

## 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 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

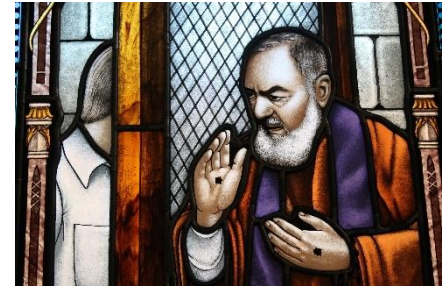
hath sent me, I also send you. When he had said this, he breathed on them; and he said to them: Receive ye the Holy Spirit. Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained.” (John 20:21–23)

*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 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)



St Padre Pio

*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?



**Our sins hurt Jesus**

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 Jesus<sup>1</sup> and evil gains a level of spiritual bondage (or captivity) on us in relation to that sin. As we go to the 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

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<sup>1</sup> “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).

in this state, our Book of Heaven is cleared of all our sins, they are not mentioned on judgement day and we will not have to endure a purification in eternity to enter 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 absolves<sup>2</sup> 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

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<sup>2</sup> “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 doing the sin.

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 many of them that believed, came confessing<sup>3</sup> 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 to come to encounter their Creator.*

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<sup>3</sup> 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.

“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 they will be able to receive, in time to come, 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 flesh.

“My children must pray for the conversions 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 into 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](#))

## What should I do in Confession?



Jesus absolves us

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. 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 every week, not leaving it for more than a month.

## 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 sins<sup>4</sup>. Even if you have forgiven

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<sup>4</sup> “But if you will not forgive men, neither will your Father forgive you your offences.” (Matthew 6:15)



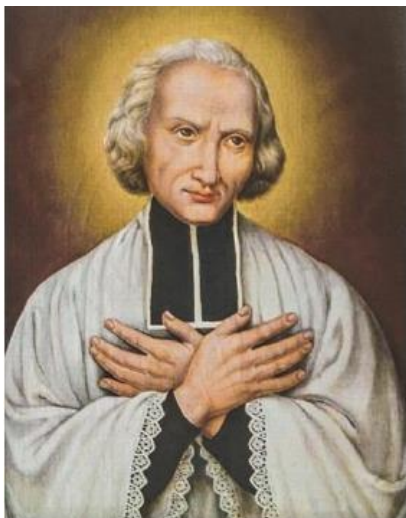
someone, take your past anger, unforgiveness and resentment to Confession, otherwise you will remain spiritually weak in this area.

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

**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”<sup>5</sup>, as he received this gift at his Ordination.



St John Vianney

**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.

**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

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<sup>5</sup> As explained in 2 Corinthians 2:10.

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 them. For example, if it comes to light that you were exposed to witchcraft as a child, then confess the details of what happened to be set free of this evil<sup>6</sup>. As another example, if as a child

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<sup>6</sup> 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

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 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 thoughts<sup>7</sup>. 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.

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wrists and cheeks and placed animal blood in the openings. I wore an amulet around my chest for a period, was given muti to drink many times and also 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.

<sup>7</sup> See Matthew 5:28

**Sins in dreams must be taken to Confession<sup>8</sup>.** 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 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,



St Joseph's dream

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<sup>8</sup> 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 have deceived many (see also Isaiah 56:10). Satan and his evil spirits can disguise themselves as earthly-looking people or creatures, but they cannot replicate the resplendence and light of God and his angels and saints in heaven, the colours of which are not of this earth.

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.

**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 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.

**Never doubt God's mercy.** If you have made a good and contrite Confession through 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



St Mary Magdalene





### Trust the Holy Spirit

sin, continuing with regular Confession and receiving the Holy Eucharist worthily<sup>9</sup>, 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 them<sup>10</sup>. 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

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<sup>9</sup> 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 immediately 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.

<sup>10</sup> See "[You are acquitted of your past sins through the Divine Mercy Sunday Novena and Confession devotion](#)" (23/04/2017) in "Conversations" on [www.alpha-omega.org.za](http://www.alpha-omega.org.za). In this conversation, Jesus Christ also confirms that all your sins in the Book of Heaven are cleared.

to remain spiritually strong, you still need to be absolved of this bondage to evil by confessing it<sup>11</sup>.

**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 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 evil<sup>12</sup>.** 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 Rosary<sup>13</sup> as a novena will also help in this regard.

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<sup>11</sup> I speak from experience where, despite having done Divine Mercy Sunday novenas and fulfilling all their obligations, Satan was trapping me into sinning in dreams because of past unconfessed sins.

<sup>12</sup> 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.

<sup>13</sup> See the “Rosary” section on [www.alpha-omega.org.za](http://www.alpha-omega.org.za).

**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.

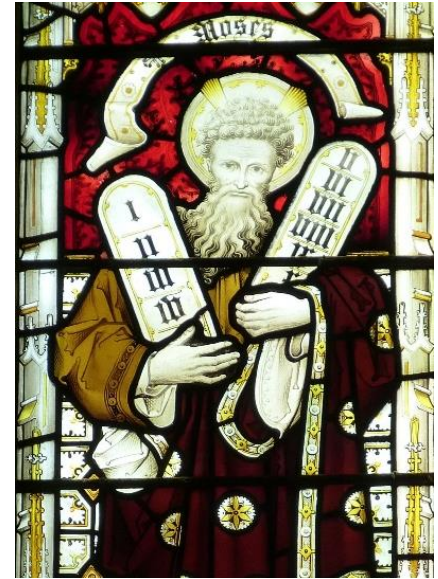
# The Ten Commandments

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?



God's words never change

- 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?
- 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, SVL-rated shows or music?
- 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 the Body of Christ, which includes the Catholic Church, Jesus' seven Sacraments, Blessed Mother Mary and the heavenly saints?

