



ALPHA + OMEGA
God's Way Till Eternity

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

Revelation 1:7-8

How to allow God's love and graces to shine through you

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Jesus Christ left behind his teachings and Church to assist us in being delivered from evil and to enable the Holy Spirit to strengthen in us. This article summarises the essence of Christ's call to holiness in each one of us, a call that all of his saints followed, and one that our Triune God and Mother Mary keep reminding us of through their visionaries.

The gifts and fruits of Holy Spirit have been promised to all of us

Jesus Christ taught us that if we love him and keep all his commandments, he will answer all our prayers¹, he will manifest himself to us and the Holy Spirit will be upon us forever². The Holy Spirit is our Breath of Life and lives within us from the moment we are conceived – he is our guidance, helper and comforter, the Paraclete, the first voice that lives within us. As we follow God's way and are obedient to his call, so the gifts and fruits of the Holy Spirit strengthen in us.

The table below lists the gifts and fruits of the Holy Spirit³, which have been promised to all who love God, without exception, together with the opposing side-effects or manifestations of evil spirits.

Gifts of the Holy Spirit	Opposing side-effects of evil spirits
Wisdom	Foolishness, imprudence
Understanding	Confusion, lack of discernment
Fortitude	Faint-heartedness, cowardice, laziness, timidity
Counsel	Imprudence, bad judgement, thoughtlessness

¹ In his time, not ours

² "Believe you not that I am in the Father, and the Father in me? Otherwise believe for the very works' sake. Amen, amen I say to you, he that believeth in me, the works that I do, he also shall do; and greater than these shall he do. Because I go to the Father: and whatsoever you shall ask the Father in my name, that will I do: that the Father may be glorified in the Son. If you shall ask me any thing in my name, that I will do. If you love me, keep my commandments. And I will ask the Father, and he shall give you another Paraclete, that he may abide with you for ever. The Spirit of truth, whom the world cannot receive, because it seeth him not, nor knoweth him: but you shall know him; because he shall abide with you, and shall be in you... He that hath my commandments, and keepeth them; he it is that loveth me. And he that loveth me, shall be loved of my Father: and I will love him, and will manifest myself to him. Judas saith to him, not the Iscariot: Lord, how is it, that thou wilt manifest thyself to us, and not to the world? Jesus answered, and said to him: If any one love me, he will keep my word, and my Father will love him, and we will come to him, and will make our abode with him." (John 14:11-18, 21-23)

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

Knowledge	Ignorance, spiritual blindness
Piety (Godliness)	Blasphemy, impiety, irreverence, godlessness
Fear of the Lord	Fear of evil, rebellion

The more we love God, the more his graces shine through us and so other gifts of the Holy Spirit will come to the fore. These include healing, discernment, tongues, prophesy, visions and whatever other rare gifts God wishes to bestow on us, for the benefit of all, as he did on his saints. The twelve fruits of the Holy Spirit⁴ are listed below, together with some of their evil opposites.

Fruits of the Holy Spirit	Opposing manifestations of evil spirits
Charity (sacrificial love)	Hatred, animosity, unforgiveness, bitterness, resentment, envy, jealousy, selfishness, hostility, spite, malice, vengefulness
Joy	Depression, unhappiness, gloominess, suicidal thoughts
Peace	Anxiousness, restlessness, despair, hopelessness, insomnia
Patience	Impatience, quick-temperedness, intolerance, irritability
Benignity (kindness)	Nastiness, callousness, spitefulness, hard-heartedness
Goodness	Wickedness, corruption, immorality, deceitfulness, avarice
Longanimity (long-suffering)	Always complaining, self-pity, negativity, irresoluteness
Mildness (gentleness)	Harshness, aggressiveness, violence, cruelty
Faith	Faithlessness, disbelief, distrust, doubt, fear, uncertainty
Modesty	Immodesty, vanity, arrogance, pride, pretentiousness, egoism
Continency (self-control, celibacy)	Unchastity, sex, indulgence, debauchery, addictions to alcohol, drugs, tobacco, gambling, pornography, food etc.
Chastity	fornication, adultery, masturbation, sodomy, lesbianism, homosexuality, licentiousness

Every time we go against the way of Jesus and teachings, we are sinning and hurt the Sacred Heart of Jesus. As we persist in sin and are unrepentant of it, so we give evil spirits authority to further oppress us and bring the opposite manifestations of the Holy Spirit upon us. However, if make the effort to be completely obedient to Jesus Christ’s teachings, to sin no more, and we continually purify and strengthen ourselves through the Holy Sacraments of Confession and Holy Communion, so God’s love and graces strengthen in us and these evil spirits go in flight⁵.

