



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

Alpha and Omega Rosary for the Salvation of Souls

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The Holy Triune God – the Father, the Son and the Holy Spirit – is asking us to pray the Rosary as often as possible. This booklet outlines the richness and Biblical foundations of this powerful prayer, together with suggestions on how we can pray the Rosary to help our Lord Jesus Christ, the Saviour of the world, in bringing maximum souls to heaven in minimum time. To do this, it is important to pray with our Blessed Mother Mary for the salvation of both the living and the dead¹.

By reflecting on the meditations and prayers in this booklet, you will gain a greater understanding of God's salvation plan for us, his living Word, his Church and his call to sanctity and prayer. Care has been taken to combine the Old Testament with the New Testament and the living Word of God today, to bring a greater understanding of the mysteries of Christ and the role of his Blessed Mother Mary in his salvation plan for us.

Love God and pray the Rosary every day so that Jesus can use your prayers with those of his Blessed Mother to water the dry fields and bring more souls to salvation. This world is in decay because not enough prayers are being said. The Rosary renders the enemy powerless and brings countless blessings to those who pray it. Pray with all your heart and play your role in shaping the course of history for all eternity by allowing Jesus Christ to water the dry fields through your prayers. You will be rewarded for this act of love in eternity.

Bible verses are quoted in old English from the Douay-Rheims Bible, which is a direct translation of the Latin Vulgate by St Jerome. This old Latin Vulgate edition has been promulgated through the Catholic Church since AD 382 and in 1546 was declared in the Council of Trent as the only officially declared and authentic Word of God, and "that no one dare or presume under any pretext whatsoever to reject it". In the author's opinion, the Douay-Rheims is the most accurate English translation of the Bible, aligning perfectly with living Word of God through his various messengers and visionaries throughout the centuries.

Introducing the Rosary: The Weapon of Our Times

Our Triune God and our Blessed Mother Mary are calling us to pray the Rosary daily. The Rosary is a powerful invocation to the Mother of the Saviour of the world to pray with us to her Son, Jesus Christ, for our special petitions while we meditate on his mysteries and salvation plan for each one of us without exception.

¹ For a Scriptural and divinely revealed summary on why we must pray for the dead, outlining the reality of purgatory, see "[We Must Pray For the Dead: It Brings Salvation to the Living and the Dead](#)" in "Resources" on www.alpha-omega.org.za.

The Rosary is the weapon of our times², with which we can conquer the world³. No one moves the heart of God like his Mother, so why not ask her to intercede for you to her Son? In the words of Father God to Fernanda de Sequeira, Jesus Christ's End of Times messenger⁴:

"You can't come to my Son's Heart and not to his Mother's Immaculate Heart because they are always inseparable." (Father God to Fernanda de Sequeira, 2012)

Which loving child will refuse the call of his mother? Jesus certainly didn't when his Mother asked him to turn the water into wine at the wedding feast of Cana, even though it was not yet his time to perform miracles⁵.

Jesus Christ instructs us to honour our father and mother as he does. He perfectly aligned his will to his Father's. He also honoured his Mother by gifting her to us as our Mother and he crowned her as the Queen of Heaven after she was assumed into heaven⁶. Mother Mary is our Mother, the Mother of Jesus and the Spouse of the Holy Spirit. This makes her the most powerful intercessor to God. She moves the Sacred Heart of Jesus like no other and indeed, all generations have called her "Blessed" as prophesied in Luke 1:48. In the words of Jesus Christ to Alan Ames⁷:

"The Mother of Jesus is such a special mother. Sweet Mother, who devoted all her life to God, sweet Mother who gave all to God. My Mother, giving birth to the Son of God placed herself above all others. When God chose Mary he chose her before she was born, he chose her to be immaculate. He chose her to be the new Eve, he chose her because she was pure.

"Mary who was free from sin unlike any of mankind before her and unlike any of mankind since. Mary, my Mother, so innocent, so pure, so free from sin. The act of giving birth to the Son of God lifts my Mother above all others. The act of nurturing, caring for and giving herself completely to me as I grew lifts Mary, my Mother, above all others. The act of walking the way of the cross with me without begging for my freedom, without complaining and without blaming God for my suffering, lifts my mother above all others. The act of laying my body in the tomb and trusting in God that I would return lifts my mother above all others. The act of comforting and strengthening my disciples as they waited uncertain of their future after I ascended into heaven lifted my mother above all others.

"When I assumed my Mother into heaven, this lifted my Mother above all others. When my Mother is ignored it hurts me as it would hurt man if his mother is ignored. Imagine a friend was visiting and your mother welcomed him into your house but he totally ignored her and came straight to you, wouldn't you be offended? Imagine if your friends came to your house injured and your mother offered them care and comfort but they ignored her and only asked for your help, wouldn't you be offended?"

"It is the same with my Mother; when she is ignored I am offended. When she is turned away, I am offended. When she is spurned, I am offended. My Mother was chosen by God and my Mother favoured by God, so show her the respect she deserves; the respect the Mother of God deserves. When you pray through my mother you pray to ask for her help, her intercession, her asking God to help you. God, who asked so much

² "The Rosary is the 'weapon' for these times." – St Padre Pio

³ "Give me an army saying the Rosary and I will conquer the world." – Blessed Pope Pius IX

⁴ See "[Open Your Heart to Jesus: He Will Take You to the Safe Path in Your Life, to Heaven - Don't Let Confusion Destroy Your Body and Soul](#)" on 14/01/2012 in "Conversations" on www.alpha-omega.org.za.

⁵ See John 2:1–11 and the commentary in the "[Luminous Mysteries Rosary](#)" of this booklet.

⁶ For Scriptural clarification, see the Assumption and Coronation of Mary meditations in "[The Glorious Mysteries Rosary](#)" of this booklet.

⁷ See the message on 26 April 1995 in *Heavenly Words Collection*, 1997, Alan Ames, www.alanames.org.

from Mary longs to give so much through her. Mary, a favoured human, not God, but oh so special!” (Jesus Christ to Alan Ames, 1995)

Throughout the ages, our Triune God and Mother Mary have confirmed the importance of praying the Rosary through their messengers. More recently:

“The angels rejoice, the Blessed Trinity delights in it, my Son finds joy in it too, and I myself am happier than you can possibly imagine. After the Holy Sacrifice of the Mass, there is nothing in the Church that I love as much as the Rosary.” (Mother Mary to Blessed Alan de La Roche, c.1460)

“A Rosary of love is a powerful petition through my Mother to God. A Rosary of love is a powerful gift that is given to help overcome evil. A Rosary of love comes from God through my Mother as a gift that will be listened to and answered in love. My Mother’s Rosary, a joyful gift from God to his children.” (Jesus Christ to Alan Ames⁸, 1996)

“My children should have a strong teaching from their birth about praying the Rosary as a family, infusing in their little hearts about God, my Son, the Father and the Holy Spirit, going to Mass, Confession at a young age and as soon as they make their First Holy Communion, never failing to receive my Son’s Precious Body and Blood in purity of heart.” (Mother Mary to Fernanda de Sequeira⁹, 2010)

“My Beloved Mother Mary is asking you all to pray the Rosary as a family. Oh, fasting is also the key against the enemy. Oh, the enemy hates my Mother Mary because he knows the Hail Mary is the strongest (prayer) weapon against the adversary.” (Jesus Christ to Fernanda de Sequeira¹⁰, 2012)

“I, your Mother, I ask you in this new year of 2017, I repeat the same many times and in all my apparitions all over the world: pray the holy Rosary, pray as a family because the family that prays together stays together. The enemy, he hates my Hail Mary. He prowls the world so fiercely to destroy my children, causing havoc and confusion in families. His aim, which is becoming stronger and stronger, is to destroy families and marriages, but my children, the power of the holy Rosary can combat his evil tricks. Oh, if only my children would listen and practise praying as a family, it is the strongest weapon against the enemy’s tricks. My dear children, pray as my Son Jesus asked you.” (Mother Mary to Fernanda de Sequeira¹¹, 2017)

Our Lady of Fatima visionary, Sister Lucia dos Santos, says, “The Most Holy Virgin in these last times in which we live has given a new efficacy to the recitation of the Rosary to such an extent that there is no problem, no matter how difficult it is, whether temporal or above all, spiritual, in the personal life of each one of us, of our families, that cannot be solved by the Rosary. There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary.”

Our Lady of Fatima told Sister Lucia that we must pray the Rosary daily, and the same call continues today through Jesus’ messengers and Mother Mary’s visionaries. There are two outcomes in praying the Rosary daily: either evil goes in flight or the person gives up praying the Rosary. In our healing ministry, we have yet to meet a person who has not been healed by persistently praying the Rosary – and, of course, by making a conscious decision to do God’s will. This includes the most hardened of sinners, ranging from criminal drug addicts to those who have sold their souls to the devil in Satanism.

⁸ See *The Lord of Love*, 2006, Alan Ames, www.alanames.org.

⁹ See “[Children who Have Been Brought up in Lukewarm Environments Are Rapidly Influenced into Satanism - This Is How to Protect Them](#)” on 12/07/2010 in “Conversations” on www.alpha-omega.org.za.

¹⁰ See “[2012 New Year Message for the World](#)” on 01/01/2012 in “Conversations” on www.alpha-omega.org.za.

¹¹ See “[2017 New Year Message from Our Triune God and Mother Mary to Fernanda and the World](#)” on 01/01/2017 in “Conversations” on www.alpha-omega.org.za.

In addition to witnessing miracles through the Rosary, I have noticed that whenever we pray the Hail Mary in deliverance prayer, demons become particularly enraged and deliverance in the name of Jesus is more effective. One day, a prayer-team member held up a statue of Mother Mary in front of someone who was heavily possessed and the demon, which was fighting to stay in its victim, stared at the statue and cried out, "We underestimated you!" On another occasion a demon screamed at the statue of Mother Mary, "No, no not her – keep her away!" The Hail Mary is the prayer that is most hated by Satan because he is powerless over our Blessed Mother Mary. Unlike Eve, he could never entice her¹², a creature like him, to sin. This is a blow to his pride, enrages him and is the reason he is at war with her and her offspring. The devil knows that Jesus Christ (God in the flesh) defeated him on the cross but, in his pride, he cannot bear the fact that he is powerless over a woman created by God, whom, as prophesied in the book of Genesis, will crush his head:

"I will put enmities between thee and the woman, and thy seed and her seed: she shall crush thy head, and thou shalt lie in wait for her heel." (Genesis 3:15)

Jesus Christ confirms through his End of Times Messenger, Fernanda de Sequeira, that this prophesy will soon come to fruition¹³:

"My child, I want to convey to you, my hand is getting tired. I have been trying very hard to keep my hand up. My Beloved Mother watches these crimes and atrocities with me. I say and I repeat, it is very cruel, it is a crown of thorns into my heart and my Mother's heart. My child, you were trembling: that's only a bit of what we feel. My child, your mission is almost done. Write everything down for you to convey to the world what my pains are, and my dear Mother's. Keep praying for the youth. Oh my child, very soon you are going to start your mission, then you must go to prayer groups. Prayer groups joined together will make an impact on this satanic work. My Mother will crush the serpent's head in the end, but for this we need intense prayers. My child, I your Jesus, had to convey my pain. You are my messenger to the world... Yes, my child, only prayers and Rosaries will combat Satan" (Jesus Christ to Fernanda de Sequeira, 2010)

By making a daily commitment to pray the Rosary for the salvation of souls, the living and the dead, you can and will make a positive difference: not only for you and your family but also for the whole of humankind.

