us fall into temptation”.

be no more, nor mourning, nor crying, nor sorrow shall be any more, for the former things are passed away.” (Revelation 21:4)

HAIL MARY

Hail Mary full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

Meditations

Hail Mary full of grace, the Lord is with thee.

“And the angel being come in, said unto her: Hail, full of grace, the Lord is with thee: blessed art thou among women.” (Luke 1:28)

Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

“And it came to pass, that when Elizabeth heard the salutation of Mary, the infant leaped in her womb¹. And Elizabeth was filled with the Holy Spirit: And she cried out with a loud voice, and said: Blessed art thou among women, and blessed is the fruit of thy womb.” (Luke 1:41–42)

“And Mary said: My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. Because he hath regarded the humility of his handmaid; for behold from henceforth all generations shall call me blessed.” (Luke 1:46–48)

¹ This verse is proof that a foetus is alive in a womb, with emotions and awareness of what is going on.



The Visitation



Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

“Now therefore pray for us, for thou art a holy woman, and one fearing God.” (Judith 8:29)

GLORY BE

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen.

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, Most Gracious Advocate, thine eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

Meditations

Hail, Holy Queen, Mother of Mercy, hail, our life, our sweetness and our hope.

“I am the mother of fair love, and of fear, and of knowledge, and of holy hope¹. In me is all grace of the way and of the truth², in me is all hope of life and of virtue. Come over to me, all ye that desire me, and be filled with my fruits. For my spirit is sweet

¹ Mother Mary has many titles all over the world, but most importantly, she is the Mother of the Saviour of the world.

² “Jesus saith to him: I am the way, and the truth, and the life. No man cometh to the Father, but by me.” (John 14:6)

above honey, and my inheritance above honey and the honeycomb. My memory is unto everlasting generations.” (Ecclesiasticus 24:24–28)

To thee do we cry, poor banished children of Eve.

“And Adam called the name of his wife Eve: because she was the mother of all the living... And the Lord God sent him out of the paradise of pleasure, to

till the earth from which he was taken. And he cast out Adam; and placed before the paradise of pleasure Cherubims, and a flaming sword, turning every way, to keep the way of the tree of life.” (Genesis 3:20, 23–24)

To thee do we send up our sighs, mourning and weeping in this vale of tears.

“Blessed is the man whose help is from thee: in his heart he hath disposed to ascend by steps, in the vale of tears, in the place which he hath set.” (Douay-Rheims Bible Psalms 83:6–7, others 84:5–6)

Turn then, Most Gracious Advocate, thine eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus.

“And Jesus also was invited, and his disciples, to the marriage. And the wine failing, the mother of Jesus saith to him: They have no wine. And Jesus saith to her: Woman, what is that to me and to thee? my hour is not yet come. His mother saith to the waiters: Whatsoever he shall say to you, do ye.” (John 2:2–5)



Our Lady of Lourdes



“For it is she that teacheth the knowledge of God, and is the chooser of his works.” (Wisdom 8:4)

O clement, O loving, O sweet Virgin Mary.

“She reacheth therefore from end to end mightily, and ordereth all things sweetly.” (Wisdom 8:1)

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

“All these were persevering with one mind in prayer with the women, and Mary the mother of Jesus, and with his brethren.” (Acts 1:14)

“And I will make a covenant of peace with them, it shall be an everlasting covenant with them: and I will establish them, and will multiply them, and will set my sanctuary in the midst of them for ever. And my tabernacle shall be with them: and I will be their God, and they shall be my people. And the nations shall know that I am the Lord the sanctifier of Israel, when my sanctuary shall be in the midst of them for ever.” (Ezekiel 37:26–28)

MEMORARE

Remember, O Most Gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thine intercession, was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of Virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy clemency hear and answer me. Amen.

FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to heaven, especially those in most need of your mercy. Amen.

ST MICHAEL THE ARCHANGEL PRAYER

St Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O prince of the heavenly host, by the power of God, thrust into hell Satan and all the evil spirits who wander through the world seeking the ruin of souls. Amen.



St Michael the Archangel

ARMOUR OF GOD

Lord God, I pray for your strength and mighty power, to be clothed with the Armour of God so that I may be able to stand against the deceits of the devil – for our wrestling is not against flesh and blood, but against principalities and powers; against the rulers of the world, of this darkness; against the spirits of wickedness in high places. I take unto myself the Armour of God so that I may be able to resist evil today and stand in all things perfect. Gird my loins with the truth and arm me with the breastplate of justice. Shod my feet with the preparation of the Gospel of peace. In all things, give me the shield of faith to extinguish the fiery darts of the evil one. I take unto myself the helmet of salvation and the Sword of the Spirit, which is the Word of God; at all times praying and supplicating in the Spirit, watching and offering petitions for all the saints. Give me



The Good Shepherd

speech so that I may open my mouth with confidence to make known the mystery of the Gospel, for which I am an ambassador in a chain, so that I may boldly speak as I ought to. Amen.

THE LORD RULES OVER ME – PSALM 23¹

The Lord rules over me and there is nothing I shall want. He has set me in a place of pasture. On the water of refreshment, he has brought me up, he

has converted my soul and has led me on the paths of justice for his own name's sake. Even though I should walk in the midst of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff have comforted me. You have prepared a table before me in the face of those who afflict me. You have anointed my head with oil, and my chalice, which inebriates me with your splendour. And your mercy will follow me all the days of my life so that I may dwell in the house of the Lord for the length of days. Amen.