### **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, they are in fact abortifacients<sup>14</sup>. 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 malice, spite and vengeance.
- Killed your own spirit by cursing yourself, wallowing in self-pity or considering suicide<sup>15</sup>?
- 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 from a sinful research process (such as birth-control pills or

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<sup>14</sup> 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](http://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.

<sup>15</sup> In the case of suicide, confess the diabolical justifications, suicide plans or attempts that you may have entertained to be freed of these bondages.

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 someone?
- Overcharged for services, paid unfair wages or evaded tax?
- Bought or sold stolen goods?
- Cut corners or been lazy at work?



St Maria Goretti



- Exploited the poor and spiritually weak?
- Vandalised or polluted public or private property?

### **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, looked lustfully at, imagined yourself with someone who is married or compared your spouse to others?

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

Have you:

- Been envious or jealous? Has this led to ungratefulness, status seeking, competitiveness or deceitfulness?

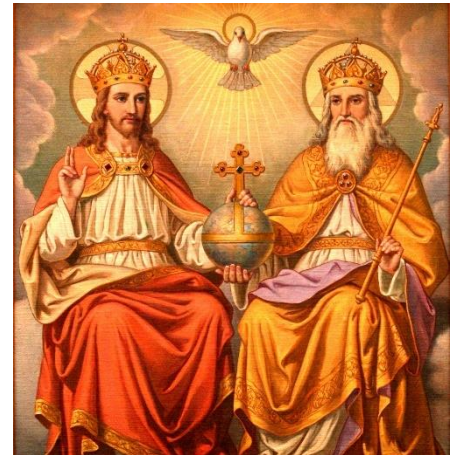
## Don't delay coming to Confession

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](#))



The Holy Trinity

*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 bondage of sin.” ([27/12/2022](#))

*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 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.

“Come my precious people, I am your loving Father God, do not fear Confession, fear only the day you have to come to eternity and your Book of Heaven has many unconfessed sins. I love you all my people, my creation, you are mine. Come, clear your Book of Heaven as much as possible, often – it’s our delight in heaven.” ([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. Heaven is beautiful. To enter the Kingdom of Heaven, my people must obey my Son Jesus Christ’s teachings, his commandments. My people, heaven exists, so do purgatory and hell.” ([31/08/2014](#))

## Supplementary reading

- [Come to the Sacrament of Confession to cleanse and bring new life to your soul – it is the key for your salvation](#) (07/03/2012)
- [Satan hates those who go to the Sacrament of Confession because at absolution they are set free and he loses his grip them](#) (31/02/2021)
- [Confess your sins to a Catholic priest in the Sacrament of Confession for absolution of your sins, not directly to God](#) (22/11/2018)
- [The tongue is a very sharp instrument that can destroy entire families and a person's salvation](#) (18/03/2018)
- [Heaven sings with joy as we go to Confession: to say we have no sin is a deception – unconfessed sins are the only thing to fear at death](#) (18/05/2019)
- [Forgiveness and humility in Confession lead to true happiness](#) (01/10/2017)
- [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)
- [If someone is contemplating an abortion and you keep quiet, you are an accomplice to a murder that can only be absolved by a priest](#) (03/09/2018)
- [Pray to stop the third world war and be prepared for the Illumination of Conscience because it will come like a thief at night](#) (18/06/2024)

- [Setting the Captives Free: Unravelling the Powerful Sacrament of Confession](#)  
(Resources)
- [God is the Only Healer: Don't Fall into Satan's Traps When Seeking Healing](#)  
(Resources)
- [Don't Host, Celebrate and Support Evil in this Chaotic World Today: Rebuke It](#)  
(Resources)
- [Fold-up A4 Brochure: Come to the Sacrament of Confession](#) (Resources)
- [Alpha Omega Confession card: what to say in Confession](#) (Resources)

# Living in sin is the source of confusion in this world



“Confusion hath devoured the labor of our fathers from our youth, their flocks and their herds, their sons and their daughters. We shall sleep in our confusion, and our shame shall cover us, because we have sinned against the Lord our God, we and our fathers from our youth even to this day, and we have not hearkened to the voice of the Lord our God.”  
(Jeremiah 3:24–25)



With sin comes slavery to evil spirits,  
with God comes freedom of the  
Holy Spirit

“Then Jesus said to those Jews, who believed him: If you continue in my word, you shall be my disciples indeed. And you shall know the truth, and the truth shall make you free. They answered him: We are the seed of Abraham, and we have never been slaves to any man: how sayest thou: you shall be free? Jesus answered them: Amen, amen I say unto you: that whosoever committeth sin, is the servant of sin.” (John 8:31–34)



# Examine your conscience and confess all your sins: don't hide them

“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)

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

“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.” (1 John 1:8–9)

“I came not to call the just, but sinners to penance” (Luke 5:32)

“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)



# Confess your sins to a priest in the Catholic Church founded by Christ, entrusted to St Peter the Rock

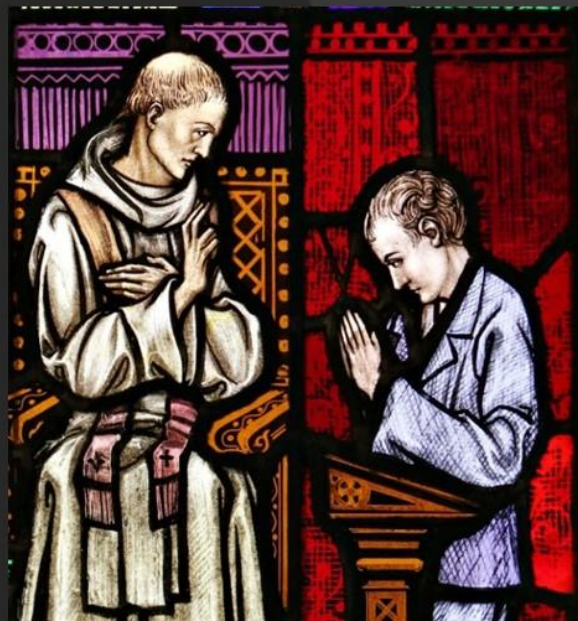
“And the priest shall pray for him and for his sin before the Lord, and he shall have mercy on him, and the sin shall be forgiven.” (Leviticus 19:22)

