

## Come to Jesus' Sacraments for true 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)

### Supplementary reading

- [You are mine, you belong to me, you are my flesh and blood](#) (21/02/2012)

## With the Holy Sacraments, perfection is possible, yet “perfection” has been removed in many places

*“Propterea accipite armaturam Dei, ut possitis resistere in die malo, et in **omnibus perfecti stare.**”* (Ephesians 6:13)

- DR: “Therefore take unto you the armour of God, that you may be able to resist in the evil day, and **to stand in all things perfect.**”
- NIV: “Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.”
- NABRE: “Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground.”

*“**ut perfectus sit homo Dei, ad omne opus bonum instructus.**”* (2 Timothy 3:17)

- DR: “**That the man of God may be perfect,** furnished to every good work.”
- NIV: “so that the servant of God may be thoroughly equipped for every good work.”
- NABRE: “so that one who belongs to God may be competent, equipped for every good work.”

# 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. It does not free or absolve us of personal sins – that grace is reserved for the Sacrament of Confession<sup>1</sup>. 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 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.

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<sup>1</sup> 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 good Confessions have been made. This is further clarification that Baptism alone does not cleanse us of all sins and the resulting bondages to evil that they bring.

## Meditations

“And Jesus coming, spoke to them, saying: All power is given to me in heaven and in earth. Going therefore, 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)



Baptise soon after birth

*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](#))

## Supplementary reading

- [Babies should be baptised as they are born – miscarried and aborted babies in eternity also need to be named and baptised](#) (03/09/2021)
- [Prayer to baptise a miscarried or aborted child](#) (28/08/2023)
- [Do small acts of love, pray the Rosary for your country, bring Jesus into society and bring all your past sins to the Sacrament of Penance](#) (20/01/2020)

# The Sacrament of Baptism

We are cleansed of original sin in Baptism and other sins in the Sacrament of Penance.

Baptism brings gifts of the Holy Spirit.



Baptism brings a stronger shield against evil.

Baptism must be done as soon as possible after birth.

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

“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)

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

# 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 the next chapter.

## 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



First Holy Communion

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 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 Last Supper

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)

“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



**Fill the church from the front**

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 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.

**The moment of Elevation**

"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.



Receive Jesus in the mouth

"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 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](#))

## Supplementary reading

- [If people knew the value of Holy Mass, churches would never be empty but overflowing with daily communicants](#) (29/02/2020)
- [Father God wants us to receive Communion in the mouth and on the knees in Holy Mass, and gives more details about Jesus' crucifixion](#) (16/09/2015)
- [God's Commandments on Administering and Receiving Holy Communion](#) (Resources)

# Holy Communion

The Last Supper was the  
Apostles' First Holy Communion.

Receive Holy Communion,  
the Body and Blood of Christ,  
in Holy Mass.

Holy Communion is your daily  
sustenance and strength.

"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 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)

"Give us this day our supersubstantial bread."

(Matthew 6:11)



"For he that eateth and drinketh unworthily, eateth and drinketh judgment to himself, not discerning the body of the Lord."

(1 Corinthians 11:29)

Don't receive Jesus  
unworthily as it hurts him.

Receive Jesus worthily through  
regular Confession and living  
by his teachings.

Receive Jesus reverently by  
kneeling and on your tongue.

"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)

"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)



# The sacrifice of Holy Mass

“Know, my little lamb, that during the Holy Mass my Son Jesus Christ gives himself totally, in pure love, sacrifice, for each one of you. I, his Father God and the Holy Spirit, the Paraclete, we are there with my Son Jesus Christ and his beloved Mother – she was there next to her Son Jesus. Yes, the Triune God and Mother Mary, we are present in each Holy Mass being celebrated throughout the world. Oh, my humble servant, it’s beautiful to see my Son Jesus Christ giving himself totally in sacrifice for the love of you.”  
(Father God, 05/11/2017)

# Come to Holy Mass and receive the Body of Christ worthily



“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.”