Why should we pray?

God has made us in his image, and Jesus Christ confirmed that we will be able to do greater works than him – and it all starts with prayer. Prayer includes meditating on God the Father, God the Son and God the Holy Spirit, talking to him, thinking about him, asking him and praising him. Prayer involves building a relationship with each person in the Holy Trinity:

"I, your Father God, my Son, Jesus of Nazareth and the Holy Spirit, the Paraclete: we are called the Triune God, the Holy Trinity. We are the Three-in-One Persons inseparable, undivided. I, your Father God, I created you all with so much love. I love you, each one of you, equally in my own image. My Son Jesus Christ, he is your Saviour, the redeemer of all of your sins. His love is unconditional to each one of you. The Holy Spirit, the Paraclete, he is your breath of life. Since you were conceived, he lives within you, in every instant of your life. Without the Holy Spirit there is no life. The Holy Spirit is your guidance at your cross roads, your teacher in conjunction with Mother Mary. But you my people, you forget to ask the Holy Spirit to help you, to show you with clarity where the darkness is, what is being hidden in the dark to bring into the light. Do not fear to ask us, the Holy Trinity, for help, for guidance. When it seems like the boat is sinking, my Son Jesus Christ is there to rescue you, to bring you safely ashore. He is the captain of your boat, your ship. If you call him (us), we will

¹² The apocalyptic "woman" we encounter in the Old and New Testament: See the Scriptural meditations of the [Glorious Mystery Rosary](#) in this booklet.

¹³ See "[Children who Have Been Brought up in Lukewarm Environments Are Rapidly Influenced into Satanism – This Is How to Protect Them](#)" on 12/07/2010 in "Conversations" on www.alpha-omega.org.za.

never let you sink into the deep seas. My Son Jesus is your anchor at all times." (Father God to Fernanda de Sequeira¹⁴, 2017)

Prayer also includes adoring our Lord Jesus Christ, the Saviour of the world, in the Blessed Sacrament¹⁵, sharing in his holy sacrifice in Mass with him¹⁶, and repenting contritely of our sins in the Sacrament of Confession¹⁷.

The first step in a building a relationship with God is to make the choice to obey and to pray to him. As St John Chrysostom said, "God governs the world, but prayer governs God himself." Prayer is a partnership with God: his power and graces are delivered to the world through our prayers. We can change the world through our prayers. Jesus never said it would come without sacrifice, but he did say that his kingdom will come and his Holy Spirit will strengthen in our hearts. He also said that we would reap a big reward in heaven as a result of our love of God and neighbour, the cornerstone of which is prayer to God for the salvation of our brothers and sisters in Christ. The more we become part of God's salvation plan, the less sin there will be in the world, the more we will alleviate Jesus' pains and the more souls will be saved.

For whom must I pray?

When praying for particular petitions, for prayers to be more effective always include the victims and the perpetrators of evil. This sends evil in flight¹⁸ from both parties. Those who do evil need God's graces delivered to them through our sacrificial love and prayers, so that they can become better people and reach salvation. It is only Satan who wants us to not pray for them, not forgive them and to curse our enemies because that is how he leads us into darkness too. We must not forget that the angels and saints in heaven, our friends in Christ, are ready to help us in prayer and in combatting evil in Jesus' name, if we just ask¹⁸. We also have the souls in purgatory, who are purifying to get into heaven, who desperately need our prayers to release them into heaven – they too will pray for you in return¹⁹.

In your Rosary petitions, pray Rosaries for whatever the Holy Spirit leads you to petition to our Lord, together with our Blessed Mother Mary, our most gracious advocate. Pray for your loved ones and family, friends and enemies, believers and non-believers, employers and employees, business and civil leaders, the rich and the poor, the young and the old, the free and the imprisoned, the sick and the dying, the living and the dead, your community, your country and the whole world. Pray for the perpetrators and the victims of Satanism, satanic music, witchcraft, false religions, drug addictions, alcoholism, abortions, divorce, child abuse, exploitation, cruelty, euthanasia and war. Pray for the conversions of producers and the consumers of evil in the media and entertainment industries, which is widespread today²⁰. Pray for God's way to be reinstated in homes, schools, businesses, society and government. Pray for the sanctity of marriage between a man and a woman, the gift of chastity in our youth, unity in families and for the youth who are under attack today, being lured into alcoholism, drugs, promiscuity, and all kinds of evil. Pray for the Church: the

¹⁴ See "[2017 New Year Message from Our Triune God and Mother Mary to Fernanda and the World](#)" on 01/01/2017 in "Conversations" on www.alpha-omega.org.za.

¹⁵ See "[Priests Must Keep Doors Open for Adoration as all will be Protected](#)" in "Conversations" on www.alpha-omega.org.za.

¹⁶ See "[Father God Explaining Jesus' Sacrifice in Mass and Conduct that Hurts Him when Attending](#)" on 01/09/2014 in Conversations on www.alpha-omega.org.za.

¹⁷ See "[Setting the Captives Free: Unravelling the Powerful Sacrament of Confession](#)" in "Resources" on www.alpha-omega.org.za.

¹⁸ See "[Why We Must Ask God's Angels and Saints in Heaven for Help, in particular Mother Mary](#)" in "Resources" on www.alpha-omega.org.za.

¹⁹ See "[We Must Pray for the Dead: It brings Salvation to the Living and the Dead](#)" in "Resources" on www.alpha-omega.org.za.

²⁰ See "[Don't Host, Celebrate and Support Evil in this Chaotic World Today: Rebuke It](#)" in "Resources" on www.alpha-omega.org.za.

pope, bishops, priests, nuns and clergy, and for more vocations. The Catholic Church is under intense attack from the devil: he is doing everything he can to tarnish it because without the Body of Christ (our daily bread) offered in daily Masses around the world, there will be no more living sacrifice of Christ and his graces will stop flowing to earth. Priests, in particular, need prayers because they can either shepherd God's people through their holiness or they can scatter and put people off the Church if they go astray.

Pray for the Holy Spirit to bring the light of Christ into people, to help them to understand the truth, and for many conversions while we still have time. God will thank you and reward you for this act of love when you encounter him. The prayer list is endless²¹. Never stop praying: pray without ceasing and, most importantly, pray with love and compassion in your heart.

God loves us all equally and he needs our prayers for his people. He is empowering us by making us part of his salvation plan, in his image. God wants to give us more graces, which he will if we open our hearts to him. True love involves a two-way relationship, and the foundation of this relationship is built through prayer and doing God's will. What better way than to start this relationship with the Mother of Jesus at your side, praying for you to her Son, asking him through her Tears of Blood to hear your petitions.

God's call to prayer today is the same as always:

"Do not despair in times of tribulations and hardships. Pray, pray your prayers. They will be answered: if it is not for what you prayed for, they will be used for the right things in your life. My children forget that prayers move mountains. If your faith is the size of a mustard seed, the mountains will be moved in my holy name. With me, your Jesus Christ, nothing is impossible. This power was given to me by my Father God." (Jesus Christ to Fernanda de Sequeira²², 2016)

"Oh my dear people, make time to save your souls. Do not say, 'My time does not permit me to pray.' Oh no, you can pray without ceasing in your heart. That means when your heart is constantly in tune, in love with my Son Jesus Christ, when your heart yearns for Jesus Christ. This is a beautiful prayer that my Son Jesus takes into the abode of his heart." (Father God to Fernanda de Sequeira²³, 2016)

And Mother Mary teaches the same:

"The souls in purgatory suffer there for many years without having anyone to pray for them. These souls yearn to see the face of God. My children, you do not understand how these souls thirst for your prayers. My dear ones, pray for the souls of purgatory and the most abandoned ones, for your families and loved ones. The souls of some of them stay there for all eternity. They also sometimes call me Mother of Mercy. They know that I go to my Son Jesus asking him for mercy and compassion for their poor souls. Oh, my heart breaks in pain when I see my children there for all eternity with nothing to save them, unless you pray for them. Your prayers are their hope of salvation..."

"My dear little ones, there is so much need of your help in this entire world. Prayers are very essential. Pray for your country South Africa with all of your hearts. If each one of you offers a prayer for your country and all the countries all over the world, for good governments, leaders, peace, love, unity and understanding, then every prayer would turn the negativeness to positiveness. The power of prayer, my dear little ones, can move mountains. Focus on your prayers, Rosaries and Divine Mercy Chaplets. Leave the earthly things. Focus

²¹ See the many prayer petitions, and the promises relating to them, given to us by our Triune God, Mother Mary and some saints in "[Prayers](#)" on www.alpha-omega.org.za.

²² See "[This World is a Teaching, Cleansing and Purification for Eternal Life: Don't Be Concerned about the Luxuries and Vanities of this World](#)" on 05/06/2016 in "Conversations" on www.alpha-omega.org.za.

²³ See "[2016 Divine Mercy Sunday Message with St Faustina: Confess and Come through Jesus' Doors of Mercy as Time is Running Out](#)" on 03/04/2016 in "Conversations" on www.alpha-omega.org.za.

on my Son Jesus Christ's heart, his ocean of mercy, his fount of life. Drink this water of mercy that he is waiting for you to drink to purify your brokenness, your pains, your sorrows, your soul, mind, body and spirit, which is much more important in your lives...

"I am your Mother of Mercy. I am constantly at the foot of the cross of Jesus, pleading for mercy and compassion on all of your sins. Come, pray for the conversions of sinners, especially for your loved ones and family. I bless you all with my love. My Virginal Mantle will be your shield of protection. Amen." (Mother Mary to Fernanda de Sequeira²⁴, 2016)

Mother Mary's promises to those who pray the Rosary

The rewards for praying the Rosary are many. The fifteen promises of Our Lady made to St Dominic and Blessed Alan de la Roche are:

1. To all those who shall recite my Rosary devoutly, I promise my special protection and very great graces.
2. Those who shall persevere in the recitation of my Rosary, shall receive some signal graces.
3. The Rosary shall be a very powerful armour against hell; it will destroy vice, deliver from sin and dispel heresy.
4. The Rosary will make virtue and good works flourish, and will obtain for souls the most abundant divine mercies; it will substitute in hearts love of God for love of the world, and will lift them to the desire of heavenly and eternal things. How many souls shall sanctify themselves by this means!
5. Those who trust themselves to me through the Rosary, shall not perish.
6. Those who shall recite my Rosary devoutly, meditating on its mysteries, shall not be overwhelmed by misfortune. The sinner shall be converted; the just shall grow in grace and become worthy of eternal life.
7. Those truly devoted to my Rosary shall not die without the sacraments of the Church.
8. Those who recite my Rosary shall find during their life and at their death the light of God, the fullness of his graces and shall share in the merits of the blessed.
9. I shall deliver very promptly from purgatory the souls devoted to my Rosary.
10. The true children of my Rosary shall enjoy great glory in heaven.
11. What you ask through my Rosary, you shall obtain.
12. Those who propagate my Rosary shall be aided by me in all their necessities.
13. I have obtained from my Son that all the members of the Rosary Confraternity shall have for their brethren the saints of heaven during their life and at the hour of death.
14. Those who recite my Rosary faithfully are all my beloved children, the brothers and sisters of Jesus Christ.
15. Devotion to my Rosary is a great sign of predestination.