PRAYER OF PROTECTION – PSALM 91²

I dwell with the help of the Most High. I abide under the protection of the God of heaven. You are my protector and my refuge. My Lord, my God, I trust in you, for you have delivered me from the snare of the hunters and from piercing words. Overshadow me with your shoulders, and under your wings I place my trust. Let your truth compass me with a shield. I am

¹ Douay-Rheims Bible Psalm 22

² Douay-Rheims Bible Psalm 90

not afraid of the terror of the night, of the arrow that flies in the day, of the business that haunts in the dark, of invasion or of the noonday devil – even if a thousand shall fall at my side and ten thousand at my right hand – it will not come near me. But even so, you will consider with your eyes and see the retribution of the wicked, because you, O Lord, are my hope. I have made the Most High my refuge. No evil will come to me, nor will the scourge come near my dwelling, for you have given your angels charge over me, to keep me in all your ways. In their hands they will bear me up, lest I dash my foot against a stone. I will walk upon the viper and the basilisk¹, and will trample underfoot the lion and the dragon. Because I hoped in you, you will deliver me. You will protect me because I have known your name. I will cry to you, and you will hear me. You are with me in tribulation. You will deliver me, and you will exalt me. You will fill me with length of days, and you will show me your salvation. Amen.

MY GUARDIAN ANGEL PRAYER²

My guardian angel, entrusted to me at my birth, accompany me, protect me, be my shield at every instant of my life. Be with me and pray for me in times of temptation. In every Mass, take my petitions to our Lord Jesus Christ. Be my guidance with Mother Mary. Amen.

PRAY THE HOLY ROSARY

The Holy Rosary invokes the heavenly intercession of our Blessed Mother Mary to her Son Jesus Christ. It is a powerful

¹ A legendary, extremely venomous snakelike dragon or reptile, with a lethal stare or breath. In this context, it refers to an evil spirit in the same way that the dragon refers to Satan.

² Blessed Mother Mary gave Fernanda this prayer on 23/10/2015.



prayer that allows us to meditate on the Mysteries of Christ, allowing the Holy Spirit to talk to us in the depths of our heart. God is calling us to pray the Rosary daily because it is very powerful in combating Satan and his evil spirits. In particular, we are called to pray without ceasing for the living and the dead; against Satanism and witchcraft; for Jesus' way to be reinstated in schools and governments; to stop abortions, wars, crimes and disasters; for the Church, its missions, the clergy, priests, bishops, cardinals and the pope; for God's servants, the sinners and the conversion of nonbelievers; for purity in the media, which is filled with sin and godlessness; for the sick and marginalised; for abused children; for faithfulness and unity in marriages; for the persecution of Christians to stop; to pray against the implantable chip, the triple-six sign of the beast; for the Chastisement to stop; for the alleviation of the pains of Jesus' Sacred Heart and Mother Mary's Immaculate Heart; and for many other petitions¹.

Meditations

Jesus Christ: "Pray, pray without ceasing. My Beloved Mother Mary is asking all of you to pray the Rosary as a family. Oh, fasting is also the key against the enemy. The enemy hates my Mother Mary because he knows the Hail Mary prayer is the strongest weapon against the adversary." (01/01/2012)

Father God: "If my people would pray the Holy Rosary with all their hearts, the Hail Mary would destroy Satan's evil tricks. If every family would pray the Holy Rosary (the Hail Mary), Satan would be destroyed forever, but my people, they are ignoring this request from the Virgin Mother Mary. At every one of her apparitions all over the world, it's always the same prayer

request." (13/10/2018)

Mother Mary: "My dear children, imagine if I hadn't come and appeared to my visionaries all over the world, teaching them mostly the Holy Rosary; imagine if I hadn't come to you all, you wouldn't even know how to pray the Holy Rosary and you wouldn't know the power of this strong weapon against Satan who prowls through the world, destroying, seeking the ruin of souls.



Our Lady of Fatima

Know my dear children, what is still holding my Son Jesus' hand up is the Holy Rosary, which my faithful, obedient, subservient children are still fervently praying to help me, your Blessed Mother, to be able to crush the serpent's head under my feet. Soon I will conquer this warfare, but I, your Blessed Mother, I plead, I ask you to help me, my dear children, to combat his reign of terror in this world with many prayers and with the Holy Rosary. Oh, he trembles when the Holy Rosary is fervently prayed. He knows that every second of the day, all over the world, someone is praying at least one Hail Mary or the Holy Rosary. Thank you, my faithful children. Continue always." (05/05/2020)

HOW TO PRAY THE ROSARY

Bless yourself by making the **Sign of the Cross**.

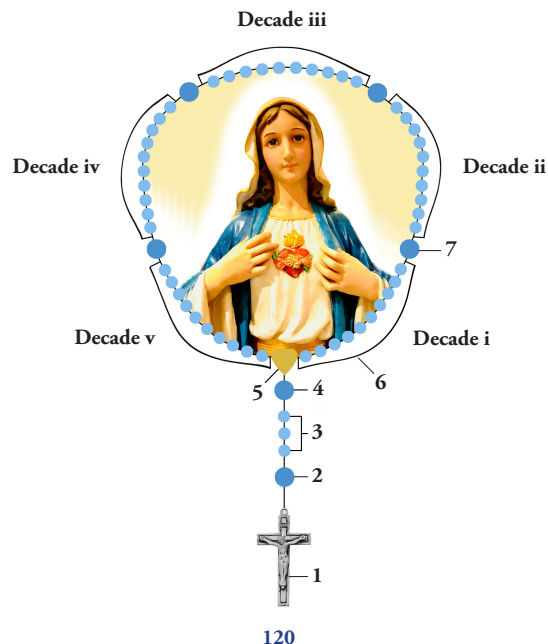
Announce the **Mysteries** on which you will be meditating: **Joyful, Luminous, Sorrowful** or **Glorious**, as outlined in the next section.