“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)

“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)

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

“For, what I have pardoned, if I have pardoned any thing, for your sakes have I done it in the person of Christ.” (2 Corinthians 2:10)

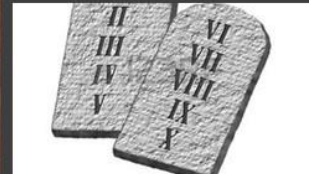
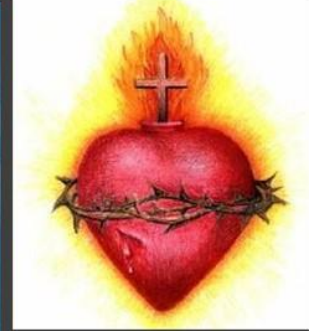




# Why Confession?

- Sin is anything that goes against the Word of God: Jesus Christ's teachings and his way.
- Every time we sin, we hurt the Sacred Heart of Jesus and give evil more authority to hold us in bondage in that area of sin: sin stains the body, mind, soul and spirit.
- When we go to the Sacrament of Confession, God's graces strengthen in us and we are released from our bondages to evil, our captivity— body, mind, soul and spirit.
- Jesus is making a continual sacrifice for us in atonement for our sins and has, through his priests, given us the Sacrament of Confession to help us to come into a state of grace.
- If you die in a state of grace, you go straight to heaven, otherwise you have to purify your soul in purgatory, which is far harsher than on earth, or you risk eternal damnation if unrepentant.

“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 1:3)





## Stop hurting Jesus, come regularly to the Sacrament of Penance and sin no more

“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)

“And that penance and remission of sins should be preached in his name, unto all nations, beginning at Jerusalem.”  
(Luke 24:47)

“Such as I love, I rebuke and chastise. Be zealous therefore, and do penance.” (Revelation 3:19)

To the infirm man... “Afterwards, Jesus findeth him in the temple, and saith to him: Behold thou art made whole: sin no more, lest some worse thing happen to thee.” (John 5:14)

To Mary Magdalene... “And Jesus said: Neither will I condemn thee. Go, and now sin no more.” (John 8:11)

“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)



# Your sins stay in the Black Book in eternity unless they are absolved in the Sacrament of Confession

“Here in heaven, my child, we write everything in the Book of Heaven. All the good deeds are written in a special book in letters of gold. My daughter, I, your Jesus, say to you, tell my children about it. But what is hurtful to my Father, my Holy Spirit and my Mother is a totally different book, contiguous to the Book of Heaven: we call it the Black Book of bad deeds, which remain unless my children repent and confess to my son priests with a contrite heart. I gave a special blessing to my son priests to represent me in Confession. I repeat again, I, their Jesus of Nazareth, I am in the Confession box to absolve my children. My children don't believe in Confession. I clean their Black Book when they come to me repenting of their sins.” (Jesus Christ, 01/09/2010)

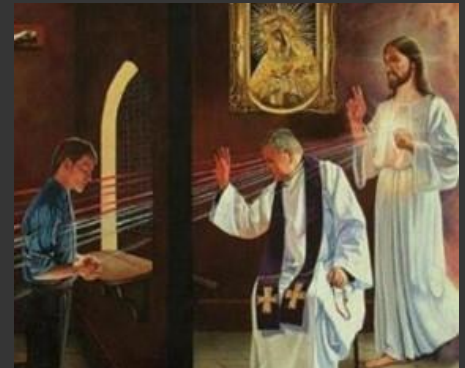




# Absolution = loosened, purged of evil bondages

“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 absolves my children) as my son priests have received a special gift, anointing, on the day of their Ordination.” (Jesus Christ, 03/09/2018)

“Remember, the enemy, he has hold of all your unconfessed sins, your horrendous sins. It’s a warfare. The enemy fights for your souls”  
(Mother Mary, 02/07/2017)





Confession heals our body, soul, mind and spirit through Jesus' ongoing sacrifice in atonement for our sins

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

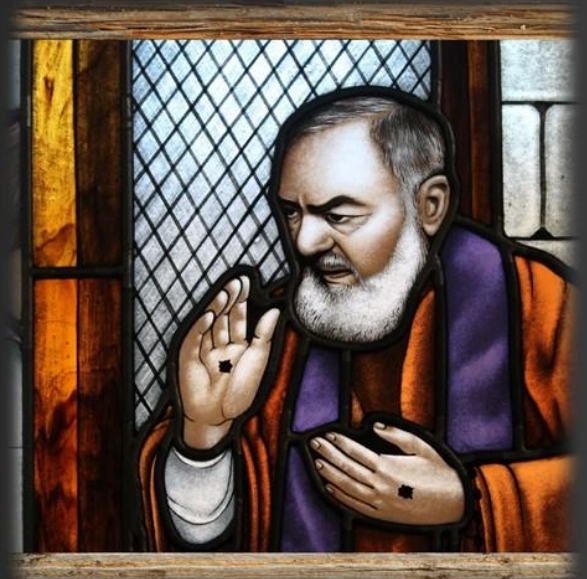
“Yes, Confession brings healing in my children's lives – it's a beautiful medicine to heal their brokenness, their hurts, pains, sorrows, illnesses from the body, soul and spirit.” (Jesus Christ, 25/07/2017)

Confession brings healing: bad spirits are released out of my children's lives. (Jesus Christ, 25/09/2015)



# The Sacrament of Confession is not just for Catholics: Jesus wants to absolve all his children without delay

“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 specific people 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 and hour to come to encounter their Creator. My Son Jesus’ desire is for my children to confess, to be absolved from all of their sins.” (Mother Mary, 21/02/2017)



# How do I confess my sins?

Bless yourself with the Sign of the Cross.