Getting started

When you first start praying the Rosary, keep a Rosary guide²⁵ handy while committing the prayers and all twenty mysteries to your mind. While in prayer, try to visualise the particular mystery on which you are meditating. If you are new to praying the Rosary and are feeling overwhelmed, say your normal prayers followed by a decade of the Rosary for your petitions. When comfortable with this, start meditating on the mysteries and try to say more than one decade. In no time you will be reciting a complete Rosary every day.

²⁴ See "[2016 Divine Mercy Sunday Message with St Faustina: Confess and Come through Jesus' Doors of Mercy as Time is Running Out](#)" on 03/04/2016 in "Conversations" on www.alpha-omega.org.za.

²⁵ See "[Alpha and Omega 'Introducing the Rosary: The Weapon of our Times' Brochure](#)" in "Rosary" on www.alpha-omega.org.za.

If you have a busy schedule, break up your Rosary during the day. Try a decade in the morning, another on the way to work, at lunch time, on the way back from work and in the evening. Instead of watching television, which is often filled with sin, pray more. Pray with your loved ones and your family. When going for a walk, a run or a ride, say the Rosary. When relaxing, say the Rosary. There is never “no time” for praying and talking to God: all we have is the gift of time to get closer to him. You will be surprised how the Holy Spirit will enlighten you with this powerful meditative prayer and how God will talk to you as you go deeper into the joys and comforts of the Rosary. Persist in it, do not give up, and you will bear the fruits.

Teach your children how to pray the Rosary. If they are still young, try saying a condensed Rosary with them, where instead of a full decade for each meditation, say one, two or three Hail Marys instead. Blend the mystery stories with lessons and bring them alive with your prayers to keep them engaged. Allow the Holy Spirit to guide you as you lead in prayer. It will not be long before they will be able to recite all the traditional Catholic prayers, will know the twenty important mysteries of Christ’s life, will want to read further in the Gospels and try other prayers and novenas. Young children have an amazing ability to absorb information and learn prayers, even if they cannot yet read or write. Use this time with them to plant the seeds for a loving relationship with God, so that when they are confronted with evil later on in their lives, they will see it for what it is and be properly equipped to deal with it.

When saying the Rosary, try to let go of worldly distractions – focus on God, submit yourself to him, meditate on him and let him comfort you in the process. Do not be too concerned about how many Hail Marys you are saying or the time: rather let God touch the depths of your heart, mind and soul so that he can gently talk to you, enlighten you and fill you with his divine love. If you do not have a Rosary, do not let that stop you: use your fingers to count – God gave us ten fingers for a reason.

As you purify through God’s sacraments in his Church²⁶, in particular through regular Confession and having the Body of Christ²⁷ worthily, so you will be moved on a deeper level by the Rosary. You will find comfort and solace in it and, through the Immaculate Heart of Mary, you will be drawn into the Sacred Heart of Jesus and your love of God and neighbour will keep growing. The peace of Christ will start to enter your heart, he will heal you, his Holy Spirit will make a home in you and he will reveal himself to you²⁸.

Rosary Prayers and Structure

The Rosary prayers, mysteries and structure are outlined here. This section can be used as a guide while learning how to pray the Rosary.

Sign of the Cross

In the name of the Father [right hand on your forehead] and the Son [right hand on your chest] and the Holy Spirit [right hand on your left shoulder, followed by your right shoulder]. Amen.

Apostles Creed

²⁶ The seven sacraments are Baptism, Confirmation, Holy Communion, Confession, Marriage, Holy Orders, and the Anointing of the Sick. For more information see [“How to Allow God’s Love and Graces to Shine through You”](#) and [“God Explains the Significance of Baptism, Confession, Holy Communion and Confirmation”](#) in “Resources” on www.alpha-omega.org.za.

²⁷ Holy Communion, the living Body of Christ, is our daily bread, which we ask for in the Our Father prayer.

²⁸ “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.” (John 14:11–18, 21)

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

Our Father

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

Hail Mary

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

Glory Be

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

Fatima Prayer

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

Hail, Holy Queen

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

Rosary Opening Prayer

The opening below prayer is merely a suggestion – pray as the Holy Spirit leads you.

My loving Father God, my Creator; my loving Jesus Christ, my Saviour; and my dear Holy Spirit, my Breath of Life; my Holy Triune God, together with my Blessed Mother Mary, the Mother of the Saviour of the world, I humbly ask you to hear my petition: _____

St Michael, St Gabriel and St Raphael the archangels, come with your troops of angels to help me on this petition. I also invite the saints in heaven to intercede for on this petition for me, in particular, St ...mention names...

Mother Mary, I ask you to take this petition, together with the intercessions of the angels and saints²⁹, to your Son Jesus at the foot of his cross. I ask this prayer through your Tears of Blood, tears that you cry because of the horrific pains that the immensity of sins in this world inflict on your Son's pierced Sacred Heart and your Immaculate Heart.

²⁹ See "[Why We Must Ask God's Angels and Saints in Heaven for Help, in particular Mother Mary](http://www.alpha-omega.org.za)" in "Resources" on www.alpha-omega.org.za.

Thank you my Almighty Triune God for your love and mercy, for hearing my prayer and that of our Blessed Mother Mary. All honour, praise and glory to God the Father, the Son and the Holy Spirit. Amen.

Rosary Closing Prayer

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

Rosary Mysteries

The mysteries outlined below are detailed in the following sections.

[The Joyful Mysteries Rosary:](#)

- The Annunciation
- The Visitation
- The Nativity
- The Presentation in the Temple
- The Finding of Jesus in the Temple

[The Luminous Mysteries Rosary:](#)

- The Baptism of the Lord
- The Wedding at Cana
- The Proclamation of the Kingdom of God
- The Transfiguration
- The Institution of the Eucharist

[The Sorrowful Mysteries Rosary:](#)

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning of Thorns
- The Carrying of the Cross
- The Crucifixion

[The Glorious Mysteries Rosary:](#)

- The Resurrection
- The Ascension
- The Coming of the Holy Spirit
- The Assumption of Mary
- The Coronation of Mary

Rosary Structure

The Rosary is prayed as follows:

- Bless yourself by making the **Sign of the Cross**.
- Begin the Rosary with a **Rosary Opening Prayer** and petitions.
- Announce on which **Mysteries Rosary** you will be meditating: the Joyful, Luminous, Sorrowful or Glorious.
- Holding the crucifix, pray the **Apostles Creed**.

- On the first isolated bead, pray the **Our Father**.
- On the next bead, pray the **Hail Mary**, meditating on faith.
- On the next bead, pray the **Hail Mary**, meditating on hope.
- On the next bead, pray the **Hail Mary**, meditating on charity.
- On the isolated bead, pray the **Glory Be**, followed by the **Fatima Prayer**.
- Begin the first decade and then repeat the following five times as you go around the rosary:
 - Announce the **Rosary Mystery**, optionally reading the scriptural meditation and praying the suggested prayer or as the Holy Spirit leads (see below).
 - On the same isolated bead, pray the **Our Father**.
 - On the next ten beads, pray the **Hail Mary** on each, meditating on the Mystery.
 - On the isolated bead, pray the **Glory Be**, followed by the **Fatima Prayer**.
- After the fifth decade, conclude the Rosary with the **Hail Holy Queen** and the **Rosary Closing Prayer**.
- Bless yourself by making the **Sign of the Cross**.

The Joyful Mysteries Rosary

Opening Readings

“Come ye near unto me, and hear this: I have not spoken in secret from the beginning: from the time before it was done, I was there, and now the Lord God hath sent me, and his spirit.” (Isaiah 48:16)

“For God so loved the world, as to give his only begotten Son; that whosoever believeth in him, may not perish, but may have life everlasting.” (John 3:16)

“And the Word was made flesh, and dwelt among us, (and we saw his glory, the glory as it were of the only begotten of the Father), full of grace and truth.” (John 1:1:14)

Opening Prayer ... Apostles Creed ... Our Father ... Hail Mary [repeat three times] **... Glory Be ... Fatima Prayer ...**

The Annunciation

Meditation

“Therefore the Lord himself shall give you a sign. Behold a virgin shall conceive, and bear a son, and his name shall be called Emmanuel.” (Isaiah 7:14)

“And in the sixth month, the angel Gabriel was sent from God into a city of Galilee, called Nazareth, to a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And the angel being came in, said unto her: Hail, full of grace, the Lord is with thee: blessed art thou among women. Who having heard, was troubled at his saying, and thought with herself what manner of salutation this should be. And the angel said to her: Fear not, Mary, for thou hast found grace with God. Behold thou shalt conceive in thy womb, and shalt bring forth a son; and thou shalt call his name Jesus. He shall be great, and shall be called the Son of the most High; and the Lord God shall give unto him the throne of David his father; and he shall reign in the house of Jacob for ever. And of his kingdom there shall be no end. And Mary said to the angel: How shall this be done, because I know not man? And the angel answering, said to her: The Holy Spirit shall come upon thee, and the power of the most High shall overshadow thee. And therefore also the Holy which shall be born of thee shall be called the Son of God. And behold thy cousin Elizabeth, she also hath conceived a son in her old age; and this is the sixth month with her that is called barren: Because no word shall be impossible with God. And Mary said: Behold the handmaid of the Lord; be it done to me according to thy word. And the angel departed from her.” (Luke 1:26–38)

"Beloved sons, I want you at my side at that ineffable moment of my life, when the Archangel Gabriel had announced to me that I had been chosen to become the Mother of the Word, the Son of God, the long-awaited Messiah. That which is known to you is nothing compared to that which your heavenly Mother experienced at that moment. That which is narrated in the Gospel of Luke is part of an event which truly took place; it is a true account, not a legend or a literary form. The Archangel truly came to me and his light, more resplendent than the sun, completely filled my poor little house in Nazareth: my eyes saw it; my ears heard his gentle voice; there was a real conversation between us. To my questions, there were his replies; to my interior apprehension, his serene and comforting explanations. It was also through his precious assistance that my mind was opened to understand the plan of the Father, that my heart was opened to receive the Word of God and my life was united in a perfect manner to the Holy Spirit whose most beloved Spouse I became. And it was the Archangel who received my 'YES' and placed it upon the heavenly altar, for the perfect glorification of the Most Holy Trinity and for the greater joy of all the angelic hosts, whose Mistress and Queen I became at that moment." (Mother Mary to Fr Stefano Gobbi³⁰, 1982)

"Mother Mary with St Joseph also went through difficult times. They did not have easy lives. My people must understand that the holy Family of Nazareth was chosen by me, their Father God, for a task, a mission. They accepted, but they also did not know what the future ahead of them was. As the angel appeared to Mother Mary to announce the birth of my Son Jesus Christ, that he was to be born, Mother Mary did not hesitate to accept her mission. Yes, it was also all new to her: the Annunciation of the angel Gabriel for her to be the Mother of my Son Jesus Christ through the power of the Holy Spirit. St Joseph was going to be married to Mary. They had no relations, yet he was also suffering during those difficult times. But the angel told him not to be afraid, to carry this task, as it was the time for my Son Jesus Christ to be born." (Father God to Fernanda de Sequeira³¹, 2017)

"Oh my dear children, I underwent gossip and foul language even before they knew the real truth, but St Joseph, being at my side, even he was also hurt, but he was also chosen for this special task, also to protect me from persecutions. He was obedient to his call. When he was in turmoil of his heart, the angel appeared to him in a dream and then revealed all to him, "Do not be afraid Joseph. Mary, she will give birth to a Son, the Saviour of the world. Mary conceived her child through the power of the Holy Spirit." Imagine the anguish, pain, of Joseph before he knew the truth? But he was determined. He wanted to protect Mary from persecutions of the town of Nazareth." (Mother Mary to Fernanda de Sequeira³², 2017)

Commentary

Mother Mary, filled with God's grace, immediately identified the angel Gabriel as a true messenger of God. She accepted God's call in humility and obedience. Being full of grace she was filled the gifts and fruits of the Holy Spirit³³ and quickly came to the understanding that despite her virginity, with God anything is possible³⁴ and that the only gift in return she could give to God was her will. St Joseph was also obedient to his call, despite being persecuted. God calls many today, yet few are prepared to make the sacrifice to accept his

³⁰ See *Our Lady Speaks to Her Beloved Priests, The Marian Movement for Priests*, Fr Stefano Gobbi, 7th Oceania Edition, September 1992.