¹ See "Prayers" in www.alpha-omega.org.za



Begin with a **Rosary Opening Prayer**, for example:

My loving Father God, my Creator; my loving Jesus Christ, my Saviour; and my dear Holy Spirit, my Breath of Life; my Holy Triune God, together with my Blessed Mother Mary, the Mother of the Saviour of the world, I humbly ask you to hear my prayer ...state your petition... My Blessed Mother Mary, come with your Virginal Mantle and take this prayer to the foot of the cross of Jesus. St Michael, St Gabriel and St Raphael the archangels, come with your troops of angels to help me on this petition. I also ask the saints in heaven, in particular ...give names... to intercede for me on this petition. Thank you, my Holy Trinity, for hearing my prayer. Amen.



Referring to the numbers on the rosary on page 120 and holding the rosary on the beads linked to the numbers, pray as follows:

1. Pray the **Apostles Creed**.
2. Pray the **Our Father**.
3. For the next three beads, pray the **Hail Mary** prayer on each bead, meditating on faith, hope and charity.
4. Pray the **Glory Be**, followed by the **Fatima Prayer**.

Begin **Decade i**, following Steps 5 to 7:

5. Announce the first **Mystery** (for example, **The Annunciation**) and read the Scriptural meditation if unfamiliar with it. Now pray the **Our Father**.

6. On the next ten beads, pray the **Hail Mary** prayer on each bead, meditating on the respective Mystery for this decade.

7. Pray the **Glory Be**, followed by the **Fatima Prayer**. For each **Mystery**, repeat Steps 5, 6 and 7, progressing around the rosary for **Decades ii, iii, iv and v**. Conclude the Rosary with the **Hail Holy Queen**, followed by the **Rosary Closing Prayer**:

O God, whose only Begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech thee, that, by meditating on the mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

Bless yourself by making the **Sign of the Cross**.

ROSARY MYSTERIES WITH BIBLE VERSES AND PRAYER TOPICS

The Rosary Mysteries are summarised here, with suggested



Scriptural references on which to meditate when praying each Mystery, as well as optional prayer topics to pray.

As you pray each decade of the Rosary, try to picture the scene of the Mystery on which you are meditating and allow the Holy Spirit to talk to you in the depths of your heart¹.

Traditionally, the Glorious Mysteries are said on Sundays and Wednesdays, the Joyful Mysteries on Mondays and Saturdays, the Sorrowful Mysteries on Tuesdays and Fridays, and the Luminous Mysteries on Thursdays.

The Joyful Mysteries Rosary

The Annunciation (Luke 1:26–38)

Pray for the gift of humility and obedience upon yourself, your family and for all of God's children to hear his call before it is too late.

The Visitation (Luke 1:39–56)

Pray for the horrendous sin of abortion to stop, for all to understand that foetuses suffer the most horrific traumas and pains while they are murdered in their mother's wombs.



The Annunciation

The Nativity (Luke 2:4–20)

Pray for the destitute, the marginalised and the poor, for God to send them earthly angels to assist them in their times of need.

¹ For powerful heavenly meditations, Scriptures and prayers related to the Rosary, visit the "Rosary" section on www.alpha-omega.org.za.

The Presentation in the Temple (Luke 2:21–35)

Pray for all to present themselves to Jesus in his Holy Church and for the alleviation of the prophesied pains of Mother Mary's Immaculate Heart.

The Finding of Jesus in the Temple (Luke 2:41–52)

Pray for the youth, against Satanism and for the way of Jesus to be taught in schools throughout the world.

The Luminous Mysteries Rosary

The Baptism of the Lord (Mark 1:4–13)

Pray for the conversion of sinners, for more of God's children to come to the Sacraments of Confession and Baptism.

The Wedding at Cana (John 2:1–11)

Pray with Blessed Mother Mary for the most urgent petitions of her heart to her Son Jesus.

The Proclamation of the Kingdom of God (Mark 1:14–15, Matthew 4:17)

Pray for the missions of this world that are humbly dedicated to helping our Lord Jesus Christ in bringing souls to heaven.

The Transfiguration (Matthew 17:1–13)

Pray for the souls in purgatory that are yearning to see the Face of God. Ask these souls to pray for those on earth who are most in need of God's mercy to see Jesus with the eyes of their hearts.

The Institution of the Eucharist (Matthew 26:26–29)

Pray for the Church and for all to receive the Holy Eucharist worthily and respectfully in the mouth.

The Sorrowful Mysteries Rosary

The Agony in the Garden (Mark 14:32–42)



Through the merits of Jesus' agony, pray for the poor abandoned souls on earth and in eternity for whom no one is praying.

The Scourging at the Pillar (John 19:1, Isaiah 50:6-7)

Through the merits of Jesus Christ's scourging, pray against the sins of lust and other impurities of the body that pervade society today and cause Jesus the most pain.

The Crowning of Thorns (Matthew 27:27-31)

Through the merits Jesus' crown of thorns, pray for all to come in humility and repentance to their loving Saviour.