Then say, "Bless me, Father, for I have sinned. It has been \_\_\_\_\_ since my last Confession, and these are my sins..."

Confess your sins with contrition.

Then, say "O my God, I am sorry for having offended you 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 gives you your penance and absolves you of your sins.

On leaving, don't forget to do your penance.



# Don't be embarrassed to confess your sins

“Oh do not fear death. Fear your sins, unconfessed sins”  
(Father God, 31/08/2014)

“Do you know, my people, that some of the saints, in their lives, lived only on my Son Jesus' Precious Body and Blood? See, my people, how powerful it is: the host that has been transformed through my son priests in Holy Mass, during the Consecration. My people don't see and understand this miracle of receiving my Son Jesus' Precious Body and Blood that has been given to them for free. They are purified with my Son's Precious Body, but they need to come to Confession and let all of the unconfessed sins be said there. My Son Jesus Christ, he is at the Confession with my son priest to absolve them. My son priests are my Son Jesus Christ's representatives, but my Son Jesus is there. Do not hide any unconfessed sins because my Son Jesus knows all of your sins, your faults, your errors, even before you committed them. Come, purify your souls before you come to eternity. You don't know when it is your last chance, your last time, your last breath on earth. Be ready, be prepared at all times. Oh, what a joy when my people come to eternal life in a state of grace to enter paradise, heaven, the Father's house. Amen.” (Father God, 08/06/2017)





# Spiritual laws governing Confession



- Always forgive, and confess all past unforgiveness, even if you have since forgiven.
  - Putting self first is often the root of all evil.
  - Be contrite and truly sorry.
  - Make reparation: be the first to say sorry irrespective of the outcome.
  - Don't curse others or yourself.
  - Take any deceptions you believed to Confession.
  - Confess innocent or ignorant participation in sin.
  - We sin in our thoughts, words, actions and dreams.
  - You are not as weak as you think. Sinful reflexes and strong temptations = unconfessed sin!
- If you keep falling, find the sinful roots of the bondage – the surrounding sins that aren't being confessed.
  - Be alert: if evil has access to your mind, body or spirit, there is an opening that is linked to unconfessed sin.
  - Confess all your sins and be specific: don't be embarrassed, justify or downplay them.
  - The priest and Jesus are not judging.
  - Pray to the Holy Spirit to bring what is in the dark to the light.
  - Love sacrificially, detest sin, come regularly to Confession and receive Jesus worthily in Holy Mass to come into a state of grace.

Forgiveness of sins does not equate to absolution: take all your sins to Confession to receive more graces

“My precious child, today you attended two of my Holy Masses. You received me in your heart with so much love. You came to Confession on this second Sunday of Easter, my Feast of Divine Mercy Sunday. All of your sins are forgiven – so are all of my children’s who also came to Confession on this special day.” (Jesus Christ, 29/04/2014)

You still need to confess all your sins out of your mouth as they come to light afterwards, to receive absolution, otherwise the evil bondages remain and you stay spiritually weak.

The same applies to any sins committed prior to Baptism. In Baptism we are cleansed of original sin, but we are not absolved of other sins.



# THE TEN COMMANDMENTS

Not Suggestions

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

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

Remember that thou keep  
holy the Lord's day.

Honour thy father and  
thy mother.

Thou shalt not kill.

Thou shalt not commit  
adultery.

Thou shalt not steal.

Thou shalt not bear false  
witness against thy  
neighbour.

Thou shalt not covet thy  
neighbour's wife.

Thou shalt not covet  
anything that is thou  
neighbour's.

"Do not think that I have come to destroy the law, or the prophets. I have not come to destroy, but to fulfill. For amen I say unto you, till heaven and earth pass, one jot, or one tittle shall not pass of the law, till all be fulfilled. He therefore that shall break one of these least commandments, and shall so teach men, shall be called the least in the kingdom of heaven. But he that shall do and teach, he shall be called great in the kingdom of heaven." (Matthew 5: 17-19)



# Unforgiveness = no peace on earth and no rest in eternity

“Oh, there is so much in my people’s aching hearts, sorrows, wounded hearts, unforgiveness in their families and for their enemies. If my people don’t forgive, this is a dark sin for them one day in eternity. If they don’t clear their dark sins while on this earth, my little lamb, my children, my people won’t rest in eternity with these unconfessed dark secrets, sins in their hearts.” (Father God, 14/05/2017)

“Oh, my people, they are still talking about the old, past issues that bring back bad thoughts, anger and hatred. When my people do not let go completely of their past issues against one another, it’s like worm eating them up slowly. So it’s the same in some of my people: they are consumed, eaten up inside with these spirits of hatred, anger etc. There is so much corruption inside them because it’s like my people are in a well of worms. My dear people must see the light of my Son Jesus, the light of the world. My Son Jesus, he is the lamp of their feet.” (Father God, 25/09/2017)





## St Paul on the works of the flesh

“Now the works of the flesh are manifest, which are fornication, uncleanness, immodesty, luxury, idolatry, witchcrafts, enmities [hatred, animosity], contentions [rivalry], emulations [love of superiority], wraths, quarrels, dissensions [conflicts], sects, envies, murders, drunkenness, revellings [boisterous indulgences], and such like. Of the which I foretell you, as I have foretold to you, that they who do such things shall not obtain the kingdom of God...