³¹ See "[2017 New Year Message from Our Triune God and Mother Mary to Fernanda and the World](#)" on 01/01/2017 in "Conversations" on www.alpha-omega.org.za.

³² See "[Mother Mary Was Heavily Persecuted When She Fell Pregnant but St Joseph Stood by Her Side Even When He Didn't Know the Truth](#)" on 20/08/2017 in "Conversations" on www.alpha-omega.org.za.

³³ "And the spirit of the Lord shall rest upon him: the spirit of wisdom, and of understanding, the spirit of counsel, and of fortitude, the spirit of knowledge, and of godliness. And he shall be filled with the spirit of the fear of the Lord." (Isaiah 11:2-3). "But the fruit of the Spirit is, charity, joy, peace, patience, benignity, goodness, longanimity, mildness, faith, modesty, continency, chastity. Against such there is no law." (Galatians 5:22-23)

³⁴ "And Jesus beholding, said to them: With men this is impossible: but with God all things are possible." (Matthew 19:26)

invitation³⁵. Also, instead of following God's call through his true messengers, who have the fruits of charity and holiness, many are deceived into following the false prophets of this world who come dressed as sheep but inwardly are ravenous wolves who disguise themselves as angels light³⁶.

Suggested prayer for the living

Hail Mary, full of grace, the Lord is with thee, blessed art thou amongst women. Help us to be obedient to God's call, as you were in humbly accepting to be the Mother of the Saviour of the world. St Joseph, despite the difficulties you encountered in those times, thank you for accepting God's call of being the foster father of Jesus Christ. Mother Mary and St Joseph, the Holy Family of Nazareth, pray with me for all the mothers and fathers in the world to be obedient to God's call, to humbly accept him in their homes, to pray as a family and to live together in love, peace and unity.

My loving Holy Trinity, I pray for the gift of holiness in my family and all the families in the world, for the strength to do your will despite worldly pressures and for the gift of discernment to be aware of the threats of evil in society today. Help us to grow more in God's love and be the bearers of the good news of Jesus Christ in the world today. Amen.

Suggested prayer for the dead

My loving Father God, I humbly ask through this prayer that my Blessed Mother Mary, Star of the Sea, may also be a messenger of good news to souls in purgatory to announce their release into heaven, in particular my deceased family members and those for whom no one is praying. Amen.

Our Father ... Hail Mary [repeat ten times] **... Glory Be ... Fatima Prayer ...**

The Visitation

Meditation

"And Mary rising up in those days, went into the hill country with haste into a city of Juda. And she entered into the house of Zachary, and saluted Elizabeth. And it came to pass, that when Elizabeth heard the salutation of Mary, the infant leaped in her womb. And Elizabeth was filled with the Holy Spirit: And she cried out with a loud voice, and said: Blessed art thou among women, and blessed is the fruit of thy womb. And whence is this to me, that the mother of my Lord should come to me? For behold as soon as the voice of thy salutation sounded in my ears, the infant in my womb leaped for joy. And blessed art thou that hast believed, because those things shall be accomplished that were spoken to thee by the Lord. And Mary said: My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. Because he hath regarded the humility of his handmaid; for behold from henceforth all generations shall call me blessed. Because he that is mighty, hath done great things to me; and holy is his name. And his mercy is from generation unto generations, to them that fear him. He hath shewed might in his arm: he hath scattered the proud in the conceit of their heart. He hath put down the mighty from their seat, and hath exalted the humble. He hath filled the hungry with good things; and the rich he hath sent empty away. He hath received Israel his servant, being mindful of his mercy: As he spoke to our fathers, to Abraham and to his seed for ever. And Mary abode with her about three months; and she returned to her own house." (Luke 1:39–56)

³⁵ See "[The Harvest is Big but the Workers are Few - Many are Invited but Few Accept](http://www.alpha-omega.org.za)" in "Conversations" on www.alpha-omega.org.za. "For many are called, but few are chosen." (Matthew 22:14).

³⁶ "Beware of false prophets, who come to you in the clothing of sheep, but inwardly they are ravening wolves." (Matthew 7:15). "For such false apostles are deceitful workmen, transforming themselves into the apostles of Christ. And no wonder: for Satan himself transformeth himself into an angel of light." (2 Corinthians 11:13–14). "But though we, or an angel from heaven, preach a gospel to you besides that which we have preached to you, let him be anathema." (Galatians 1:8). "For there shall arise false Christs and false prophets, and shall shew great signs and wonders, insomuch as to deceive (if possible) even the elect." (Matthew 24:24).

Commentary

Through the holy friendship between Mother Mary and St Elizabeth, God is showing us that little infants in mothers' wombs experience joy when in the presence of the Holy Spirit and our Lord Jesus Christ. In contrast, fetuses will experience despair and spiritual suppression when in the presence of demonic spirits that come as a result of sinful conduct by their parents. Instead of embracing pregnancies with true love, sacrificial love, and respecting the rights of infants, many people today believe the lies of the enemy by justifying that a child is not born at the moment of conception³⁷. Many are deceived into thinking that they can repay evil with evil by justifying an abortion³⁸, and even more have been deceived into thinking that over the counter "24 hour" pills are not murder weapons. Besides these weapons of mass destruction being sold in pharmacies around the world, the vast majority of countries today allow doctors and nurses clinics to poison, stab, mutilate or crush these innocent little ones in their mothers wombs – all under the guise of "freedom of choice" when in fact the innocent child is given no choice to choose life. Abortion brings the most horrific suffering to these infants who, from the instant of conception, feel the pain and cry out in shock, despair and terror for help³⁹. This legalised and openly promoted holocaust in the world today is, in the words of our Blessed Mother Mary, "more dangerous to this world than all the weapons ever made", and "is a crime against the Holy Spirit for those who have not repented"⁴⁰. Many parents, doctors, nurses, pharmacists, politicians and lawmakers risk losing their souls for all eternity to the fires of hell, while the infants, after undergoing the most gruesome martyrdom, are not given the opportunity to live on earth and earn their reward in heaven. Contrite Confession is vital for the salvation of these parents and agents of abortion. All must be encouraged to baptise and choose saints in heaven as godparents for both miscarried and aborted babies who are waiting in eternity to be named⁴¹.

Suggested prayer for the living

My dear Holy Trinity, who created us with so much love, who came to save us from the fires of hell and who gives us the breath of life, through the intercession of my Blessed Mother Mary, St Elizabeth, St John the Baptist and all the angels and saints in heaven, I pray for holy parents, holy marriages and holy friendships in society today.

My Almighty God, the creator of this entire universe, the strongest of heaven and earth with whom everything is possible, please stop the horrendous crime of abortion in the world today. Pour out your Holy Spirit in this lost and confused world. Melt the hearts of those who are involved in promulgating this horrific crime throughout the world and help them to see the error of their ways before it is too late. Through the Precious Blood of Jesus, have mercy on the sinners; save the innocent babies from being martyred and

³⁷ See "[At the Instant of Conception, a Child Is Born and Is Not a 'Piece of Blood' to Abort; Always Forgive and Be Humble in Marriages and Life](#)" on 20/04/2017 in "Conversations on www.alpha-omega.org.za."

³⁸ "Not rendering evil for evil, nor railing for railing, but contrariwise, blessing: for unto this are you called, that you may inherit a blessing" (1 Peter 3:9). "To no man rendering evil for evil. Providing good things, not only in the sight of God, but also in the sight of all men." (Romans 12:17).

³⁹ "And the word of the Lord came to me, saying: Before I formed thee in the bowels of thy mother, I knew thee: and before thou camest forth out of the womb, I sanctified thee, and made thee a prophet unto the nations." (Jeremiah 1:4-5). "[Jesus and Mary on the Crime of Abortion, Asking for Prayer](#)" on 15/05/2011 and "[Abortion Is the Darkest of Sins: it Inflicts Horrendous Pains on These Innocent Babies and Kills a Part of Jesus Because They Are Part of his Flesh and Blood](#)" on 22/07/2010 in "Conversations on www.alpha-omega.org.za."

⁴⁰ See the message from Mother Mary in "Various Messages from Jesus and Mary against Abortion" on 07/05/1995 in www.thetwopatrick.org. "Thou shalt not kill" (Exodus 20:13). "If men quarrel, and one strike a woman with child, and she miscarry indeed, but live herself: he shall be answerable for so much damage as the woman's husband shall require, and as arbiters shall award." (Exodus 21:22)

⁴¹ See "[Prayer for the Baptism of the Unborn – Aborted and Miscarried Babies](#)" on 24/07/2014 in "Prayers" on www.alpha-omega.org.za. Aborted and miscarried children are waiting to be named, baptised and given heavenly saints as godparents. Help them through this baptism prayer.

comfort the children who are victims of abuse, violence, rejection, alcoholism, drug addictions, divorce and discord in families. Soften the hearts of the parents whom you entrusted to care for your children. Bring them to salvation before it is too late and help the innocent victims of these crimes. Bless and help all your people who are working towards saving the little ones and tending to the destitute, lonely and afflicted children of this world. Amen.