The Carrying of the Cross (John 19:16-17, Luke 23:26-32)

Through the merits of Jesus Christ's most painful wound on his shoulder, pray for those who are struggling to carry their crosses in sacrificial love of God and neighbour, in particular for the tepid, lukewarm souls.

The Crucifixion (Luke 23:33-46, John 19:25-30, Mark 15:33-41, Matthew 27:51-56)

Through the merits of Jesus Christ's five sacred wounds on the cross, pray for your enemies and all of God's children to be saved from the fires of hell.

The Glorious Mysteries Rosary

The Resurrection (Luke 24:1-49)

Through Jesus' glorious resurrection, pray for new life in the world, for protection upon our Holy Church, the pope, bishops, priests and all assisting therein, for the enemy to expelled off the face of the earth.

The Ascension (Mark 16:19, Acts 1:6-11)

Pray for souls in purgatory who are in await for a prayer to be released into heaven, for your deceased family, friends and the

most abandoned ones for whom no one is praying.

The Coming of the Holy Spirit (Acts 2:1-21)

Pray for the Second Pentecost, for the Holy Spirit to come and renew the face of the earth, for all to come to the light of Jesus before it is too late.



Pentecost Day

The Assumption of Mary (Baruch 3:29)

Through Mother Mary's purity, pray for your entire family, godchildren, friends, work colleagues etc., and all of their past generations to come to the light of Jesus and reunite one day in the Kingdom of Heaven.

The Coronation of Mary (Revelation 11:19 to 12:1-2)

Ask Mother Mary, the Queen of Heaven, to be the Queen of your home, to cover your loved ones and family with her Virginal Mantle, and to intercede for your special petitions.

PRAY THE DIVINE MERCY CHAPLET

The Divine Mercy Chaplet is a powerful prayer that our Lord Jesus Christ gave to St Faustina in 1935 for us to pray.

Meditation

Mother Mary: "My dear children, you can pray the Divine Mercy Chaplet for any intention. You can pray for the souls of purgatory and the most abandoned ones or any other intentions. Include this prayer as my humble servant prays for the dying of this hour, the moribunds: 'Father, when your Son Jesus brings these,



your children, in front of your throne, my Father, have mercy and compassion on these souls. Save them.' This is a powerful prayer to save many souls from perishing." (03/04/2016)

HOW TO PRAY THE DIVINE MERCY CHAPLET

Start the Divine Mercy Chaplet by blessing yourself with the **Sign of the Cross**. Then say:

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty yourself out upon us.

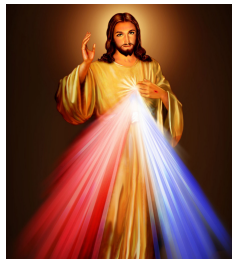
Repeat three times:

O Blood and Water, which gushed forth from the heart of Jesus as a fount of mercy for us, I trust in you.

Say the **Our Father**, **Hail Mary** and the **Apostles Creed**.

[A] Start **Decade i** by saying:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of your dearly Beloved Son, our Lord, Jesus Christ, in atonement for our sins and those of the whole world.



Truly trust Jesus

[B] Then, repeat ten times:

For the sake of his sorrowful passion, have mercy on us and on the whole world.

Repeat [A] and [B] for **Decades ii, iii, iv and v**.

Conclude the Divine Mercy Chaplet by saying three times:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Then say the closing prayer:

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to your holy will, which is love and mercy itself.

Bless yourself by making the **Sign of the Cross**.

PRAYERS OF DELIVERANCE ASSIST IN HEALING

Laying of hands and prayers of deliverance by God's servants are helpful in healing and driving away evil spirits, especially for those who are heavily oppressed and possessed by evil spirits. It is important to not allow just anybody to pray over you. Make sure that this person is a true servant of Jesus Christ, is living a saintly life, lives by the teachings of this book, has the fruits of the Holy Spirit and ideally has the blessing of a bishop to do deliverance prayer. As Jesus says, you will know them by their fruits: not their words, façade or external appearance. In today's times there are many false prophets and wolves dressed in sheep's clothing who come under false pretences. If you have made an error in discernment by allowing the wrong person to pray over you, take it to Confession to be absolved of any bondages this may have brought upon you.

It is important to note that the ultimate healing comes through true love of God and neighbour, as outlined in this book. As you come into a state of grace through obedience to Christ and his healing Sacraments, evil spirits will eventually have no place on



your body, mind, soul and spirit.

Meditations

“Beware of false prophets, who come to you in the clothing of sheep, but inwardly they are ravening wolves. By their fruits you shall know them...” (Matthew 7:15–16)

“And these signs shall follow them that believe: In my name they shall cast out devils: they shall speak with new tongues. They shall take up serpents; if they shall drink any deadly thing, it shall not hurt them: they shall lay their hands upon the sick, and they shall recover.” (Mark 16:17–18)

Jesus Christ: “Oh, people of little faith: I am your provider. Look upon my (our) messages. I know that the enemy is good at imitating my Mother and me, your Jesus, but he cannot pronounce ‘fasting’, ‘pray the Rosary’, ‘repent’, ‘come to my Holy Mass’, ‘Confession’, ‘forgive one another’ and ‘love one another’. He would or could never say these words, these sentences. He would never ask for the salvation of my children. He is the destroyer. He is the disunity of my children. He can never ask for peace, love and unity in families. He contaminates whoever he can about the salvation of souls.” (31/01/2014)

ALWAYS BE PREPARED TO MEET GOD

The pillars of sanctification include: reading and obeying the Word of God; carrying your cross in sacrificial love of God and neighbour without complaining; regular Confession; daily Mass wherever possible, Adoration in front of the Blessed Sacrament; and praying without ceasing, in particular the Holy Rosary and the Divine Mercy Chaplet for the salvation of souls.