“Let us not be made desirous of vain glory, provoking one another, envying on another.”

(Galatians 5:19–21, 26)



# Love sacrificially, for Jesus' glory and receive the reward in heaven



“Mortify therefore your members which are upon the earth; fornication, uncleanness, lust, evil concupiscence [desires], and covetousness, which is the service of idols... But now put you also all away: anger, indignation, malice, blasphemy, filthy speech out of your mouth. Lie not one to another: stripping yourselves of the old man with his deeds, and putting on the new, him who is renewed unto knowledge, according to the image of him that created him... Put ye on therefore, as the elect of God, holy, and beloved, the bowels of mercy, benignity, humility, modesty, patience: Bearing with one another, and forgiving one another, if any have a complaint against another: even as the Lord hath forgiven you, so do you also. But above all these things have charity, which is the bond of perfection: and let the peace of Christ rejoice in your hearts, wherein also you are called in one body: and be ye thankful. Let the word of Christ dwell in you abundantly, in all wisdom: teaching and admonishing one another in psalms, hymns, and spiritual canticles, singing in grace in your hearts to God. All whatsoever you do in word or in work, do all in the name of the Lord Jesus Christ, giving thanks to God and the Father by him. Wives, be subject to your husbands, as it behoveth in the Lord. Husbands, love your wives, and be not bitter towards them. Children, obey your parents in all things: for this is well pleasing to the Lord. Fathers, provoke not your children to indignation, lest they be discouraged. Servants, obey in all things your masters according to the flesh, not serving to the eye, as pleasing men, but in simplicity of heart, fearing God. Whatsoever you do, do it from the heart, as to the Lord, and not to men: Knowing that you shall receive of the Lord the reward of inheritance. Serve ye the Lord Christ.” (Colossians 3:5,8–10,12–21)

# The call from heaven

**Of little children**, I ask that they grow in the virtue of purity and, in this difficult journey, let them be assisted by their parents and teachers.

**Of the youth**, I ask that they form themselves in the control of the passions through prayer and a life of union with me, and that they renounce going to the cinema and the discotheques, where there exists the grave and continuous danger of offending this virtue which is so dear to my Immaculate Heart.

**Of engaged couples**, I ask that they abstain from all relations before marriage.

**Of Christian husbands and wives**, I ask that they form themselves in the exercise of conjugal chastity and never make use of artificial means of birth control, as they follow the teaching of Christ, which the Church still puts forth today with enlightened wisdom.

**How very much I ask of priests** the scrupulous observance of celibacy and, of religious, the faithful and austere practice of their vow of chastity!

(Mother Mary to Stefano Gobbi, 13/10/1989, Marian Movement of Priests)





## Stay away from media that propagates sin – TV is the idol spoken of in the Book of Revelation

“Oh, this modern technology that teaches my youth, my innocent children, to sin more and more!” (Jesus Christ, 03/03/2011)

“My child, I want to convey to you that I, your Jesus, want you to be purified the way I purified you. I want you to stay the way you are now – no misconceptions or confusion. Your mind must be clean and pure, no negativity from that television. I want you, if it’s possible, to stay away from that instrument, out of that conspicuous, intervening delegation for your purification.” (Jesus Christ, 16/07/2010)

“Never as today have immorality, impurity and obscenity been so continually propagandized, through the press and all the means of social communication. Above all, television has become the perverse instrument of a daily bombardment with obscene images, directed to corrupt the purity of the mind and the heart of all. The places of entertainment - in particular the cinema and the discotheques - have become places of public profanation of one's human and Christian dignity.” (Mother Mary to Stefano Gobbi, 13/10/1989)

“Do not take part in profane shows. Do not waste time before the television set, which is the most powerful instrument in the hands of my Adversary in spreading everywhere the darkness of sin and of impurity. Television is the idol spoken of in the Book of Revelation, built to be adored by all the nations of the earth, and to which the Evil One gives shape and movement so that it might become, in his hands, a terrible means of seduction and perversion. (Mother Mary to Stefano Gobbi, 17/02/1988)





# Dressing immodestly is a sin

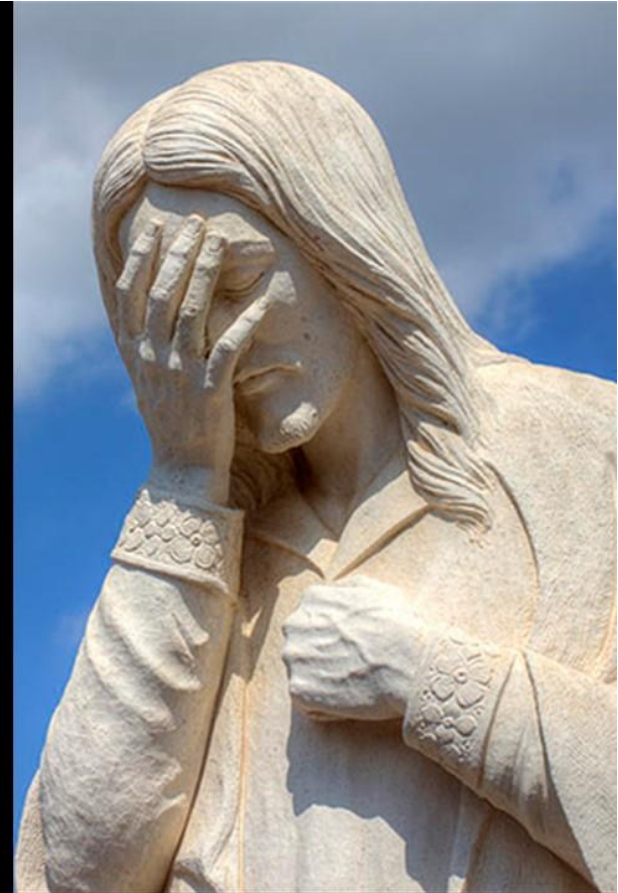
“Oh, in today’s time, my children don’t respect their bodies, the temples of God. They are in disrespect, immodesty, dressing in an inappropriate way. Know, when my children dress themselves with indignant immodesty, not respecting their body, they are also sinning as they are the centre of attraction with inappropriateness upon their body. They are making their brothers and sisters sin because of the immodest fashions. See, my child, as you witnessed the other day. Yes, my Son Jesus took you away from certain places, environments, where you didn’t belong any longer.” (Mother Mary, 17/10/2021)