Suggested prayer for the dead

My Holy Trinity, your mercy is endless and extends from generation unto generations. Have mercy on those who are suffering in eternity because of sins against young children, in particular the most abandoned souls in eternity for whom no one is praying. I pray, too, for the baptism of the aborted little ones; that all in your Church will hear our Blessed Mother Mary's call in this respect, to name them, to choose saints as their godparents and baptise them with holy water in the name of the Father, the Son and the Holy Spirit. Amen

Our Father ... Hail Mary [repeat ten times] **... Glory Be ... Fatima Prayer ...**

The Nativity

Meditation

“For a child is born to us, and a son is given to us, and the government is upon his shoulder: and his name shall be called, Wonderful, Counsellor, God the Mighty, the Father of the world to come, the Prince of Peace.” (Isaiah 9:6)

“And thou, Bethlehem Ephrata, art a little one among the thousands of Juda: out of thee shall he come forth unto me that is to be the ruler in Israel: and his going forth is from the beginning, from the days of eternity. Therefore will he give them up even till the time wherein she that travaileth shall bring forth: and the remnant of his brethren shall be converted to the children of Israel.” (Micah 5:2-3)

“The multitude of camels shall cover thee, the dromedaries of Madian and Ephraim: all they from Saba shall come, bringing gold and frankincense: and shewing forth praise to the Lord.” (Isaiah 60:6)

“But while he thought on these things, behold the angel of the Lord appeared to him in his sleep, saying: Joseph, son of David, fear not to take unto thee Mary thy wife, for that which is conceived in her, is of the Holy Spirit. And she shall bring forth a son: and thou shalt call his name Jesus. For he shall save his people from their sins. Now all this was done that it might be fulfilled which the Lord spoke by the prophet, saying: Behold a virgin shall be with child, and bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us. And Joseph rising up from sleep, did as the angel of the Lord had commanded him, and took unto him his wife. And he knew her not till she brought forth her firstborn son: and he called his name Jesus.” (Matthew 1:20-25)

“And it came to pass, that in those days there went out a decree from Caesar Augustus, that the whole world should be enrolled. This enrolling was first made by Cyrenus, the governor of Syria. And all went to be enrolled, every one into his own city. And Joseph also went up from Galilee, out of the city of Nazareth into Judea, to the city of David, which is called Bethlehem: because he was of the house and family of David, to be enrolled with Mary his espoused wife, who was with child. And it came to pass, that when they were there, her days were accomplished, that she should be delivered. And she brought forth her firstborn son, and wrapped him up in swaddling clothes, and laid him in a manger; because there was no room for them in the inn. And there were in the same country shepherds watching, and keeping the night watches over their flock. And behold an angel of the Lord stood by them, and the brightness of God shone round about them; and they feared with a great fear. And the angel said to them: Fear not; for, behold, I bring you good tidings of great joy, that shall be to all the people: For, this day, is born to you a Saviour, who is Christ the Lord, in the city of David. And this shall be a sign unto you. You shall find the infant wrapped in swaddling clothes, and laid in a manger. And suddenly there was with the angel a multitude of the heavenly army, praising God,

and saying: Glory to God in the highest; and on earth peace to men of good will. And it came to pass, after the angels departed from them into heaven, the shepherds said one to another: Let us go over to Bethlehem, and let us see this word that is come to pass, which the Lord hath shewed to us. And they came with haste; and they found Mary and Joseph, and the infant lying in the manger. And seeing, they understood of the word that had been spoken to them concerning this child. And all that heard, wondered; and at those things that were told them by the shepherds. But Mary kept all these words, pondering them in her heart. And the shepherds returned, glorifying and praising God, for all the things they had heard and seen, as it was told unto them.” (Luke 2:4–20)

“They had to run away to find a place for their Son to be born. Yes, they knocked at a few places to find a proper home for their Son to be born, yet all the doors were closed behind them. Mother Mary and St Joseph were very tired because of the long journey on a donkey through the desert. Oh, my people, yes, they also suffered tremendous pains, then my Son Jesus had to be born in a barn, in a manger, between the animals. My people, again, King Herod was so furious because he knew the Saviour of the world, the Messiah, was going to be born. Oh my people, imagine the pain and sufferings of these parents but yet, they never gave up in trusting and carrying their task in this world.” (Father God to Fernanda de Sequeira⁴², 2017)

"A great silence enwraps the world. Darkness covers everything. Hearts keep vigil in prayer and expectation. A sense of confident hope opens the doors which have been closed by hatred and egoism. The powers of hell feel themselves unexpectedly overpowered by a new force of love and of life. In the darkness an increasing brightness is enkindled. In the silence the harmonies of celestial hymns are heard. And in the heavens a great light suddenly appears. This light now enwraps the poor shelter, where the greatest event in history is about to take place. The virgin Mother gives you her child, who is born poor and defenceless, trembling and in need of everything, weeping and tender as a lamb, who is to make visible, already in his little body, the great mystery of meekness and of mercy. The life of every man takes on a new meaning from this night, because the little child who is born is also his God. He is man like you and he is God with you. He is Emmanuel, prophesied for centuries. He is your brother. He is the heart of the world. He is the heart-beat of an immortal life. He is the caress laid upon every human suffering. He is the victory which covers over every defeat. He is the balm for the wound of egoism, of hatred, of sin. He is the light which shines resplendently forever for all who walk in the darkness. He is the only hope of this bewildered world. With the concerned voice of a Mother, who hears a thousand voices which still reject him and who listens with dismay to the sound of a thousand doors which are closed upon Him, I say to you: Do not be afraid; God is with you. Today there is born to you a Saviour for all!" (Mother Mary to Fr Stefano Gobbi⁴³, 1982)

Commentary

The Holy Trinity – God the Father, God the Son and God the Holy Spirit – existed from the beginning⁴⁴. God loved us so that he made us in his image. With this love came the gift of free choice, the choice to love him or the choice to reject him and his way. As a result of our wrong choices, most people on this earth were in such bondage to evil. In order to save us from the fires of hell, Jesus Christ, God in the flesh, humbled himself as a man to redeem us from our sins, to show us his way, his truth and his life, to lighten our crosses of purification. Despite the hardships that St Joseph and Mother Mary experienced with the infant Jesus, they remained united in love and trust of God: they did not abandon their mission or each other; they remained together as the Holy Family of Nazareth and set the perfect example for others to follow. The

⁴² See “[2017 New Year Message from Our Triune God and Mother Mary to Fernanda and the World](#)” on 01/01/2017 in “Conversations” on www.alpha-omega.org.za.

⁴³ See *Our Lady Speaks to Her Beloved Priests, The Marian Movement for Priests*, Fr Stefano Gobbi, 7th Oceania Edition, September 1992.

⁴⁴ From Genesis 1:1, Genesis 1:26, Isaiah 48:16, John 1:1–14, John 3:16, Micah 5:2–3 and John 8:58, it is divinely revealed that God the Father, God the Son and God the Holy Spirit (collectively referred to as our Triune God or the Holy Trinity) existed before we were created and created us too, in his image and likeness.

Messiah, the Saviour of the world, the Alpha and the Omega, entered this world in a stable: he did not seek status or riches as so many in this world blindly seek. Instead, he took the path of humility and poverty. This life is a teaching, a cleansing and a purification for eternal life⁴⁵. If we embrace our crosses in love of God and each other and give our will to God, as the Holy Family of Nazareth did, we then allow God to mould us into what we were created to be and we will reap a big reward in heaven.

Suggested prayer for the living

Thank you Jesus for humbling yourself as a man to live with us, to save us and to show us your way, truth and life. My loving Holy Trinity, I ask, through the intercession of the Holy Family of Nazareth for your gifts of faith, understanding, fortitude, humility, purity, modesty, love and peace to reign in our hearts and homes, despite the difficulties we may encounter. I pray for the poor, marginalised and destitute in this world, in particular those who don't know Jesus and who don't know where to turn in their times of tribulation. Help them to see Jesus with the eyes of their hearts, comfort them and bring alleviation to their suffering.

My Holy Trinity, you are the strongest in heaven: please stop the killings of your people, the Christians, and bring their persecutors to repentance. St Michael, St Gabriel and St Raphael Archangels, come with your troops of angels to stand with the Christians and stop their persecutors⁴⁶. My Blessed Mother Mary, I ask you to cover all your children with your Virginal Mantle, as you did to Baby Jesus, and protect them. Bring your heavenly angels and saints to help those who are victims of war and other crimes against humanity, in particular the little children who are lost, lonely, starving and marginalised, not knowing where to turn. Bring them to your Son Jesus, the Only Begotten Son of God the Father, the Saviour of the world, their friend, their brother, their comforter, their everything. Amen.

Suggested prayer for the dead

My precious Baby Jesus, you came to this earth to save the sinners. Through your infancy, have mercy on the lost souls in eternity, especially the abandoned souls for whom no one is praying and for those who did not know you. Mother Mary and St Joseph, intercede to your Son Jesus to ask his Father, our Almighty Father God and our Loving Holy Spirit, our Breath of Life, to alleviate the suffering of all of his children in eternity and bring them into heaven. Amen.

Our Father ... Hail Mary [repeat ten times] **... Glory Be ... Fatima Prayer ...**

The Presentation in the Temple

Meditation

"And after eight days were accomplished, that the child should be circumcised, his name was called Jesus, which was called by the angel, before he was conceived in the womb. And after the days of her purification, according to the law of Moses, were accomplished, they carried him to Jerusalem, to present him to the Lord: As it is written in the law of the Lord: Every male opening the womb shall be called holy to the Lord: And to offer a sacrifice, according as it is written in the law of the Lord, a pair of turtledoves, or two young pigeons: And behold there was a man in Jerusalem named Simeon, and this man was just and devout, waiting for the consolation of Israel; and the Holy Spirit was in him. And he had received an answer from the Holy Spirit, that he should not see death, before he had seen the Christ of the Lord. And he came by the Spirit into the temple. And when his parents brought in the child Jesus, to do for him according to the custom of the law, he also took him into his arms, and blessed God, and said: Now thou dost dismiss thy servant, O Lord, according to thy word in peace; because my eyes have seen thy salvation, which thou hast

⁴⁵ See "[This World is a Teaching, Cleansing and Purification for Eternal Life: Don't Be Concerned about the Luxuries and Vanities of this World](#)" on 05/06/2016 in "Conversations" on www.alpha-omega.org.za.

⁴⁶ See "[Prayer to Save Christians from Being Persecuted and Executed](#)" on 28/05/2017 and "[Prayer to Stop the Cult of ISIS from Transgressing in the World](#)" on 14/11/2015 in "Prayers" on www.alpha-omega.org.za.

prepared before the face of all peoples: A light to the revelation of the Gentiles, and the glory of thy people Israel. And his father and mother were wondering at those things which were spoken concerning him. And Simeon blessed them, and said to Mary his mother: Behold this child is set for the fall, and for the resurrection of many in Israel, and for a sign which shall be contradicted; and thy own soul a sword shall pierce, that, out of many hearts, thoughts may be revealed.” (Luke 2:21–35)

Commentary

St Joseph and Mother Mary were obediently following the law of Lord. We must do the same today and live a sacramental life in the Catholic Church, which Jesus founded, gave the keys of heaven to and prophesied that the gates of hell shall not prevail against it⁴⁷. God’s sacraments give us the spiritual armour to be filled with his Holy Spirit and arm ourselves and our family for the spiritual battle ahead⁴⁸.

Simeon’s prophesy regarding the sword piercing Mary’s soul was the start of her sorrows. She knew what was written about the suffering of her beloved Son Jesus and this came as constant reminder to her as she mothered him so lovingly throughout his earthly life⁴⁹. As time progressed, St Joseph and Mother Mary were slowly being prepared by the Holy Spirit for what was to come.

We, too, must put our trust in God, be attentive to the call of the Holy Spirit in our hearts, and discern what God’s visionaries and messengers are saying today. Our Lord Jesus tells us in Matthew 7:20 that we will know his servants by their fruits. The fruits of the Holy Spirit – love, joy, peace, patience, kindness, goodness, long-suffering, gentleness, faith, modesty, self-control and chastity – will manifest in them⁵⁰. We, too, can be filled with the gifts and fruits of the Holy Spirit, the peace of Christ, if we love God with all our heart, mind and soul, and our neighbour as ourselves⁵¹. With this love comes living the sacramental and prayerful life that Jesus teaches and requests of us⁵².