Meditation

Mother Mary: “Yes, my children can be ready every second of the day, even if they sin and amend them in Confession. We in heaven – my Son Jesus Christ, our Father, and I, your Mother Mary – we ask our children to be ready at all times because they don’t know the hour, the day they will be called back to the Father’s house. The meaning of being ready is this is: come to Confession regularly, with a contrite heart. Yes, if it’s possible, once a week or at least once a month. Come to my Son Jesus’ Holy Mass on holy Sunday without missing it, and if it’s possible of your time, every day. Receive my Son Jesus’ Precious Body and Blood regularly, worthy of him. Love one another. Forgive one another’s errors, faults, mistakes. Be humble at all times. Live in peace, love and harmony. Don’t live your life with anger, unforgiveness, hatred and resentment. Live according to the Ten Commandments. Don’t live with greediness in your heart or take what doesn’t belong to you. Don’t accumulate fortunes through wrongdoings – if it is so, confess it. Don’t take inheritances that don’t belong to you. Give to Caesar what belongs to Caesar as it was written in the Holy Bible. Live in simplicity and humility. Don’t get attached to earthly things of this world. Do good and pray. Forgive the ones who have done bad to you. If you live your life this way every day, then you will be ready at all times. When your last breath in this world is accomplished, then you will be ready when you are called back to the Father’s house, where you belong for all eternity. This world is only a passing-by to eternity. Amen.” (08/10/2018)



St Joseph's death



BE PREPARED FOR THE THREE DAYS OF DARKNESS

The prophesied Three Days of Darkness are near. If we are in a state of grace and ready to meet our Saviour, we have nothing to fear, but those who are not will have to endure a horrific suffering, which is why we must pray intensely for the conversion of sinners. In addition, God is calling us to be prepared with blessed white candles and matches in our homes, holy water, crucifixes, rosaries, Miraculous Medals, Scapulars and holy oil (olive oil). All of these items must be blessed by a priest. We must have enough food in our homes to last for three days and we must not go outside our homes when the darkness comes. Innocent little children will not have to endure this suffering, as they will go into a heavenly sleep¹.

Meditations

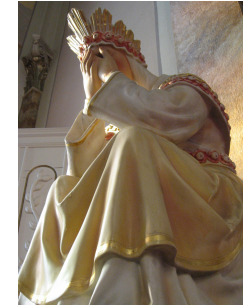
“Behold, the day of the Lord shall come, a cruel day, and full of indignation, and of wrath, and fury, to lay the land desolate, and to destroy the sinners thereof out of it. For the stars of heaven, and their brightness shall not display their light: the sun shall be darkened in his rising, and the moon shall not shine with her light.” (Isaiah 13:9–10)

“But in those days, after that tribulation, the sun shall be darkened, and the moon shall not give her light. And the stars of heaven shall be falling down, and the powers that are in heaven, shall be moved. And then shall they see the Son of man coming in the clouds, with great power and glory. And then shall he send his angels, and shall gather together his elect from the four

¹ To be fully prepared, make use of the “Prayer card and instructions for the Three Days of Darkness” in “Resources” on www.alpha-omega.org.za.

winds, from the uttermost part of the earth to the uttermost part of heaven.” (Mark 13:24–27)

Father God: “My daughter Fernanda, I have this special secret to confide to you about my Son’s Second Coming. Oh, my Petal, my Son’s Second Coming is near. Very soon you have to start your mission because my Son cannot hold his hand for too long.



Our Lady of La Salette

“My daughter, I am going to describe it to you, what is going to happen in the time of the Three Days of Darkness. Oh, my children, they will wish they had never been born. I am going to explain in detail. First, a sign is going to appear in the sky. My children, they will see a sign like a rainbow, but it’s like a circle. Oh, then the darkness for three horrific days. There will be no stars, no light – it will be pitch black. Oh, my children, they will scream, scream, scream in vain. Very few will have candles. They will crawl, crawl, with nowhere to go, no clue where to go – they can’t see anything, they can’t see each other even if they stand next to each other. Oh, they will cry tears of blood. They will call my Son’s name. Oh, they will suffer immense pains, indescribable pains. Food, food – where to find food? They will not be able to go outside. It will be better for them to not even think of trying to come outside. They will *rastejar*¹, like animals groaning, groaning. Oh, pray, my child, for this cause because, my children, it’s very painful to watch.

“My daughter, I see you are in pain. Do not worry, my Son will

¹ Portuguese to English translation: crawl, creep, grovel



Remain indoors

take care of you and your loved ones. He will save you from these pains.

“Then, after the Three Days of Darkness, my Son will allow my children to be saved if they will admit and cry out that he is the Son of Man, he is the Messiah, the Saviour of the world. If they

will go on their knees and cry out and admit, and then repent, repent with a contrite heart, saying...

“I believe you are our Saviour, the only Saviour of the whole world. Our King will reign again to save me, to save us all. Lord, have compassion and mercy on me, my loved ones, family, friends and enemies. I forgive all of them as you have forgiven your enemies. My Lord, spare me, save me from this torment of this pain. I repent right now. My Lord Jesus Christ, have compassion on us all.”