So how do we invite Christ to fully abide in us?

Step 1: Have the will to do God’s will and then obey him

Jesus taught us that the most important commandment of all is to love God with all our heart, mind and soul⁶. If we love God by opening our hearts to him and do our best to obey him and not hurt him, our Father in heaven will deliver us from all evil. Jesus Christ walked this earth and showed us how to live and conduct ourselves in every situation. He is the perfect example of love and obedience to his Father, our Heavenly Father. At a first glance, it may seem like an impossible task to live a holy life. Quite the contrary – this is precisely what Satan wants people to think because he is

⁴ “But the fruit of the Spirit is, charity, joy, peace, patience, benignity, goodness, longanimity, mildness, faith, modesty, continency, chastity. Against such there is no law.” (Galatians 5:22–23)

⁵ See “[God explains the significance of Baptism, Confession, Communion and Confirmation](http://www.alpha-omega.org.za)” in “Resources” on www.alpha-omega.org.za.

⁶ “Master, which is the greatest commandment in the law? Jesus said to him: Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind. This is the greatest and the first commandment. And the second is like to this: Thou shalt love thy neighbour as thyself.” (Matthew 22:36–38)

powerless over Jesus' true followers⁷. On our own it is impossible task to become holy, but we must not forget that Jesus Christ, through his loving sacrifice, has left us with the keys to heaven⁸. We just need to open our hearts to him, make the choice to be obey him and look at him with love and humility. He will then enter our hearts, his graces will flow through us, the fire of his love will begin to grow in us, and our unique missions on earth will become clear to us. It is only through Jesus Christ that everything becomes possible⁹.

We need to understand that God created us and gave us everything. Everything belongs to God, except for our free will – a free will that God gave us out of love because we are made in his image. When we make a conscious decision to give our will to God, and trust that his will is in our best interests, this is the instant that we make the decision to truly love God. Giving our will to God is the start of our journey to find true love, peace and joy in our hearts, because despite what happens to us, we will know it is all part of God's plan for us and whatever cross he is giving us to carry, is for our own good. If we do the opposite, we are assuming that we are wiser than God and will never find the comfort we seek in our hearts – all we will find is a hardened heart with a false sense of security. Only God knows what is good for us, because he created us – to assume that we know better is what the evil would like us to believe.

The first step, therefore, in our healing is to take the leap of faith that God will take care of us no matter what this world throws at us. We must then have the conviction and fortitude to follow his teachings and do his will in everything we do.

Step 2: Read the Bible

The next step in trying to love God is to make an effort to get to know him, his way.

God has always revealed himself to us through his obedient children, starting in the Old Testament times through his prophets and visionaries and, thereafter, God the Son walked this earth to show us his way, his truth and life – important details of which were recorded in the New Testament by his first Apostles and saints of his early Church. Unlike the publications of other manmade religions, the Holy Bible is the only religious book in the world whose prophecies have come true, barring the final ones for the Second Coming of Jesus Christ, which is near¹⁰. The Bible is also historically and spiritually accurate – deliverances, healings and miracles have continued throughout the ages by those who truly love Jesus Christ, as is clearly evident in the testimonies of Jesus' saints.

The Catholic Church, the true Church of God¹¹, produced the first Bible and is its official publisher. In today's times, the only true Bible that has been authentically retained by the Catholic Church is the

⁷ "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." (Mark 16:17–18)

⁸ Jesus left behind his Catholic Church and its sacraments to help us to be closer to him. "And I say to thee: That thou art Peter; and upon this rock I will build my church, and the gates of hell shall not prevail against it. And I will give to thee the keys of the kingdom of heaven. And whatsoever thou shalt bind upon earth, it shall be bound also in heaven: and whatsoever thou shalt loose upon earth, it shall be loosed also in heaven." (Matthew 16:18–19).