Suggested prayer for the living

Our loving Jesus Christ, help us to obey your law, your commandments and come to the Catholic Church, to which you gave the keys of heaven. Help us to present ourselves to you regularly and contritely in Confession, so that we can receive your Precious Body and Blood worthily in Holy Mass and alleviate the crown of thorns on your Sacred Heart. Soften our hearts so we can love sacrificially and forgive those who hurt us, irrespective of what they are doing or have done to us. Help us to see others with your eyes, your heart, your mercy and compassion; to be the light in the world, to overcome evil and alleviate the pains of the sword that pierces the soul of your Blessed Mother Mary. St Joseph, St Simeon and all the angels and saints in heaven, pray for us. Amen.

Suggested prayer for the dead

My Father God, I offer up this prayer, my earthy sacrifices and Jesus’ living sacrifice in all the Masses around the world today for the suffering souls in eternity, in particular those who went to Mass and received you

⁴⁷See “[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.

⁴⁸ See “[God Explains the Significance of Baptism, Confession, Holy Communion and Confirmation](http://www.alpha-omega.org.za)” in “Resources” on www.alpha-omega.org.za.

⁴⁹ See “[The Seven Sorrows Rosary](http://www.alpha-omega.org.za)” in “Rosary” on www.alpha-omega.org.za.

⁵⁰ “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).

⁵¹ “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. On these two commandments dependeth the whole law and the prophets.” (Matthew 22:36–40)

⁵² See “[How to Allow God’s Love and Graces to Shine through You](http://www.alpha-omega.org.za)” in “Resources” on www.alpha-omega.org.za.

unworthily in Holy Communion, who went to Confession but did not confess contritely nor make sufficient reparation to the Sacred Heart of Jesus and to those they sinned against. Have mercy on them.

My Holy Trinity, together with my Blessed Mother Mary, I pray, too for those who were not given the graces of Baptism, Confession and Holy Communion, as well as those who went astray from your Church. Have mercy on these, your children whom you created with so much love. Receive them in your loving embrace in your heavenly kingdom. Amen.

Our Father ... Hail Mary [repeat ten times] **... Glory Be ... Fatima Prayer ...**

The Finding of Jesus in the Temple

Meditation

“And his parents went every year to Jerusalem, at the solemn day of the Passover. And when he was twelve years old, they went up into Jerusalem, according to the custom of the feast. And having fulfilled the days, when they returned, the child Jesus remained in Jerusalem; and his parents knew it not. And thinking that he was in the company, they came a day’s journey, and sought him among their kinsfolks and acquaintance. And not finding him, they returned into Jerusalem, seeking him. And it came to pass, that, after three days, they found him in the temple, sitting in the midst of the doctors, hearing them, and asking them questions. And all that heard him were astonished at his wisdom and his answers. And seeing him, they wondered. And his mother said to him: Son, why hast thou done so to us? Behold thy father and I have sought thee sorrowing. And he said to them: How is it that you sought me? Did you not know, that I must be about my Father's business? And they understood not the word that he spoke unto them. And he went down with them, and came to Nazareth, and was subject to them. And his mother kept all these words in her heart. And Jesus advanced in wisdom, and age, and grace with God and men.” (Luke 2:41–52)

“My people must know that protection comes from my Son Jesus Christ, Mother Mary and the angels and saints of heaven. They are protecting my devoted children, my people. My little ones are protected when their loved ones and family pray for protection. As I have said to you before, pray the [Armour of God](#) (Ephesians 6) and the [Creed, Our Father, Hail Mary, Glory Be, the Memorare, St Michael the Archangel prayer and bless yourselves](#) with holy water⁵³. My little ones are protected by these prayers. My little ones cannot live their entire lives in a cocoon. They have to be taught, yes, about the dangers of the enemy throughout the world. Like my Son Jesus Christ – when he was twelve years old, he went on his own, he was lost for three days, but he was already doing my work. Mother Mary and St Joseph couldn’t stop him going out as a young child, but they had to trust him and help him grow to be a strong, courageous and persevering child. My youth need to be taught about the dangers of the world in a loving manner. Yes, they will learn to discern the right from the wrong. The parents must pray for their little ones, for the gift of discernment from the Holy Spirit, to guide them and to be their light at their crossroads. My children must teach and trust, trust my Son Jesus, and teach their little ones the same. Fear and worry about tomorrow and encountering dangers is not from God. They must surrender their little ones at the foot of the cross. My Son receives their prayers and their pleas. When my people ask my Son, the Triune God, for protection, Mother Mary wraps each one of them in her Virginal Mantle, especially the little ones. My people, teach my little ones and my youth to pray all of these prayers. This is the promise of Mother Mary to protect them. This is me, your Father God, who came to relay this message to you all. The parents, grandparents and great-grandparents must entrust these, my little ones and the youth to us, the Triune God, and to Mother Mary,

⁵³ See “[Armour of God Daily Prayer](#)” and “[Traditional Catholic Prayers](#)” in “Resources” on www.alpha-omega.org.za.

Tabernacle of the Most High. My Son in return will be very joyous to listen to their prayers as my people sing, "Suffer the little children, let them come unto me." (Father God to Fernanda de Sequeira⁵⁴, 2017)

Commentary

Jesus was only twelve years old when he was preaching, filled with the Holy Spirit of truth, which has been promised to all who love and obey God. Children learn from the example their parents set⁵⁵, the essence of which is centred on sacrificial love. To render the enemy powerless, families must pray together every day as a family, in particular the Rosary, and regularly (if possible, daily) offer up Masses for their loved ones⁵⁶. Our children, our youth, need much prayer as they under severe attack from the enemy in these end times⁵⁷. The celebration of evil has become a way of life and many are falling into the enemy's traps without even realising it⁵⁸. All it takes is one saint in each family to bless future generations, to plant the seeds that Jesus will water through their prayers and sacrifices⁵⁹. When a family completely submits its will to God and takes the path of holiness, then everything that happens to that family will be for God's greater glory and their eternal benefit. Despite the difficulty of St Joseph and Blessed Mother Mary encountered in losing their Son for a period, they came to the understanding that it was all part of God's plan. The lesson is to trust Jesus in our trials and tribulations: they are all for a reason, for our sanctification and for God's greater glory⁶⁰.

Suggested prayer for the living

Come Holy Spirit, come and infill us with the gifts of fortitude, knowledge, wisdom and understanding so that we can, without fear, be the voice of Christ in the world today. Protect and strengthen all of your servants, your priests, bishops and your holy pope. Give them the gift of faith, to trust Jesus, and to obediently see through the missions entrusted to them, despite the difficulties they may encounter. Our loving Lord Jesus, shine your graces through your faithful servants, so that we can plant the seeds of your love and bring many conversions to your Church while we still have time. Give them and their families the strength to handle their trials and tribulations with sacrificial love and patience, all for the honour and glory of our Lord Jesus Christ. Amen.

Suggested prayer for the dead

My loving Lord Jesus, help me and all of your servants to be your voice, to spread your living word and to encourage others to pray for the suffering souls in purgatory. I pray for all the faithfully departed souls in purgatory and ask them to also pray for this petition, so that we can in unison of prayer to our Almighty God the Father, the Son and the Holy Spirit, help lift each other to eternal paradise in God's heavenly kingdom to come. Amen.

⁵⁴ See "[Teach Your Children about the Enemy, Pray Daily for Their Protection and Trust God - All Prayers Are Answered in Jesus' Way and Time](#)" on 24/03/2017 in "Conversations" on www.alpha-omega.org.za.

⁵⁵ St Paul explains in Ephesians 5 how we should conduct ourselves at home and in social circles. See also: "[How Husbands and Wives Should Conduct Themselves in Their Family Lives](#)" (02/10/2016), "[Married Couples Must Pray, Forgive and Stand Together in Their Trials and Tribulations: Divorce Is the Work of the Enemy](#)" (26/02/2017) in "Conversations" on www.alpha-omega.org.za.

⁵⁶ Every time we go to Mass, we must, in the depths of our hearts, offer up our prayer petitions that our guardian angels take to our Lord Jesus Christ who offers them up to the Father through his living sacrifice at the Mass.

⁵⁷ See "[Today's Youth Are Lost Because They Don't Know Jesus Christ - They Need Guidance and Prayers](#)" (04/10/2015) and "[Children who Have Been Brought up in Lukewarm Environments Are Rapidly Influenced into Satanism - This Is How to Protect Them](#)" (12/07/2010) in "Conversations" on www.alpha-omega.org.za.

⁵⁸ See "[Don't Host, Celebrate and Support Evil in this Chaotic World Today: Rebuke It](#)" in "Resources" on www.alpha-omega.org.za.

⁵⁹ The story of St Monica comes to mind. Her persistence in prayer converted her son, St Augustine, who was astray but became one of the greatest saints.

⁶⁰ See "[This World is a Teaching, Cleansing and Purification for Eternal Life: Don't Be Concerned about the Luxuries and Vanities of this World](#)" on 05/06/2016 in "Conversations" on www.alpha-omega.org.za.

Our Father ... Hail Mary [repeat ten times] ... **Glory Be ... Fatima Prayer ... Hail Holy Queen ... Rosary Closing Prayer ...**

The Luminous Mysteries Rosary

Opening Reading

“The spirit of the Lord is upon me, because the Lord hath anointed me: he hath sent me to preach to the meek, to heal the contrite of heart, and to preach a release to the captives, and deliverance to them that are shut up.” (Isaiah 61:1)

Opening Prayer ... Apostles Creed ... Our Father ... Hail Mary [repeat three times] ... **Glory Be ... Fatima Prayer ...**

The Baptism of the Lord

Meditation

“And John was clothed with camel's hair, and a leathern girdle about his loins; and he ate locusts and wild honey. And he preached, saying: There cometh after me one mightier than I, the latchet of whose shoes I am not worthy to stoop down and loose. I have baptised you with water; but he shall baptise you with the Holy Spirit. And it came to pass, in those days, Jesus came from Nazareth of Galilee, and was baptised by John in the Jordan. And forthwith coming up out of the water, he saw the heavens opened, and the Spirit as a dove descending, and remaining on him. And there came a voice from heaven: Thou art my beloved Son; in thee I am well pleased. And immediately the Spirit drove him out into the desert. And he was in the desert forty days and forty nights, and was tempted by Satan; and he was with beasts, and the angels ministered to him.” (Mark 1:6–13)

“I knew and saw all of these pains in front of me when I was at the Mount of Olives for forty days and forty nights. The evil came to tempt me, with so much to offer me, so as to not save you. But I rebuked him and I went ahead with my pains, sufferings and crucifixion.” (Jesus Christ to Fernanda de Sequeira⁶¹, 2014)

“In combating the enemy, the adversary, only prayers can save and help my hand to be up high. It is very difficult to keep up my hand. Only if my children repent and amend their sins, then I can help my people. Yes, I love my children unconditionally but how much love, repentance and remorse do my children show in their hearts in compassion towards my pain? Only prayers, Rosaries and fasting can conquer these pains and warfare between my children and the enemy.” (Jesus Christ to Fernanda de Sequeira⁶², 2011)

“And Jesus coming, spoke to them, saying: All power is given to me in heaven and in earth. Going therefore, teach ye all nations; baptizing them in the name of the Father, and of the Son, and of the Holy Spirit. Teaching them to observe all things whatsoever I have commanded you: and behold I am with you all days, even to the consummation of the world” (Matthew 28:18–20)

“Jesus answered: Amen, amen I say to thee, unless a man be born again of water and the Holy Spirit, he cannot enter into the kingdom of God” (John 3:5)

⁶¹ See “[A Message to the World on Jesus’ Crucifixion and the Importance of Repenting because Many Souls are Being Lost to Hell](#)” on 03/02/2014 in “Conversations” on www.alpha-omega.org.za.