(Father God 03/06/2017)

“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.” (John 6:53)



# Sit as close as possible to Jesus at his holy altar



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.  
(Father God, 01/09/2014)



# Respect and modesty

“Oh, my people, they come to my Son’s Holy Mass with no respect at all. The readings and the Gospel are very important in my Son’s Holy Mass, but my people arrive late to the Mass. It’s all out of proportion to the meaning of the Holy Mass. It hurts my Son Jesus to see his children coming to his Holy Mass dressed indecently, with no respect at all, waving at one another, especially when they come to receive my Son Jesus in “shorts” and very open upon their shoulders. Oh, they don’t see how disrespectful it is when they receive my Son who gives himself to his children.” (Father God, 08/01/2012)



# Communion on the hands must be abolished

“I want you to relay this message to the head of the Church. He has to abolish this giving in their hands. My little tender, meek lamb. This is very, very important and serious. This is a request from heaven, from the highest of heaven, my people, the Creator of the whole universe. This is about my Son Jesus’ Precious Body and Blood being blasphemed in satanic work, Satanism.”  
(Father God, 30/04/2014)



# Only priests are to give Communion – received kneeling

“Yes, I, your Father God, desire that my people not be ministers of the Eucharist. Yes, I, your Father, dislike this. My son bishops [must be] the ones to introduce the receiving of my Son’s Precious Body and Blood in the mouth not on the hands, to kneel down or genuflect if they can’t kneel, and only for priests to give my Son Jesus Christ’s Precious Body and Blood – my son priests, the pope, the cardinals, the bishops. I ask you to relay this message to my son the pope, the head of my Son Jesus Christ’s Church, to concretise this, my desire and my Son Jesus’ Christ’s.” (Father God, 20/08/2019)



“Also, only my son priests should take my Body to the Blessed Sacrament. But around this entire world, in many of my churches, this does not occur. My heart pounces, trembles, in pain when my children approach my tabernacle. As they open the door of my tabernacle, I suffer when my children don’t respect by genuflecting properly. The door of my tabernacle should be opened by my son priests but instead, my children, they are allowed to open and close at any time.” (Jesus Christ, 25/01/2017)

# Jesus must be received worthily in Holy Mass

“Receive my Precious Body worthy of me. Don’t hurt me anymore with your horrendous sins, unconfessed sins.” (Jesus Christ, 01/01/2017)



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



“They must seek Confession, repentance, reconciliation, unity with their family and friends, then, in purity of the heart and soul, they will be able to receive me. Tell my children how I, your Jesus, your God, suffer terrific, excruciating pains, which infiltrate my heart when my children receive me not worthy of my Precious Body and Blood, which, I, in my Last Supper, instituted and offered to my apostles in memory of me.” (Jesus Christ, 04/07/2010)

“Thank you for attending my Holy Mass. My little one, carry on doing the way you are doing in receiving me, your Jesus Christ, on your knees and the other times, genuflecting as you have been told by some of my son priests. Keep praying for my shepherds. They are in need of prayers. The time will come when all is going to be approved by my Church in my holy name. Continue being obedient to my Church.” (Jesus Christ, 14/06/2017)

# Stay focussed on Jesus and his love in Holy Mass

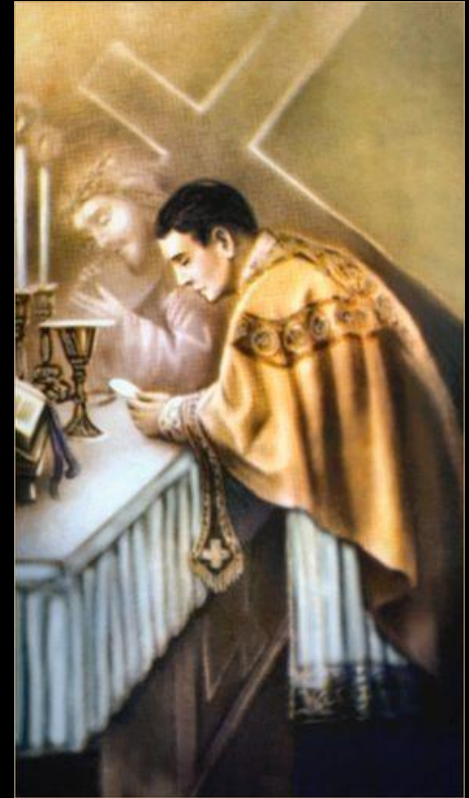


“Oh, my children, they should appreciate this love more, this sacrifice of my Son Jesus towards them. My children should show respect, reverence, complete love, appreciation and thanksgiving during Holy Mass. Yes, they should only have eyes for and focus on my Son Jesus during this ultimate love of my Son Jesus, their Saviour. Oh, it’s very sad to see my children playing with their fingers, mobiles, distracted, not paying attention for this unique love and sacrifice, my Son Jesus Christ’s immensity of love. Oh, my children, during the Elevation, the most important part of the Holy Mass, they are not focusing on the meaning of this special time. Oh, my children, they should be more aware.”