⁹ "And Jesus beholding, said to them: With men this is impossible: but with God all things are possible." (Matthew 19:26)

¹⁰ See www.alpha-omega.org.za where our Triune God and Mother Mary are talking through Jesus' chosen End of Times messenger.

¹¹ See "[Come to the Catholic Church: it has the keys to heaven](http://www.alpha-omega.org.za)" in "Resources" on www.alpha-omega.org.za.

Latin Vulgate by St Jerome, while the most accurate English translation thereof is the Douay-Rheims Bible¹².

Throughout the ages, many canonised saints received direct messages from God and our Blessed Mother Mary, fulfilling Christ's promise of manifesting himself to his holy people¹³. As a result of their confirmed holiness by the Catholic Church, which is the pillar and foundation to truth¹⁴, these messages can be taken as true and so add to the richness of understanding the Word of God. The most well-known New Testament visionary is St Paul, who wrote a large part of the Bible but never lived with Christ, while St John the Apostle was taken in vision when he wrote the book of Revelation.

Some holy people today have the rare gift of receiving direct messages from God and our Blessed Mother Mary. These messages serve as excellent resources to understand the living Word of God in his Bible and to strengthen one's faith. St Padre Pio, St Faustina and the three Fatima visionaries (Lúcia, Jacinta and Francisco) are good examples of twentieth-century messengers, while more recent ones include the Medjugorje and Garabandal visionaries, Sister Reinolda May, Stefano Gobbi, Alan Ames and Jesus' End of Times messenger Fernanda de Sequeira. It is important to note that God's true visionaries and messengers will always lead people to the Catholic Church (not away from it), its seven Sacraments, praying the Holy Rosary and praying for the salvation of souls of both the living and the dead. This is what Jesus Christ tells us through Fernanda about his false prophets, of which there are many today:

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

Authentic messages will never contradict the Word of God in the Bible and they will never contradict each other because God brings understanding, not confusion. Indeed, *"by their fruits you shall know them"* (Matthew 7:20). Over and above their acts of love and charity and exhibiting many gifts and all the fruits of the Holy Spirit, *"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."* (Mark 16:17–18).

Step 3: Pray, pray, pray

Without prayer it is impossible to have a relationship with God. Prayer opens up a two-way communication with God in the depths of our minds and hearts. Prayer moves the heart of God and if prayed with a faith-filled loving heart, can move mountains. With God and prayer, everything is possible. Prayer is a true partnership with God where he is giving us the opportunity to shape the future with him, through his power. As St John Chrysostom said, *"God governs the world, but prayer*

¹² See ["Where most Bibles in circulation today have been changed to suit man, not God"](http://www.alpha-omega.org.za) in "Resources" on www.alpha-omega.org.za

¹³ "He that hath my commandments, and keepeth them; he it is that loveth me. And he that loveth me, shall be loved of my Father: and I will love him, and will manifest myself to him." (John 14:21)

¹⁴ "...the house of God, which is the church of the living God, the pillar and ground of the truth." (1 Timothy 3:15)

governs God.” The more we pray for others, by the power of God, we participate in the expulsion of evil and making this world a better place.

Pray without ceasing

Praying without ceasing means to always have one’s heart, mind, soul and spirit focused on and entwined with the Triune God: the Father, the Son and the Holy Spirit. It means building a relationship with each person of the Holy Trinity, contemplating and meditating on the Word of God, loving him, talking to him, asking him, listening to him in the depths of your heart, praising him, thanking him and adoring him¹⁵. Prayer should always be from the heart, led by the Holy Spirit and coupled with the rich set of traditional prayers offered by the Church¹⁶. Prayer, which is an act of love, also includes praying for the salvation of souls of the living and the dead, in particular those for whom no one prays.

Prayer is most effective when asking the angels and saints in heaven, our heavenly helpers, to pray with us to God and to help to combat the enemy. God pours out his divine graces and magnifies his power through them, which terrifies evil spirits. This is also the reason Satan tries so hard to deny their role in the spiritual realm and to stop us reaching sainthood on earth¹⁷.