⁶² See “[Only Prayers, Rosaries and Fasting Can Keep Jesus’ Hand Up](#)” on 21/02/2011 in “Conversations” on www.alpha-omega.org.za.

“But Peter said to them: Do penance⁶³, 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 2:28)

“God asked that each one be baptised in his name, the name of Jesus. This is to say the person is God’s, this person is to spend eternity in God’s love. This Sacrament is to claim what God created as his own, his child. This Sacrament places a barrier between evil and this child of God. This Sacrament is saying, I give this child to God who in his mercy gave him to me. This Sacrament is a reaffirming of the bond between parents and their Father in heaven. This Sacrament is a strengthening of God’s love within this family. This Sacrament is the first moment of a life commitment to God.” (Jesus Christ to Alan Ames⁶⁴, 1995)

Commentary

Our Lord Jesus Christ is asking us to baptise children soon after birth⁶⁵, while new converts need the Sacrament of Penance (Confession) and Baptism for a strengthening of God’s Spirit in them and a stronger fortification against evil. Notice that directly after Jesus was baptised, the Holy Spirit led him into the desert to fast and make sacrifice for us, for our salvation. Our Lord Jesus Christ is also calling us to make fasting and praying a way of life, for the salvation of souls, as he and many of his saints did during the course of their lives. Fasting strengthens our prayers and helps us to grow stronger spiritually, allowing us to let go of the desires of the flesh and live in the Spirit, opening the path for a greater love of God and neighbour⁶⁶.

Suggested prayer for the living

My loving Holy Trinity, pour out your Spirit in your faithful servants so that we can help bring many souls to conversions, to go to Confession and be baptised with water in the name of the Father and the Son and the Holy Spirit. Arm us with the sword of the Spirit, the helmet of salvation, the breastplate of justice, the shield of faith, the belt of truth and the sandals of the gospel of peace, so that we can withstand the deceits of the devil, for 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.

My loving Lord Jesus, cover us with your Precious Blood and give us the strength to make sacrifices of love, prayer and fasting to alleviate your suffering and bring more souls to salvation.

My loving Holy Spirit, come and infill us and surround us like a cloak so that we can deflect all the fiery arrows of the evil one, stand strong in your love and be obedient to your call. Amen.

Suggested prayer for the dead

⁶³ Note that St Peter, the first pope, is saying that new converts must do the Sacrament of Penance and be baptised (Penance, Confession or Reconciliation are used interchangeably and mean the same thing). Confession is open to all people and being a Catholic is not a prerequisite to receiving this Sacrament because we do not know the hour or day of our death. For more information see “[Priests Must Also Hear Confessions of Non-Catholics Because Jesus Died to Save All of His Children: It will Result in More Conversions](#)” on 21/02/2016 in “Conversations” on www.alpha-omega.org.za. For more information on this powerful healing Sacrament, see “[Setting the Captives Free: Unravelling the Powerful Sacrament of Confession](#)” in “Resources” on www.alpha-omega.org.za.

⁶⁴ See *The Way of Life* in “Heavenly Words Collection”, Alan Ames, www.alanames.org.

⁶⁵ See “[Baptism is Essential Soon after Birth and do not be Afraid to Speak about Jesus](#)” on 09/02/2014 in “Conversations” on www.alpha-omega.org.za.

⁶⁶ “I say then, walk in the spirit, and you shall not fulfill the lusts of the flesh. For the flesh lusteth against the spirit: and the spirit against the flesh; for these are contrary one to another: so that you do not the things that you would. But if you are led by the spirit, you are not under the law” (Galatians 5:16–18). By receiving the Body and Blood of Jesus Christ worthily on a daily basis in Holy Mass, fasting becomes easier as our Lord Jesus Christ gives us our daily bread we require to live. Some saints lived for many years on nothing but the holy Eucharist. If fasting is not possible for medical reasons, then other forms of sacrifice are also acceptable. Any sacrifice for God and neighbour is of great value.

My loving Triune God, have mercy on the souls in purgatory and release those souls in await into your heavenly kingdom so they, too can fully enlivened by your Spirit in full vision of the Father, the Son and the Holy Spirit. Amen. Have mercy on them. Amen

Our Father ... Hail Mary [repeat ten times] ... **Glory Be ... Fatima Prayer ...**

The Wedding at Cana

Meditation

“And the third day, there was a marriage in Cana of Galilee: and the mother of Jesus was there. And Jesus also was invited, and his disciples, to the marriage. And the wine failing, the mother of Jesus saith to him: They have no wine. And Jesus saith to her: Woman, what is that to me and to thee? My hour is not yet come. His mother saith to the waiters: Whatsoever he shall say to you, do ye. Now there were set there six waterpots of stone, according to the manner of the purifying of the Jews, containing two or three measures apiece. Jesus saith to them: Fill the waterpots with water. And they filled them up to the brim. And Jesus saith to them: Draw out now, and carry to the chief steward of the feast. And they carried it. And when the chief steward had tasted the water made wine, and knew not whence it was, but the waiters knew who had drawn the water; the chief steward calleth the bridegroom, and saith to him: Every man at first setteth forth good wine, and when men have well drunk, then that which is worse. But thou hast kept the good wine until now. This beginning of miracles did Jesus in Cana of Galilee; and manifested his glory, and his disciples believed in him.” (John 2:1–11)

Commentary

The wedding feast of Cana is the first Biblical account of Mother Mary’s powerful intercession on our account. Here, despite Jesus’ assertion that it was not the time yet for miracles, he conceded to her request. In eternity, Mother Mary is constantly interceding to our re-crucified Jesus⁶⁷ at the foot of his cross for us. Jesus referred to his Mother as “woman” to tie up the Old and New Testament prophesies on Mother Mary, as outlined in the Glorious Mysteries of this Rosary Booklet. It’s worthwhile to note that drinking wine is not a sin, however getting drunk on it is, as our spiritual guard drops, gives evil the upper hand on us and we become more susceptible to sinning⁶⁸.

Suggested prayer for the living

Thank you, my Blessed Mother Mary, for praying for us sinners and for all of the miracles that you have asked your Son Jesus to concede to us throughout the ages. Thank you for hearing my petitions in this Rosary and presenting them to your Divine Son. Thank you for your motherly love for each one of us, without exception. All honour, power and glory to God the Father, the Son and the Holy Spirit, forever and ever. Amen.

Suggested prayer for the dead

My loving Lord Jesus Christ, I ask you to hear the call of your Blessed Mother, to free the souls in purgatory that her Immaculate Heart so desires, so that they, too can celebrate with you at your heavenly banquet. Amen.

Our Father ... Hail Mary [repeat ten times] ... **Glory Be ... Fatima Prayer ...**

The Proclamation of the Kingdom of God

Meditation

⁶⁷ “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)

⁶⁸ “And be not drunk with wine, wherein is luxury; but be ye filled with the Holy Spirit” (Ephesians 5:18). “Be sober and watch: because your adversary the devil, as a roaring lion, goeth about seeking whom he may devour.” (1 Peter 5:8).

“And after that John was delivered up, Jesus came into Galilee, preaching the gospel of the kingdom of God, and saying: The time is accomplished, and the kingdom of God is at hand: repent, and believe the gospel.” (Mark 1:14–15)

“And he said to them: Thus it is written, and thus it behoved Christ to suffer, and to rise again from the dead, the third day: And that penance and remission of sins should be preached in his name, unto all nations, beginning at Jerusalem.” (Luke 24:46–47)

“And when Jesus had heard that John was delivered up, he retired into Galilee: And leaving the city Nazareth, he came and dwelt in Capharnaum on the sea coast, in the borders of Zabulon and Nephtholim; That it might be fulfilled which was said by Isaias the prophet: Land of Zabulon and land of Nephtholim, the way of the sea beyond the Jordan, Galilee of the Gentiles: The people that sat in darkness, hath seen great light: and to them that sat in the region of the shadow of death, light is sprung up. From that time Jesus began to preach, and to say: Do penance⁶⁹, for the kingdom of heaven is at hand.” (Matthew 4:12–17)

“My ocean of love, my mercy, is endless for each one of you, my children: never ceasing, never ending. My love for you all, my children, is countless. Remember my children: I, your Jesus Christ, I am your light, the light of the world. Follow me, my footprints, in my light. I will give you rest for all eternity. You will never be lost. Amen.” (Jesus Christ to Fernanda de Sequeira⁷⁰, 2017)

“My dear children, I took up my cross with love for each one of you. Oh, my children, I did not promise paradise in this world. I did promise my kingdom of heaven for each one of you but you, my children, if you go through the narrow gate on this earth, it is easy to enter the wide gate in heaven. My dear children, I, your Jesus Christ, I carry the cross for you, but you my children, you do not see it. I carried it to alleviate your burdens, but you my children, you do not surrender all of your worries and concerns to me. You sometimes carry burdens that do not belong to you – anger, hatred, unforgiveness, bitterness, resentment – for years, and as you come to eternal life, you still bring them with you. I, your Jesus Christ, I set all the example in this world. I was born in a manger instead of richness, I was placed with a crown of thorns instead of a crown of jewels. I carried a cross that was not mine, but I carried it for the love of you. I forgave my enemies upon the cross but you, my children, do you forgive your enemies as per the example I set? My dear children, come to my Holy Mass regularly, come to Confession with a contrite heart, repent of your errors, faults, sins before it is too late. Tomorrow belongs to me. It might be too late. Receive my Precious Body worthy of me. Don't hurt me anymore with your horrendous sins, unconfessed sins. Oh, I am standing with my son priest in Confession to absolve you from all of your sins. Do not be afraid to confess if you have not been to Confession for many years. I am not there to judge you but to absolve you from all of your sins. This is the most beautiful present you can give me, your Jesus Christ. Leave all the unforgiveness, hatred and resentment behind you. I, your Jesus Christ, I am waiting for you with my open arms to receive you in my heart. Oh my dear children, pray for this chaotic world, for unity in families, for broken marriages, for all of my children's addictions, for my holy Church, for my holy pope, for my son priests. I, your Jesus Christ, I am waiting for the change of your hardened hearts. Love you enemies, your neighbours. Love your God, your Lord Jesus Christ with all of your hearts. My dear children, my love for you has no measurements, is round like a ring, it has no end. I bless you, I give you my peace, the peace of the Father, the Son and the Holy Spirit. Amen.” (Jesus Christ to Fernanda de Sequeira⁷¹, 2017)

⁶⁹ Jesus is calling us to the Sacrament of Penance (Confession or Reconciliation). St Peter also calls us to do Penance and be baptised in Acts 2:28.

⁷⁰ See “[Jesus Allows Fernanda to Reveal the Secret Prayers about the Atomic Bomb Threat and the Triple Six](#)” on 14/02/2017 in “Conversations” on www.alpha-omega.org.za.

⁷¹ See “[2017 New Year Message from Our Triune God and Mother Mary to Fernanda and the World](#)” on 01/01/2017 in “Conversations” on www.alpha-omega.org.za.