“My daughter, my children, they have to say these words for my Son to come in glory to the world again. Oh, then they will see my Son descend from heaven on top of the world, on clouds, to rescue, to save, the repentant ones. Oh, lots of them, thousands, they will succumb, succumb to death before the time, because the pain will be too much to take.

[Fernanda] Oh my Father, what can I do to help pray for this cause in the meantime?

“My child, I will give you a special prayer to be said to help on this.

[Fernanda] My Father, what is going to happen to the babies and little children – how are they going to survive all of this?

“My child Fernanda, closer to the time, we will teach you all about this. My child, my Son will provide a special place for our little children – they will be spared of this pain. They are too innocent to suffer the tremendous pains. Oh, my children, they will be elevated to heaven in a beautiful sleep. Throughout the entire interim, they will not be aware of anything in my Son’s holy name.” (02/06/2011)

Father God: “The Three Days of Darkness are near – the time is approaching. My little lamb, my Son Jesus desires that you alert my people as the time is near. My Son Jesus, he will bring fire, volcanoes of water, floods, upon this world. The Chastisement is very painful. It will fall from the sky: tongues of fire. My people will scream in panic. My people, they will wish that they were not born. The sky will turn into darkness. My people, they will be inside their homes. They must not look through the windows or through the doors. In their homes, they must have blessed candles, blessed water (holy water), blessed oil, a crucifix and a rosary. They must have enough food to eat. There will be no lights, no communication whatsoever: nothing will be working. Yes, my people, they will crawl, wishing to die. Yes, some of them, they will die in fear. Oh, what a pain!” (21/09/2019)

Father God: “It’s going to be three days of darkness. There will be no stars, no light. It will remain completely in darkness. My people must not come outside. Do not look outside through the windows. Oh, it’s going to be painful, the big Chastisement. My people must have blessed candles and blessed holy water. They must remain inside their homes in prayer. Oh, there will



be screams. Many of them will succumb to death: they will die of pain and fear in anguish, affliction. There will be no communication with the outside world. They must eat what they have inside their homes. Oh, many who will be outside, they will die of fear.

“It will happen during the night. My people, they will fall on their knees. The sinners, the atheists, the nonbelievers in Christ, the Son of Man and of God the Father, they will know at that moment [that] there is power from above the heavens. My people, they will bow down, they will prostrate, they will kneel down, to acknowledge the Lord Jesus Christ, the Saviour. My people, they will say if they want to be saved as my Son Jesus will descend from heaven to separate the sheep from the goats. My Son Jesus will appear from a huge cloud, resplendent light to illuminate the world, to come and judge the living and the dead. My people must say these words, this prayer...

“My God, my Lord Jesus Christ, I believe that you are my God, my Lord Jesus Christ, the Son of Man, the Son of God, the Creator of all mankind, the Creator of all the universe. I ask for forgiveness, pardon, for all my sins. My God, my Lord Jesus Christ, I believe, I acknowledge, that you are the King of Kings, the true Messiah. My Lord, my God, save me.”

“My people must go down on their knees, prostrating themselves.

“Oh, my people, this purification, the Chastisement, it's very painful. They will burn outside and inside their bodies. It's a fire that my people don't see, but it's [such a] horrific fire that they will wish not to be alive. But they have to be prepared with holiness, sanctified, purified with a good Confession at all times, receiving my Son Jesus' Body and Blood worthy of him. If my

people are in a state of grace, they will be in paradise with my Son.” (19/06/2019)

Father God: “My people must be aware of my Son Jesus' desires to save his children, my people. Yes, my people must all be aware of the importance of their salvation. If my people would be in a state of grace, loving and believing in my Son Jesus, that he is the Messiah, the Saviour of the world, the Redeemer of my people's sins, and with peace, love, unity, forgiveness etc., living their lives according to my Son Jesus' teachings, the Ten Commandments, loving one another, they will be spared from this kind of turmoil, the Chastisement. It will not be severe upon them. The reason is in our messages: repent, repent, amend all your sins for when my Son Jesus comes from heaven, radiant with trumpets, flutes and a multitude of angels and saints, to separate the goats from the sheep.” (23/09/2019)

Jesus Christ: “My humble messenger, I, your Jesus say to you that the Three Days of Darkness are coming very soon, sooner than my children know or think. Oh, they say that this has been said for many years, decades, but my Petal, it will be three days of complete darkness in which my children will wish to be dead or have died. The sky will turn to night without any stars, no light at all. Nothing will work mechanically or electronically, no devices, nothing will work. Very few [will] have blessed candles. Even the candles that are not blessed will not work, not light. Advise my children all about the candles being blessed by a priest, holy water, blessed



Pray without ceasing



salt, oil (olive oil), blessed matches, etc., a rosary and a prayer for the End of Times to acknowledge Jesus Christ is my Lord, my Saviour, given to you in the Book of Many Prayers.

“My Blessed Mother and my Eternal Father will come to you with more profound details about the Three Days of Darkness. My children must not fear the Three Days of Darkness, they must be in a state of grace and they will be protected.” (28/05/2020)

Father God: “My little lamb, I, your Father God, I have given you messages for my Son Jesus’ Second Coming. Some of them were secrets. Some of them are going to be released soon, in my Son Jesus’ own time, not the world’s time. My people are asking you about the blessed candles, holy water etc. They want to know what, how, to do it, to keep all these sacramentals to be used for the Three Days of Darkness. I, your Father God, I will repeat it again, to transmit again.