“What is the Holy Mass? This is a grace, a blessing from my Son Jesus Christ, the Father, and the Holy Spirit. Oh, during the Elevation of my Son’s Precious Body and Blood, my Son Jesus Christ concedes many graces and blessings. My children must ask and surrender all to my Son Jesus Christ at that precise moment.” (Mother Mary, 05/11/2017)

# Pray for priests – they come under heavy attack from the enemy

“Yes, my son priests sometimes commit many errors and faults. They are human and they are accountable for not leading my flock, my sheep to my heart. But you, my children, it’s your duty to pray for my son priests. Yes, my Mother Mary, she loves and bows down for my son priests, even when they are doing wrong. My son priests have been entrusted unique, special gifts on the day of their Ordination. Oh, the enemy, Satan, his aim is to destroy them. He knows that without my son priests there will be no Holy Mass, no Consecration of my Precious Body and Blood and none of the other Sacraments for my children’s salvation.” (Jesus Christ, 16/02/2017)





Come and receive the Body and Blood of Jesus daily for strength and protection

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“My little lamb, you didn’t commit a huge sin, but in your mission, you have to come every day to Holy Mass. Yes, if my people can attend my Son Jesus’ Holy Mass, they receive blessings and graces. The Body and Blood of my Son, Jesus Christ is my people’s strength and protection to go through their daily lives with their trials and hardships. They feel their burdens being alleviated and are able to carry their trials and tribulations of their lives with more courage and perseverance. My Son Jesus Christ is their daily food for their souls.” (Father God, 08/06/2017)



# 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 powerful 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 Revelation<sup>2</sup>. Oh my children, don’t fall into this trap of sin. You have the sign of Jesus Christ

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<sup>2</sup> Referring 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](#)

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](#))

## Supplementary reading

- [Use your gifts of the Holy Spirit for Jesus Christ’s glory, and forgive your enemies to change their hardened hearts and receive blessings](#) (09/06/2019)
- [Heaven rejoices when we celebrate the saints, receive the Sacrament of Confirmation, pray for the dead and follow the living Word of God](#) (02/11/2024)
- [God Explains the Significance of Baptism, Confession, Holy Communion and Confirmation](#) (Resources)

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[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](http://www.alpha-omega.org.za).

# The Sacrament of Confirmation

At your Confirmation, your belief in God is confirmed, followed by the laying of hands and anointing with chrism oil by a bishop.

At your Confirmation a saint is chosen to be your heavenly intercessor, helper and protector against evil and finally, welcome you into heaven.



This powerful Sacrament strengthens you by bringing many fruitful gifts of the Holy Spirit upon you.

You have the sign of Jesus Christ upon you through your Baptism of water, the Sign of the Cross and through the Sacrament of Confirmation.

“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)

## The Sacrament of Confirmation has been removed

*“Et facto ibi aliquanto tempore profectus est, perambulans ex ordine Galaticam regionem, et Phrygiam, **confirmans** omnes discipulos.”* (Acts 18:23)

- DR: 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.
- NIV: After spending some time in Antioch, Paul set out from there and traveled from place to place throughout the region of Galatia and Phrygia, strengthening all the disciples.
- NABRE: After staying there some time, he left and traveled in orderly sequence through the Galatian country and Phrygia, bringing strength to all the disciples.

# 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.

## 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



For better or for worse

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 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,

The Holy Family

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](#))

## Supplementary reading

- [Know what you are promising and vowing at marriage, and then see them through, for better or worse](#) (03/03/2018)
- [Heavenly advice on how to live happily in marriage till death do us part](#) (25/06/2017)
- [God the Father and the Most Holy Family of Nazareth explain how to disempower the enemy and keep your family together](#) (27/12/2020)
- [Come and be like Jesus, help alleviate his sufferings and unite your prayers with Blessed Mother Mary to end Satan’s reign of terror](#) (30/10/2018)

- [How husbands and wives should conduct themselves in their family lives](#) (02/10/2016)
- [Receive the sign of Jesus Christ through your Baptism, Confirmation and sacrificial love, not the 666 sign of the beast upon you](#) (26/01/2020)

# The Sacrament of Marriage

Uniting at Jesus' altar brings God's blessing upon your marriage and unites you for all eternity.