Pray the Rosary daily

The [Holy Rosary](#)¹⁸ is a powerful prayer that allows us to meditate on the twenty most important mysteries of Christ’s life. It invokes our Blessed Mother Mary to pray with us to her Son, who then intercedes to the Father for us. Jesus has told us through many of his saints, messengers and his Church that we must pray the Rosary. So, too, does his Blessed Mother Mary, who keeps appearing to her visionaries around the world.

Praying the Rosary allows the Holy Spirit to talk to us in the depths of our minds and sends the devil in flight. It is the weapon of our times. Satan and his demons are wandering the world seeking the ruin of souls, trying to lead people away from God and his true Church¹⁹. They also do their best to take people away from praying the Hail Mary²⁰ because they are terrified of Blessed Mother Mary: her soul magnifies the Lord²¹ and no other can move the heart of God like his Blessed Mother Mary. Many claim to love Christ, but ignore or even blaspheme his Mother whom he honours according to his fifth Commandment. In the Bible, Mary, like Jesus, was the only unbaptised person to be called

¹⁵ Adoration in front of the Blessed Sacrament is highly recommended. It brings an immensity of graces and is a great comforter for our Lord Jesus Christ, who is suffering in silence for our salvation.

¹⁶ “Therefore, brethren, stand fast; and hold the traditions which you have learned, whether by word, or by our epistle.” (2 Thessalonians 2:14–15)

¹⁷ See Jesus’ explanation of the role of angels and saints in “A Better Way” by Alan Ames on www.alanames.org.

¹⁸ A comprehensive “[Alpha Omega Rosary for the Salvation of Souls](#)” can be downloaded from the “Rosary” section of www.alpha-omega.org.za.

¹⁹ “I wonder that you are so soon removed from him that called you into the grace of Christ, unto another gospel. Which is not another, only there are some that trouble you, and would pervert the gospel of Christ. But though we, or an angel from heaven, preach a gospel to you besides that which we have preached to you, let him be anathema. As we said before, so now I say again: If any one preach to you a gospel, besides that which you have received, let him be anathema.” (Galatians 1:6–8)

²⁰ The prayer itself is an invocation of Holy Scriptures.

²¹ “And Mary said: My soul doth magnify the Lord.” (Luke 1:46)

“full of grace²²” because she, like her Son Jesus, never sinned. Many Christians today who claim to follow the Bible refuse to call her “Blessed”, despite the 2,000-year-old biblical prophecy that all generations will call her Blessed²³.

Satan knows that Jesus Christ is God. He knows, too, that Jesus defeated him on the cross. Jesus humbled himself in obedience to the Father and, in spite of the most horrendous pains inflicted on him in his passion, Satan could not get him to abandon his mission. What infuriates Satan the most, however, is that he could not entice Mother Mary – a creation of God, like himself – to sin. This renders him powerless over her. Mary is the Queen of Heaven and she will soon crush Satan’s head. Enraged by this, Satan continues to fight a losing battle with her and her seed until the bitter end²⁴. Jesus and Mary, our new Adam and Eve, have shown us that love, humility and obedience triumphs over hatred, pride and disobedience.

Pray the Armour of God daily

We are told throughout Scriptures that it is not against flesh and blood that we are fighting but against evil spirits in high places, who wander the world seeking the ruin of souls. Through his messengers and the Bible, Jesus asks us to recite Ephesians 6 as a daily prayer, invoking the full Armour of God so that we can resist the fiery arrows of the evil one²⁵. In this prayer, we ask God to arm us with the belt of truth, the breastplate of justice, the gospel of peace, the shield of faith, the helmet of salvation and the sword of the Spirit, which is the Word of God. We must also ask Jesus to pour his Precious Blood over us, our Blessed Mother Mary to wrap us with her Virginal Mantle, and Archangels Michael, Raphael and Gabriel, together with all the angels and saints in heaven, through the power of God, to help us in this spiritual warfare and intercede for us to our Triune God. Psalm 91 is also a great comforter and prayer for protection.