“My dear people, as I have said before, very few of my people will have blessed candles etc. My dear people, it’s white candles only.



Be prepared

They can be light candles, big, small or medium – there is no quantity. You must let the Holy Spirit lead you in your heart and see what you can afford: holy water, olive oil (small bottle, quantity), also blessed salt, matches, crucifix (big or small), a holy rosary (depending on how many are in your family), a book of prayers, medals on your windows and small crucifixes on your doors (can be inside or outside the doors and windows). I see you have put some

Green and Brown Scapulars in those boxes – this was the Holy Spirit leading you. These are all items to be used then. Some of my people are wearing Scapulars – it doesn’t matter whether green, brown or blue. The Scapulars are very protective upon my people. Yes, my people must have all this in a box. All this must be blessed by my son priests and kept in their homes, visible to them. My little lamb, also teach my people to learn the prayer for the End of Times¹. They must keep this prayer in the box, too.

“Oh my dear people, do not fear all this. I am not putting fear upon you, but am keeping you aware of all this. It’s better for you to know all this so that at that point in time you are not lost in fear, not knowing what to do. Always be prepared. My dear people, you don’t know when it will be your last breath in this world. It’s the same with my Son Jesus’ Second Coming. Yes, my dear people, it’s sooner than you’re thinking. Do not fear. Be in a state of grace at all times. The ones who are in tune with God the Father, God the Son and God the Holy Spirit – with a good Confession at least once a month (if you can, do it more often), attending my Son’s Holy Mass and receiving my Son Jesus’ Precious Body and Blood worthy of him, forgiving their neighbour, their family, with peace, love and unity – they have nothing to fear for my Son Jesus’ Second Coming.” (08/06/2020)

Jesus Christ: “Yes, many of them are not aware of this message, prophecy, the explanation about the Three Days of Darkness, which has already been given to many saints. Oh my children, they are concerned about how they will know to prepare themselves, to enclose themselves inside their homes. My children will know as the warning sign will be seen before the

¹ See the prayers on pages 132 and 134



Three Days of Darkness. Yes, the candles: they can buy how many they can afford, knowing that the candles that have been blessed will last for the Three Days of Darkness.” (09/07/2020)

Father God: “My dear people, do not fear when we speak about the Three Days of Darkness. Be at peace. Be aware of all your unconfessed sins and take them to Confession when the time is permitted, when my Son Jesus’ churches open. Be in a state of grace. That means: be with peace and unity amongst your loved ones, family, brothers and sisters in Jesus Christ; forgive your enemies, pray for them; be in awe of your God, your Lord Jesus Christ, the Holy Trinity and be with Blessed Virgin Mother. How many of my people don’t have a crucifix in their homes, an image of the Divine Mercy or the Sacred Heart of Jesus at the doors of their homes, the entrances of their houses? How many of my people have never had their homes blessed or had a Holy Mass said in their homes to bring blessings, graces and protection against the enemy attacks; enthroned their homes to the Sacred Heart? Also, the enthronement of the Holy Bible in their homes, having a Holy Bible open and reading it every day?” (09/07/2020)

Holy Spirit: “I, the Holy Spirit, I am your Breath of Life. My dear people, my children, pray to me to guide you, to help you with words of wisdom and knowledge. In the Three Days of Darkness, acknowledge God the Father, God the Son and God the Holy Spirit as the Three-in-One Persons, the Creator of the whole universe, and that Jesus Christ is the Son of Man, the Messiah, the Saviour of the world. I, the Holy Spirit, I give you many gifts to be used, especially in these moments of fear. I, the Holy Spirit, will give you the gift of faith, strength, courage and trust in the Lord Jesus Christ. If you feel fear, this is not from

God. Be confident with prayers in those Three Days of Darkness. Surrender all to Jesus, your Saviour. Pray, pray to the Holy Spirit to enlighten your mind, body, soul and spirit with the gifts of the Holy Spirit, with courage, hope, faith, love and trust.” (09/07/2020)



Focus on heaven

Mother Mary: “I, your Blessed Mother Mary, I am here to bring you the love of a Mother, my motherly love, to enfold you with my Virginal Mantle. In the Three Days of Darkness, hold onto your “weapon”: praying the Holy Rosary and the Divine Mercy Chaplet. Know that many of my children will succumb to death, wishing that they were dead, envying the dead, because of the Chastisement. Lock yourselves inside your homes – don’t look outside at all. Close all the windows, curtains or blinds. Do not peep or look outside. If you look, you will succumb to death, you will *rastejar* (crawl). Do not fear, my children. Be in a state of grace with your God, your Lord Jesus Christ.

“When my Son Jesus’ churches are open, prepare yourselves with a good, contrite Confession, with Holy Mass and Holy Communion. My children, I ask you to fast for this world in decay, disarray, for the conversion of sinners, for the Vatican, the holy pope, for my Son Jesus’ Holy Church.” (09/07/2020)

WORDS OF ADVICE FROM OUR LOVING SAVIOUR

Jesus Christ: “My dear children, I, your Jesus Christ, I am here to convey this message. This world is in dismay, chaos, in despair of salvation. My children are so in despair of their earthly things,

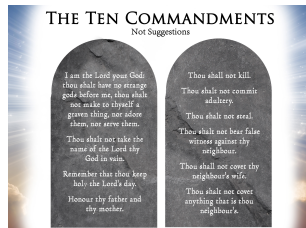


of their daily affairs, in depression, affliction in the loss of their businesses, their homes, their fortunes, their possessions, and in fear of losing their earthly homes. Yes, all of this is very important to my children who dread losing their beautiful homes and going to smaller, more modest homes or rented homes.