Dreams have deceived many as Satan can replicate the earthly: if you sin in a dream, rectify it in Confession and ignore the rest

“The hopes of a man that is void of understanding are vain and deceitful: and dreams lift up fools. The man that giveth heed to lying visions, is like to him that catcheth at a shadow, and followeth after the wind. The vision of dreams is the resemblance of one thing to another: as when a man's likeness is before the face of a man. What can be made clean by the unclean? and what truth can come from that which is false? Deceitful divinations and lying omens and the dreams of evildoers, are vanity: And the heart fancieth as that of a woman in travail: except it be a vision sent forth from the most High, set no thy heart upon them. For dreams have deceived many, and they have failed that put their trust in them.” (Ecclesiasticus/ Sirach 34:1–7)

“His watchmen are all blind, they are all ignorant: dumb dogs not able to bark, seeing vain things, sleeping and loving dreams.” (Isaiah 56:10)



# Be careful of the sin of divination

Satan is very sly and can manipulate your gifts of the Holy Spirit. Evil spirits can come disguised in dreams, visions or as voices. They can replicate an earthly looking Jesus or Mary. They know Scriptures, the past, the present and can do “signs and wonders”. Satan can replicate the earthly (light, things and people), but not the heavenly (the resplendent light and colours of which are not of this world)!

“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.”  
(Jesus Christ, 31/01/2014)

“And no wonder: for Satan himself transformeth himself into an angel of light.” (2 Corinthians 11:14)





# You will know them by their fruits – be careful of false tongues

“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; and if they shall drink any deadly thing, it shall not hurt them: they shall lay their hands upon the sick, and they shall recover.” (Matthew 16:17–18)

“Yes, my people must be aware of the dangers of the entrapment of tongues, the messages given without my children’s comprehension. Yes, my daughter \_\_\_\_\_, she is in a dark place, but prayers are a balm to my Sacred Heart. My daughter \_\_\_\_\_ needs more teachings about how to receive and how to proceed with zeal and practise the right path for my children’s lives. You will be my fortress to help them. My daughter \_\_\_\_\_ has to be cautious with her messages. Yes, the Holy Spirit has given many gifts of the Holy Spirit, but my people must be cautious, with the right discernment. The enemy can sometimes confuse my people.” (Father God, 07/10/2019)

[God is referring to a lady was giving false messages to people]





# Celebrate the saints, not evil

“My child, I, your Father God, I also came to relay to you about Halloween. My people are celebrating this, but my people are praising the enemy. Oh, this Halloween! My little children are dressed to entice the enemy, to make him and the evil doers feel big. Oh, this is very dangerous in my people’s lives, especially the little ones who are learning about this evil trap upon them. This is not permitted in heaven. Oh, my people don’t know the damage that they bring upon themselves.

“Oh, my people: don’t glorify evil, don’t feed him with this glory. This is not from God or my Son Jesus Christ. My people must stop these kinds of superficial lies upon themselves: don’t feed the lion with the wrong food, the wrong ideas. This is the work of the enemy, his trap.

“Instead, my people, come and celebrate the feast of All Saints Day in prayer for the poor souls in purgatory and the most abandoned ones from whom no one prays. Teach the little ones about praying for these poor souls and teach them about the meaning of All Saints Day.”  
(Father God, 01/11/2016)



## A warning of hell to the selfish wealthy has been changed to a reward of peace in the grave

*“Ducunt in bonis dies suos, et in puncto ad **inferna** descendunt.”* (Job 21:13)

- DR: “They spend their days in wealth, and in a moment they go down to **hell.**”
- NIV: “They spend their years in prosperity and go down to the grave in peace.”
- NABRE: “They live out their days in prosperity, and tranquilly go down to Sheol.”

## “Harlotry” and “fornication” have been removed to create a loophole for sex before marriage

*“Nescitis quoniam corpora vestra membra sunt Christi? Tollens ergo membra Christi, faciam membra **meretricis**? **Absit**. An nescitis quoniam qui adhaeret **meretrici**, unum corpus efficitur? Erunt enim (inquit) duo in carne una. Qui autem adhaeret Domino, unus spiritus est. **Fugite fornicationem**. Omne peccatum, quodcumque fecerit homo, extra corpus est : qui autem **fornicatur**, in corpus suum peccat.”*  
(1 Corinthians 6:15–18)

- DR: “Know you not that your bodies are the members of Christ? Shall I then take the members of Christ, and make them the members of a **harlot**? **God forbid**. Or know you not, that he who is joined to a **harlot**, is made one body? For they shall be, saith he, two in one flesh. But he who is joined to the Lord, is one spirit. **Fly fornication**. Every sin that a man doth, is without the body; but he that committeth **fornication**, sinneth against his own body.”
- NABRE: “Do you not know that your bodies are members of Christ? Shall I then take Christ’s members and make them the members of a prostitute? Of course not! [Or] do you not know that anyone who joins himself to a prostitute becomes one body with her? For “the two,” it says, “will become one flesh.” But whoever is joined to the Lord becomes one spirit with him. Avoid immorality. Every other sin a person commits is outside the body, but the immoral person sins against his own body.”