Step 4: Go to Confession regularly and make reparation

God is love. God draws us into his heart by love, so much so that he humbled himself as a man and sent his Only Begotten Son to show us his way and to die for us and in atonement for our sins. Today, Jesus Christ suffers worse pains through his pierced Sacred Heart as a result of our sins. Every time we sin, we hurt him, and there are more people sinning today than ever before. To show Jesus that we love him, we can alleviate his suffering by making an effort to know what hurts him and to repent of our sins. Jesus wants us to have the humility to confess our sins in the Sacrament of Confession²⁶ to his Catholic priests, as he gave them authority to forgive us and absolve (cleanse) us of our sins so that we can be released of our bondages to evil (that came as a result of these sins)

²² “And the angel being come in, said unto her: Hail, full of grace, the Lord is with thee: blessed art thou among women... And the Word was made flesh, and dwelt among us, (and we saw his glory, the glory as it were of the only begotten of the Father), full of grace and truth.” (Luke 1:28, John 1:14)

²³ “Because he hath regarded the humility of his handmaid; for behold from henceforth all generations shall call me blessed.” (Luke 1:48)

²⁴ “I will put enmities between thee and the woman, and thy seed and her seed: she shall crush thy head, and thou shalt lie in wait for her heel... And when the dragon saw that he was cast unto the earth, he persecuted the woman, who brought forth the man child... And the dragon was angry against the woman: and went to make war with the rest of her seed, who keep the commandments of God, and have the testimony of Jesus Christ... And the temple of God was opened in heaven: and the ark of his testament was seen in his temple, and there were lightnings, and voices, and an earthquake, and great hail... And a great sign appeared in heaven: A woman clothed with the sun, and the moon under her feet, and on her head a crown of twelve stars.” (Genesis 3:15, Revelation 12:13, 12:17, 11:19, 12:1)

²⁵ See “[The Armour of God prayer and Psalms of protection](#)” in “Resources” on www.alpha-omega.org.za.

²⁶ See “[Setting the captives free: unravelling the powerful Sacrament of Confession](#)” in “Resources” on www.alpha-omega.org.za.

and can become spiritually stronger. We must also make reparation for our sins, wherever possible, by making a genuine effort to fix what we have broken.

Jesus is a loving and merciful Saviour, who is ready to forgive if we are genuinely sorry for what we have done and do our best, with his help, to not sin again. By confessing our sins with a humble and contrite heart, Jesus gives us more graces and the strength to not repeat these sins. Satan hates the Sacrament of Confession the most because it is there that he and his demons lose their grip and their authority on people.

Confession should be a regular part of a person's life, no matter how small the sin, because we are in an ongoing process of purification. The more we go to Confession, the more we begin to purify and build up a stronger armour against evil, both now and into eternity.

We must remember that in Confession, Jesus is not judging us, but is forgiving us. The priest is not judging us either. Sadly, many chose not to repent, which not only hurts Jesus, but they are also sentencing themselves to be judged in eternity. They forget that this results in a harsher purification in eternity. The grace to purify on earth and earn a bigger reward in heaven is a gift of sacrificial love from our loving Saviour, at the expense of his suffering, not ours.

Step 5: Attend Holy Mass daily, if possible, and receive the Body of Christ worthily

The Holy Mass is Jesus' living sacrifice, where he gives us his Precious Body and Blood, our daily bread to give us strength and enrich our body, mind, soul and spirit. In Jesus' words, *"Unless you eat of the flesh of the Son of Man and drink his Blood, you will have no life in you."* Jesus repeated this while he was teaching in the synagogue in Capernaum and again to his disciples, knowing that some would betray him as a result of this statement²⁷.

Besides confirming this truth many times in Scriptures, the teachings of his Church, and through his saints, Jesus has demonstrated this truth in Eucharistic miracles around the world. In these miracles, consecrated hosts have physically turned into flesh and blood²⁸.