“I do understand my children’s despair and affliction. Yes, some of them turn to me in despair, thinking, saying, that their Jesus Christ doesn’t hear their prayers. Yes, I, your Jesus Christ, I do hear each prayer – so do my Father, the Holy Spirit and Mother Mary – and the novenas to their patron saints. Oh my dear, precious children, I do, we do, receive each one of your prayers. None of them are in vain. They are in the abode of my heart, in my hands at the foot of the cross. I do answer each one of your prayers in my own time because I know what the right time is and what is best for you. I do give to my children what is best for them.

“My children are so busy and occupied with their earthly things, so concerned about their status. Yes, some of them are only looking for a roof and a plate of their daily food on the table, to provide for their families. They do get discouraged and

despondent so easily. They don’t persist. Oh, I never abandon or forsake any of my children in those difficult moments of their aching hearts. That’s when I am there helping them, but they don’t even notice my presence, my love. I do give many graces and blessings during those trials.



Thy will be done

“Yes, there are many trials, tribulations and hardships in my children’s lives. This is not paradise: this is earth, where my children are purified and cleansed, a passing by for eternity. I didn’t promise paradise in this world for my children, but I did promise paradise in eternal life. This world is a teaching, a cleansing, a purification for eternal life. If my children would accept their wins and failures with dignity, patience, humility and understanding, they would see my glory upon them one day as they come to eternal life.

“Yes, it was my purpose, my acceptance, to be crucified upon the cross, carrying a heavy cross for your sins, for your salvation. Yes, I went through the most excruciating suffering that none of you, my children, ever underwent in your entire life. I accepted all of those pains and trials for you. So you, my children, why do you think that your Jesus abandons you or forsakes you if I accepted the trials and hardships of dying the way I died for you? This is love for you, for your salvation!

“My dear children, bear your trials, your hardships, with me, because I walk side by side with you to comfort you, to embrace you, to wipe away your tears. I send earthly angels to help you many times to alleviate your cross, your trials. Many times I protect you and the heavenly angels walk with you. I command your guardian angel to take care of you. But you, my children, never ask for his help. Yes, your guardian angel was entrusted to accompany you constantly. Also, the Holy Spirit was infused within you since you were conceived, but you never ask him for help, for guidance, to teach you, to enlighten your mind in difficult moments at your crossroads. The Holy Spirit: his wisdom, knowledge, the gifts of the Holy Spirit, they are so powerful and important in your lives.



**Everything is possible
with God**

“Do not despair in times of tribulations and hardships. Pray, pray your prayers. They will be answered: if it is not for what you prayed for, they will be used for the right things in your life. My children forget that prayers move mountains. If your faith is the size of a mustard seed, the mountains will be moved in my holy name. With me, your Jesus

Christ, nothing is impossible. This power was given to me by my Father God. Do not reject my love, my care, my paradise promised in heaven. Pass through the narrow gate in this world to enter through the wide gate in the paradise of heaven.

“My dear children, do not be concerned about the beautiful homes, luxuries, vanities and pride of this world. Be aware to know more about my Holy Word of my Holy Bible: the teachings and parables of what matters to us in heaven.

“Oh, my children, when you come to eternal life you can’t bring the beauty of this world, the status, certificates and luxuries to us in a box with you. We do have two books in heaven: the one of the good deeds is written in golden letters, the other is written with all the unconfessed sins, unforgiveness, hatred – all the bad deeds are written there, to be read out in front of my Father’s throne with me, your Jesus Christ, and my Father God.

“My dear children, be concerned about your salvation. This world is in much disarray and decay, in need of prayers, change of hardened hearts and conversions. Very few of my children are

concerned about saving their souls. My children, I ask this: peace in marriages, pray as a family. The Holy Rosary is a very strong weapon against Satan in breaking up marriages. Pray for unity in families. Pray and forgive your enemies. Even if you lose your homes, your possessions, live in simplicity, because in heaven you will have a beautiful home. Pray for this country and all over the world, for good governments: they need your prayers. Turn gossip, slander and foul language into prayers: there will be a huge reward in heaven waiting for you. Pray for your persecutors, your enemies. Let go of unforgiveness and hatred.

“I promise you a beautiful home, a paradise in heaven. Don’t give up praying, asking. Knock and your prayers will be answered. Remember, I never give up on you. You are mine, you are carved in the palm of my hand.

“Don’t turn your pains of hardships against me, your Jesus Christ. Don’t become despondent. Believe and trust that you will be saved if you come to my heart. Don’t close the door of your heart on me. My arms and the door of my heart are [have been] open for you since you were conceived in your mother’s womb.

“My child, I your Jesus of Nazareth, I am waiting for you. All my love, Jesus of Nazareth. I give you my peace, my peace I give you, to your loved ones, families and all upon this entire world.”
(05/06/2016)

FOR MORE INFORMATION

For more conversations with our Triune God and Blessed Mother Mary, as well as prayers, books, posters teaching materials, videos and other useful healing resources, visit our website:

www.alpha-omega.org.za



“Behold, he cometh with the clouds, and every eye shall see him, and they also that pierced him. And all the tribes of the earth shall bewail themselves because of him. Even so. Amen. I am Alpha and Omega, the beginning and the end, saith the Lord God, who is, and who was, and who is to come, the Almighty.”

(Revelation 1:7–8)