## Married women have been silenced

*“Similiter et mulieres subditae sint viris suis : ut etsi qui non credunt verbo, per mulierem **conversationem** sine verbo lucrifiant : **considerantes in timore castam conversationem vestram.**”* (1 Peter 3:1–2)

- DR: “In like manner also let wives be subject to their husbands: that if any believe not the word, they may be won **without the word**, by the **conversation** of the wives. **Considering your chaste conversation with fear.**”
- NIV: “Wives, in the same way submit yourselves to your own husbands so that, if any of them do not believe the word, they may be won over without words by the behavior of their wives, when they see the purity and reverence of your lives.”
- NABRE: “Likewise, you wives should be subordinate to your husbands so that, even if some disobey the word, they may be won over without a word by their wives’ conduct when they observe your reverent and chaste behaviour.”

## Offering to God, doing good and giving to the poor has been replaced with giving to friends only and treating self well

*“Fili, si habes, benefac tecum, et Deo dignas oblationes offer. Memor esto quoniam mors non tardat, et testamentum inferorum, quia demonstratum est tibi : testamentum enim hujus mundi morte morietur. Ante mortem benefac amico tuo, et secundum vires tuas exporrigenz da pauperi. Non defrauderis a die bono, et particula boni doni non te praetereat. Nonne aliis relinques dolores et labores tuos in divisione sortis? Da et accipe, et **justifica animam tuam**. Ante obitum tuum operare justitiam, **quoniam non est apud inferos invenire cibum.**”* (Ecclesiasticus 14:11–17 | Sirach 14:11–16)

- DR: “My son, if thou have any thing, do good to thyself, and offer to God worthy offerings. Remember that death is not slow, and that the covenant of hell hath been shewn to thee: for the covenant of this world shall surely die. Do good to thy friend before thou die, and according to thy ability, stretching out thy hand give to the poor. Defraud not thyself of the **good day**, and let not the part of a **good gift overpass thee**. Shalt thou not leave to others to divide by lot thy sorrows and labours? Give and take, and **justify thy soul**. Before thy death work justice: **for in hell there is no finding food.**”
- NABRE: “My son, if you have the means, treat yourself well, and enjoy life as best you can. Remember that death does not delay, and you have not been told the grave’s appointed time. Before you die, be good to your friends; give them a share in what you possess. Do not deprive yourself of good things now or let a choice portion escape you. Will you not leave your riches to others, and your earnings to be divided by lot? Give and take, treat yourself well, for in Sheol there are no joys to seek.” (Sirach 14:11–16)



# We must not “despise” or “disdain” sinners but pray for them, and dishonourable oaths must be broken not kept!

Psalm 15 (DR 14)

DR: “A psalm of David. Lord, who shall dwell in thy **tabernacle**? or who shall rest in thy holy hill? He that walketh without blemish, and **worketh justice**: He that speaketh truth in his heart, who hath not used **deceit** in his tongue: Nor hath done evil to his **neighbour**: **nor** taken up a reproach against his neighbours. **In his sight the malignant is brought to nothing**: but he glorifieth them that fear the Lord. **He that sweareth to his neighbour, and deceiveth not**; He that hath not put out his money to **usury**, nor taken bribes against the innocent: He that doth these things shall not be moved for ever.”

NABRE: “A psalm of David. LORD, who may abide in your tent? Who may dwell on your holy mountain? Whoever walks without blame, doing what is right, speaking truth from the heart; who does not slander with his tongue, does no harm to a friend, never defames a neighbor; who disdains the wicked, but honors those who fear the Lord; who keeps an oath despite the cost, lends no money at interest, accepts no bribe against the innocent. Whoever acts like this shall never be shaken.”

## Examining our conscience to save us has been removed

*“Quod et vos nunc **similis formae** salvos fecit baptismus : non carnis depositio sordium, sed **conscientiae bonae interrogatio** in Deum per resurrectionem Jesu Christi.” (1 Peter 3:21)*

- DR: “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.”
- NIV: “and this water symbolizes baptism that now saves you also—not the removal of dirt from the body but the pledge of a clear conscience toward God. It saves you by the resurrection of Jesus Christ...”
- NABRE: “This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ,”

## Jesus' call to the Sacrament of Penance where he absolves/remits/releases us of the effects of sin has been defiled – repentance comes before penance!

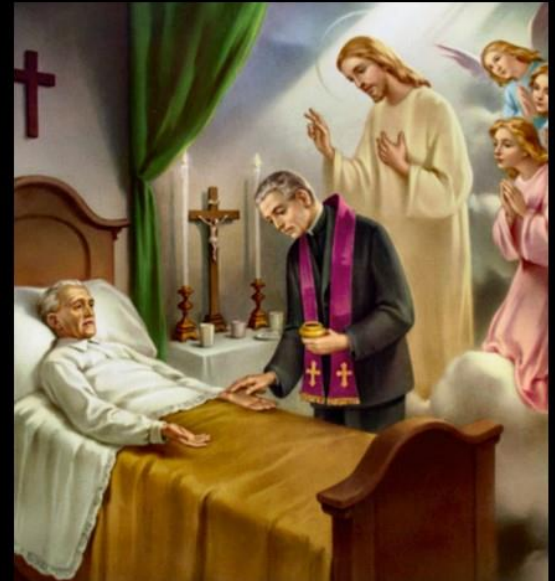
*“et praedicari in nomine ejus **poenitentiam**, et **remissionem** peccatorum in omnes gentes, incipientibus ab Jerosolyma.”* (Luke 24:47)

- DR: “And that **penance** and **remission** of sins should be preached in his name, unto all nations, beginning at Jerusalem.”
- NIV: “and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem.”
- NABRE: “and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem.”