In the words of St Padre Pio, *"Every Holy Mass, heard with devotion, produces in our souls marvellous effects, abundant spiritual and material graces which we, ourselves, do not know... It is easier for the earth to exist without the sun than without the Holy Sacrifice of the Mass!"*

Many people do not realise the immense pain that they cause Jesus by having him unworthily: not only are they forcing Christ into an impure body, but they are eating and drinking judgement upon

²⁷ "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. The Jews therefore strove among themselves, saying: How can this man give us his flesh to eat? 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. For my flesh is meat indeed: and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, abideth in me, and I in him. As the living Father hath sent me, and I live by the Father; so he that eateth me, the same also shall live by me... Many therefore of his disciples, hearing it, said: This saying is hard, and who can hear it? But Jesus, knowing in himself, that his disciples murmured at this, said to them: Doth this scandalize you? If then you shall see the Son of man ascend up where he was before? It is the spirit that quickeneth: the flesh profiteth nothing. The words that I have spoken to you, are spirit and life. But there are some of you that believe not. For Jesus knew from the beginning, who they were that did not believe, and who he was, that would betray him." (John 6:51–57 and 61-65)

²⁸ A common thread in these Eucharistic miracles, where the consecrated host becomes the Body and Blood of Christ, is that it is of a distressed, living heart with blood type AB+.

themselves²⁹. The daily bread that we ask for in the Our Father prayer is the living Body of Christ, our Holy Communion³⁰, yet very few of us make the effort to go to Mass daily.

Our Father God said to Alan Ames³¹ that if all the Catholics today attended daily Mass, heaven would come to earth. Indeed, if we labour³² to have Christ's Body and Blood worthy of him, we will be sealed by the Father³² and will be protected from his wrath in the last days³³.

When we receive Communion worthily, through regular and contrite Confession, Jesus truly enters our hearts and his graces start to shine through us. The Holy Eucharist is the apex of Christian life and the bread of life that gave God's canonised saints the strength to achieve the levels of holiness and love that they did.

Daily Masses are centred on the Gospel of the day, which rotate in three-year cycles, and the living sacrifice of Jesus Christ. Holy Mass is the most powerful prayer one can offer to God for both the living and the dead. In each Holy Mass, Jesus is making a living sacrifice for us by giving us his Precious Body and Blood. In Holy Mass, at the moment of Elevation, our guardian angel takes our prayer petitions to our loving Saviour who receives them into the abode of his heart and offers them up to his Heavenly Father. The Triune God, together with Mother Mary and many angels and saints are at Mass every time it is celebrated. The souls in purgatory rely on Masses to be offered up for them so that they can be released into heaven³⁴.

In order to fully appreciate and understand this mystery, the bridge to heaven, we need to attend Catechism classes and receive the Sacraments of Confession and Holy Communion from an ordained priest before receiving the Body of Christ at Mass. Of course, the Sacraments of Baptism and Confirmation are also essential³⁵.

As Christians who love God, realising that we are all sinners, we must help Jesus to build his Church and pray for his priests and followers. We must not abandon the Church in protest if priests or bishops make mistakes. They are under attack by the enemy because if there are no priests to consecrate hosts, there will be no more living sacrifice of Christ. This means that salvific graces will stop flowing to earth, many souls will be trapped in purgatory, and we will starve eternally.

²⁹ "Therefore whosoever shall eat this bread, or drink the chalice of the Lord unworthily, shall be guilty of the body and of the blood of the Lord. But let a man prove himself: and so let him eat of that bread, and drink of the chalice. For he that eateth and drinketh unworthily, eateth and drinketh judgment to himself, not discerning the body of the Lord." (1 Corinthians 11:27–30). See also "[Receiving the Holy Eucharist worthily is a very serious and important commandment – it is the food of life that brings many graces](#)" on 04/07/2010 in "Conversations" on www.alpha-omega.org.za.

³⁰ As Jesus stated in Matthew 6:11, "Give us this day our supersubstantial bread", and confirms the same in this message: "[Mother Mary did not die: she was taken in her sleep, aged 66, by angels to the beam of heaven](#)" (11/02/2016) in "Conversations" on www.alpha-omega.org.za.

³¹ See "Heavenly Words Collection" by Alan Ames on www.alanames.org

³² "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)

³³ "And it was commanded them that they should not hurt the grass of the earth, nor any green thing, nor any tree: but only the men who have not the sign (seal) of God on their foreheads." (Revelation 9:4)

³⁴ Besides praying for deceased relatives and friends, we must never neglect to pray for the abandoned souls in purgatory, those for whom no one prays. They will thank you in eternity for this love. For more information, see "[We must pray for the dead: it brings salvation to the living and the dead](#)" in "Resources" on www.alpha-omega.org.za.