Divorce is the work of the enemy.

God is calling us to remain chaste until married and to conjugal chastity in marriage.



Marriages at Jesus' altar must be respected for better, for worse, in sickness and in health and for all eternity.

If you are not married in the Catholic Church, ask a priest to convalidate your marriage – this sacramental blessing brings heavenly graces to your marriage.

“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)

“For this cause shall a man leave father and mother, and shall cleave to his wife, and they two shall be in one flesh. Therefore now they are not two, but one flesh. What therefore God hath joined together, let no man put asunder.” (Matthew 19:5–6)

“And he saith to them: Whosoever shall put away his wife and marry another, committeth adultery against her. And if the wife shall put away her husband, and be married to another, she committeth adultery.” (Mark 10:11–12)

“But to them that are married, not I but the Lord commandeth, that the wife depart not from her husband. And if she depart, that she remain unmarried, or be reconciled to her husband. And let not the husband put away his wife.” (1 Corinthians 7:10–11)

## Mention of the Sacrament of Marriage has been removed

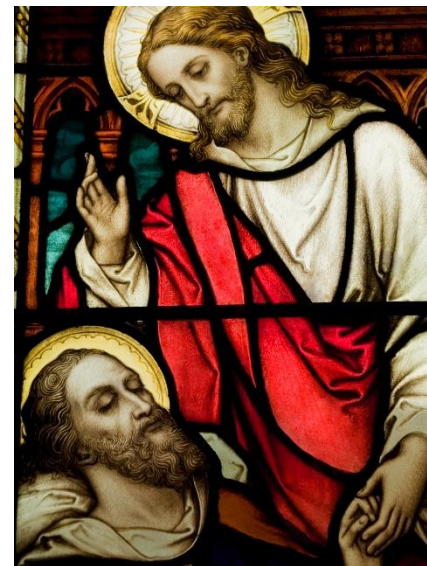
*“Propter hoc relinquet homo patrem et matrem suam, et **adhaerebit** uxori suae, et erunt duo in carne una. **Sacramentum** hoc magnum est, ego autem dico in Christo et in Ecclesia.”*  
(Ephesians 5:31–32)

- DR: 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.
- NIV: “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery – but I am talking about Christ and the church.
- NABRE: “For this reason a man shall leave [his] father and [his] mother and be joined to his wife, and the two shall become one flesh.” This is a great mystery, but I speak in reference to Christ and the church.

[cleave is aligned to “*adhaerebit*” but “adhere” would be a better all-encompassing word to use, which means “stick to, hold fast, devoted to”]

## 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 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.



Jesus is the healer



## 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 Rites<sup>3</sup>. 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](#))

## Supplementary reading

- [First Saturday Devotions, the Sacrament of the Anointing of the Sick and sending Masses for the living and the dead brings many graces](#) (04/08/2019)

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<sup>3</sup> The Sacrament of Last Rites constitutes the Sacraments of Holy Communion, Confession and the Anointing of the Sick.

- [Many forget that this life is a passing by and that all our unconfessed sins go with us to eternity, not our earthly status and possessions](#) (24/02/2019)
- [Seek Jesus Christ's love, and if sickly, not just the medical solution, but the healing of your soul and spirit in the Sacrament of Confession](#) (08/12/2022)
- [Focus on the salvation of your soul first and foremost, not earthly things](#) (12/02/2020)
- [Bring the sick to the Holy Sacraments, come to the Sacrament of Confession before your last breath and thank God for your blessings](#) (12/08/2019)

# The Anointing of the Sick

If a person is seriously ill or close to death, ask a priest to administer the Sacrament of the Anointing of the Sick.

The priest lays hands on the person, says special prayers and anoints the sick person with holy oil.



The Holy Sacraments of Confession and Holy Communion should ideally be administered with the Anointing of the Sick.

If our Lord Jesus Christ does not heal the body, he heals the soul, which is the most important for eternal life.

“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. And the prayer of faith shall save the sick man: and the Lord shall raise him up: and if he be in sins, they shall be forgiven him.” (James 5:14–15)

“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)