# Where there are sinful outbursts, there is Satan: he preys on your unconfessed sins when you are vulnerable

The prayer of forgiveness over an Alzheimer's patient who is having bouts of anger can bring peace...

"My little one, I, your Jesus, I thank you and my daughter Alice for helping my son \_\_\_\_\_, for praying upon him and helping him to say the Our Father and the prayer of forgiveness to ask me for forgiveness and to bless them. My child, it was of great help for his soul for one day when he comes to eternal life. Thank you for relaying this message to my daughter \_\_\_\_\_, his spouse, for him to come and see a priest for Confession despite his illness of Alzheimer's. Yes, he repeated all the words being said for him to ask me, your Jesus Christ, for forgiveness. The prayer was relevant for my son \_\_\_\_\_ to repeat (yes, there were times when his mind was clear, he could repeat at some points in time) – it was received by me, your Jesus Christ. Oh, my child, there is a time, a period, when my sickly, mentally handicapped children are aware of the proper words to be said. I, your Jesus Christ and my Father, we are a compassionate, merciful God, Lord Jesus Christ." (Jesus Christ, 17/01/2017)





# If you are in a state of grace, the enemy has no power over your body, mind, soul and spirit

If you are in a state of grace, no matter what evil is done against you (witchcraft, sorcery, satanic rituals), evil will have no power over your body, mind, soul and spirit. Yes, if you are not in a state of grace, sorceries against you will exacerbate your weaknesses, which are all linked to unconfessed sins, i.e., you will get more agitated, stronger temptations, will fall more easily etc.

If you are a victim of sorcery, use these attacks, with the help of the Holy Spirit, to identify which unconfessed sins the evil is preying on and see them as a blessing to strengthen your soul. Bless those who do evil against you and pray for them. Your reward in heaven will be massive.

“Satan and all his cult know how important and precious the Body and Blood of my Son Jesus of Nazareth is upon my children for their salvation. Oh, if only my children knew that when they come to my Son’s Holy Mass with a contrite, pure, honest, clean heart and receive his Precious Body and Blood, Satanism can’t touch my children’s souls – that is why they try to desecrate the tabernacle in revenge, retaliation.” (Mother Mary, 14/08/2023)



# Confession is the key for your salvation

“My people, my children, I, your Father, say to you that Confession is a beautiful Sacrament, entrusted from my Son Jesus, not from man. Confession is the key for your salvation. It is the salvation of your soul when you come to eternal life. My children, Confession is the most beautiful Sacrament to cleanse your soul, your spirit, and to bring new life to your soul. It is the most consecutive Sacrament that my children should obey and respect. It is the saviour of your soul. It purifies, cleanses and brings you closer to my Son’s heart, to his Kingdom. Confession is a purifying Sacrament so that after you have been to confess all of your sins with a contrite heart, you can receive my Son’s Precious Body and Blood worthy of him... Come my people, come to Confession. Do not fear anything. Do not let the enemy win this warfare to gain souls because my Son’s aim is to see you all sitting next to him in his kingdom... Oh, my Son’s pains: it is unbearable to see him enter my people’s hearts who are unworthy of him. It’s like piercing my Jesus again with a crown of thorns because my Son Jesus knows each one of you who approach to receive him. He already knows how your heart is. He knows you are going to pierce him with pain... Come my precious children, I, your Father and my Son, we are not judging you when you come to Confession, nor are my son priests. We want you to be saved, to join us one day in the glory of heaven. Oh, my Son’s kingdom is beautiful – do not let go of this beautiful, unique paradise.” (Father God, 07/03/2012)





# The Sacrament of Penance

Jesus gives his priests authority to forgive and absolve sins at their Ordination.

Jesus will only absolve (loosen) you of your sins in the Sacrament of Penance (Confession).

Don't be embarrassed: you are not being judged by the priest or Jesus in Confession.

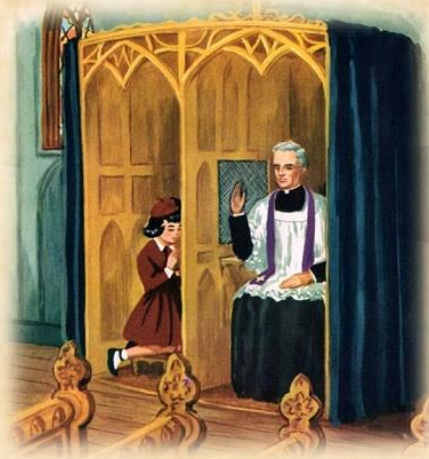
The seal of Confession applies: priests will not share your sins with anyone.

"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)

"And the priest shall pray for him and for his sin before the Lord, and he shall have mercy on him, and the sin shall be forgiven."  
(Leviticus 19:22, see also James 5:14-15)

"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." (2 Corinthians 2:10)

"And that penance and remission of sins should be preached in his name, unto all nations, beginning at Jerusalem." (Luke 24:47)



Confession is an ongoing healing Sacrament: go at least monthly.

Don't say you have no sins: we sin in words, actions, thoughts and dreams.

Ask the Holy Spirit for guidance in revealing unconfessed sins.

Come to Confession to be set free of evil bondages and to avoid a harsher purification in eternity.

"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)

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

"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)

"No, I say to you: but unless you shall do penance, you shall all likewise perish." (Luke 13:3)