³⁵ Every Catholic Church throughout the world hosts Catechism classes, so to become a Catholic is a matter of finding a local parish and attending conversion classes.

However, we have nothing to fear because Christ has given us his word that the gates of hell shall not prevail against his Church³⁶.

Our Triune God is also asking us today through his messengers, as has been the case since the beginning times through catechetical councils, the saints and holy popes, to receive the Body of Christ worthily in the mouth, not on the hands, and reverently on the knees³⁷. Receiving on the hands makes it easier for Satanists to steal and sell Christ's Body at Mass for satanic rituals that cause Jesus immense pains. In addition, pieces of the Sacred Hosts end up on hands and on the floor, often being trodden on, which cause Jesus much pain. Priests are also being asked to exclusively hand out Communion, even if it takes longer to do so. We must have the humility to be obedient to God's call and to pray for this change in the Church.

Step 6: Fast and do works of mercy

Fasting is a sacrifice and by offering it to God for any intention is very powerful. If fasting is done begrudgingly or for others to see, then it loses its value to God. Instead, it should be a personal and secretive offering to the Father³⁸, sharing in Jesus Christ's sacrifice and allowing the Holy Spirit to strengthen in a person. Fasting is food for your soul, it makes your prayers more powerful and is a strong weapon against the enemy. Jesus fasted for forty days in the desert. The Apostles also fasted, prayed and laid hands on each other for God's graces to strengthen in them prior to going on missions³⁹. Jesus also taught us the effectiveness of fasting in casting out demons in his name⁴⁰.

If fasting is embraced in love of Christ and is a genuine sacrifice for no other personal gain, it will become a joy as your love for Jesus grows. By letting go of the desires of the flesh, we open our hearts more to God, which allows the fire of his love to grow stronger in us: enabling is to pray more, do more works of mercy and rebuke sin more easily.

God is not necessarily asking us to fast for forty days without any food or drink as Moses and Jesus did, but we can, in our busy lives, make an effort to fast once, twice or even three times a week. If unable to abstain completely, fasting on bread and water is also powerful. Jesus often used to call a fast for a day while on his mission with his Apostles⁴¹. If a person is unable to fast because of being elderly or for medical reasons, then other forms of sacrificial love in making an effort to be more Christ-like have a similar effect – we have the Bible and thousands of saints throughout the ages from whom to draw example. It is worth noting that some saints lived on the Holy Eucharist exclusively for many years.

Works of mercy are an essential requirement in a Christian's life. Traditionally, the corporal and spiritual works of mercy include: feeding the hungry, giving drink to the thirsty, clothing the naked, sheltering the homeless, visiting the sick, visiting the imprisoned, burying the dead, instructing the

³⁶ "And I say to thee: That thou art Peter; and upon this rock I will build my church, and the gates of hell shall not prevail against it." (Matthew 16:18).

³⁷ See "[God's commandments on administering and receiving Holy Communion](#)" in Resources on www.alpha-omega.org.za

³⁸ "And when you fast, be not as the hypocrites, sad. For they disfigure their faces, that they may appear unto men to fast. Amen I say to you, they have received their reward. But thou, when thou fastest anoint thy head, and wash thy face; that thou appear not to men to fast, but to thy Father who is in secret: and thy Father who seeth in secret, will repay thee." (Matthew 6:16–18)

³⁹ "And as they were ministering to the Lord, and fasting, the Holy Ghost said to them: Separate me Saul and Barnabas, for the work whereunto I have taken them. Then they, fasting and praying, and imposing their hands upon them, sent them away." (Acts 13:2-3)

⁴⁰ "And he said to them: This kind can go out by nothing, but by prayer and fasting." (Mark 9:28)

⁴¹ See "Through the Eyes of Jesus" by Alan Ames on www.alanames.org.

ignorant, counselling the doubtful, admonishing sinners, bearing wrongs patiently, forgiving offences willingly, comforting the afflicted and praying for both the living and the dead.