“My children find it difficult to forgive and to love one another, especially in their own families. If my children believed in my Son’s teachings about hell and purgatory, this would be a different world... my Son left in this world all the teachings, prophets, Bible, apostles, messengers and visionaries for my children to see and repent but they care only about material things – their souls are not important. They think and say that hell doesn’t exist. Oh, when my people complain and say that hell is already in this world, how painful it is for me and my Son to hear all of this. It is a very painful heartache to watch and see this kind of blasphemy and ignorance in my children. My daughter, my Son’s pains are very painful for me to witness.” (Mother Mary to Fernanda de Sequeira⁷², 2011)

“I was very joyous, so was my Blessed Mother, to consecrate this home to my Sacred Heart and my Mother’s Immaculate Heart. When a Mass is celebrated at any house, I will concede many graces and blessings to this family, especially the Enthronement – it is very powerful in my children’s homes. Tell my children they must celebrate Holy Mass at their homes and consecrate them to my Sacred Heart and to the Immaculate Heart of Mary. My children, they are ignorant of these special celebrations.” (Jesus Christ to Fernanda de Sequeira⁷³, 2017)

“Oh, my people sometimes are dried up because of a lack of knowledge, not knowing the roots of my Son Jesus’ teachings. Oh, their hearts are so dry. They need to be infilled with the wisdom of the Holy Spirit. Sometimes their hearts want to know more profoundly about my Son Jesus’ love and they hunger for the word of the living God, the Holy Bible. Yes, my Son Jesus Christ, he is the true light of the world, he is the founder of the Catholic Church, as he entrusted the Peter [Cephas], the Rock, as he said, “Peter on this Rock you will build my Church.” But my people, they turn to the other page in my Son Jesus’ living holy word. They are building more and more churches on different pillars, different cornerstones.” (Father God to Fernanda de Sequeira⁷⁴, 2017)

Commentary

Our Lord Jesus Christ came to this earth to show us how to live and left his Church behind to guide us and to administer his Sacraments for our spiritual growth and to strengthen in his love. These include Baptism, Confirmation, the Eucharist, Penance (Confession), the Anointing of the Sick, Holy Orders and Matrimony⁷⁵. Life is all about loving God and neighbour sacrificially, always keeping our hearts and minds focused on our Lord Jesus Christ, our Saviour, our healer, and living his way, as outlined in his Holy Bible. Living an obedient, humble and prayerful life, in communion with the saints in heaven and taking example from their lives, brings and immensity of graces to ourselves, our loved ones, families and future generations.

If we literally live the Our Father prayer, “Thy kingdom” will come into our hearts, homes and the world. We ask our Father to “give us this day our daily bread”, which is the Body and Blood of Christ, his Holy Eucharist, which many of us have the privilege of receiving daily in Masses throughout the world. However, very few take up the offer, barely making it to Mass on a Sunday, the Lord’s Day, as he instructs. Many don’t understand that when they ask our Father to “forgive us our trespasses as we forgive those who trespass against us”, they are asking God, “If I don’t forgive, don’t forgive me,” confirming Jesus’ words in Matthew 6:15, “If you will not forgive men, neither will your Father forgive you your offences.” The first step in deliverance of evil is to forgive those who hurt us. However, many hold onto their resentments towards

⁷² See “[Heaven is open for grateful, loving souls with humbleness towards Jesus and Mary – don’t ignore the fact that purgatory and hell exist](#)” on 19/01/2011 in “Conversations” on www.alpha-omega.org.za.

⁷³ See “[Masses in Homes and Consecrations to Jesus and Mary’s Hearts Bring Many Graces, so Do Prayers and Confessions for Non-Catholics](#)” on 06/02/2017 in “Conversations” on www.alpha-omega.org.za.

⁷⁴ See “[Enrique Shaw has to Be Canonised as a Saint; Jesus Is the Founder of the Catholic Church, the Key to Life and Marriages](#)” on 03/06/2017 in “Conversations” on www.alpha-omega.org.za.

⁷⁵ See the Catechism of the Catholic Church and “[God Explains the Significance of Baptism, Confession, Holy Communion and Confirmation](#)” in “Resources” on www.alpha-omega.org.za.

others, asking Our Father to “deliver us from evil” and then wonder why, despite repenting of their other sins, they don’t find Christ’s peace in their hearts. Prayer from the heart includes focusing on and making an effort to understand and live the words we are saying when we pray the rich set of traditional prayers of the Catholic Church, which were divinely revealed through the centuries and are deeply embedded in Scriptures.

Suggested prayer for the living

My loving Triune God, help me and all of your people to read your Holy Bible with our hearts to get a better understanding of your way, truth and life. I pray for all the non-believers and those who have gone astray, who do not know you or ignore your call. Help us to get to know you, to trust in you, to love you and to obey all of your teachings. Give us the grace to pray the Rosary daily, to regularly go to Confession with contrite hearts and to make reparation for our sins so we can receive Jesus’ Precious Body and Blood worthily in Holy Mass. Help us to proclaim your word, to carry our crosses with humility and sacrificial, unconditional love, to forgive one another, to do works of mercy and to grow in your love each day. Amen.

Suggested prayer for the dead

My loving Triune God, help your people to understand the importance of offering up prayers, sacrifices and Masses for the souls in purgatory, including those who have hurt us, so that they, too, can be released of their sufferings and enter the kingdom of heaven. Have mercy on those suffering souls in eternity who did not have time to repent and confess their sins on earth. Amen.

Our Father ... Hail Mary [repeat ten times] **... Glory Be ... Fatima Prayer ...**

The Transfiguration

Meditation

“And after six days Jesus taketh unto him Peter and James, and John his brother, and bringeth them up into a high mountain apart: And he was transfigured before them. And his face did shine as the sun: and his garments became white as snow. And behold there appeared to them Moses and Elias talking with him. And Peter answering, said to Jesus: Lord, it is good for us to be here: if thou wilt, let us make here three tabernacles, one for thee, and one for Moses, and one for Elias. And as he was yet speaking, behold a bright cloud overshadowed them. And lo, a voice out of the cloud, saying: This is my Beloved Son, in whom I am well pleased: hear ye him. And the disciples hearing, fell upon their face, and were very much afraid. And Jesus came and touched them: and said to them, arise, and fear not. And they lifting up their eyes saw no one but only Jesus. And as they came down from the mountain, Jesus charged them, saying: Tell the vision to no man, till the Son of man be risen from the dead. And his disciples asked him, saying: Why then do the scribes say that Elias must come first? But he answering, said to them: Elias indeed shall come, and restore all things. But I say to you, that Elias is already come, and they knew him not, but have done unto him whatsoever they had a mind. So also the Son of man shall suffer from them. Then the disciples understood, that he had spoken to them of John the Baptist.” (Matthew 17:1–13)

“I decided to go for a walk before my friends woke, but no sooner had I taken a few steps than Peter was beside me. ‘Did I wake you, my friend?’ I asked of him. ‘No, Lord, you did not. I woke as you were stretching, and when I saw you were going for a walk, I thought that I would accompany you, and we might pray together,’ he said. ‘Peter, it is a joy to have you by my side, and it would make me happy to pray with you,’ I replied, and then led Peter in the reciting of some psalms, before we opened our hearts in prayer to my Father in heaven. As I prayed, I felt my Father’s love filling me, and I embraced the Holy Spirit into my heart. United in the Trinity of love, my being resounded with joy. After what seemed an eternity, I finished my prayers and came back to earth, remembering Peter was with me. I turned to Peter who was prostrate on the ground with a look of awe on his face. ‘My friend, are you all right?’ I asked, even though I knew the answer. ‘Lord-Lord-Lord, I-I-I,’ he stuttered, lost for words. ‘Yes, Peter,’ I said, as I reached down to help him to his feet. He looked into my eyes, and shaking a little said, ‘Lord, it was incredible. As you were praying,

light started to shine from you, and then I could see through you. As I looked, I saw a white dove in your heart, and an older, kind looking man with his arms around you. All around were angels who sang with beautiful voices, 'Hosanna in the Highest.' There was a warm exciting feeling in the air. I can't describe it. I wasn't scared, Lord. It is just that I felt so small and I felt so unworthy, as if I shouldn't be there. As I looked at you, it was as if you, the Dove, and the older man were one, but yet you were not. I was very confused, for then I saw you bleeding from your side, and your blood was like a sea covering all the world. Lord, there were moments I thought I would die, because I started to feel so happy within, a happiness I never thought possible. Lord, it was wonderful, but I don't know how I will ever describe this.' 'You do not have to, Peter. This was for you. There will be many signs to tell people about, but keep this one for yourself and, in times of doubt, in times of trouble, and in times of fear, remember it and it will carry you through these moments,' I said, gently. 'But Lord, what did it all mean?' he asked, with a confused look still on his face. 'Peter, my friend, what you were seeing was the truth of God, the Holy Trinity, the Father, the Son, and the Spirit of God. This is the truth of God you will take to the world. This is the only truth... a truth you can never understand, but you have seen the Trinity. Now believe, and take this belief to the world, so that they, too, can live in the truth,' I said." (Jesus Christ to Alan Ames⁷⁶, 1996)

Commentary

Many saints throughout the ages have had the privilege of seeing our Lord Jesus Christ in visions, dreams and some in apparitions, such as St Faustina. In John 14, our Lord Jesus Christ makes it clear that if we love him, we must obey his commandments, then he will answer all our prayers and he will manifest himself to us⁷⁷. This is a promise of God to all without exception, yet very few wholeheartedly take up the offer – not making an effort to obey all of his commandments, not truly loving him nor desiring to see him on earth. Instead of carrying a lighter cross on earth for the love of Christ, they leave it until eternity where their sufferings are no longer meritorious, where the purification is more difficult and the suffering in yearning to see the face of God is immense. We must make an effort to love God with all our hearts, minds, body, soul and spirits, so we truly can see Christ with the eyes of our hearts and be filled with his light, joy and peace, in his image, as he created us to be.

Suggested prayer for the living

My Lord, my God, the King of Kings, the Alpha and Omega, I await in wondrous anticipation to see you in your full glory and majesty. Help me to accept the things I cannot see, the faith to understand your truth, the grace to do your holy will and the time to fulfil the mission you have planned for me on earth. Lift the scales off my eyes so that I can more clearly see you with the eyes of my heart and grow in your love each and every day. Help me to walk in your light and patiently await my reward in heaven. Amen.

Suggested prayer for the dead

My loving God, the souls in purgatory are aching to see you in your full glory and majesty, shining like the sun. Have mercy on them and release them into your vision in your heavenly kingdom. Amen.

Our Father ... Hail Mary [repeat ten times] ... Glory Be ... Fatima Prayer ...

The Institution of the Eucharist

Meditation

"And whilst they were at supper, Jesus took bread, and blessed, and broke: and gave to his disciples, and said: Take ye, and eat. This is my body. And taking the chalice, he gave thanks, and gave to them, saying: Drink ye all of this. For this is my blood of the new testament, which shall be shed for many unto remission

⁷⁶ See *Through the Eyes of Jesus*, Alan Ames, vol 2, "Vision of the Holy Trinity" on 5 December 1996.

⁷⁷ "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)

of sins. And I say to you, I will not drink from henceforth of this fruit of the vine, until that day when I shall drink it with you new in the kingdom of my Father.” (Matthew 26:26–29)

“I am the bread of life. Your fathers did eat manna in the desert, and are dead. This is the bread which cometh down from heaven; that if any man eat of it, he may not die. I am the living bread which came down from heaven. If any man eat of this bread, he shall live for ever; and the bread that I will give, is my flesh, for the life of the world. 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. This is the bread that came down from heaven. Not as your fathers did eat manna, and are dead. He that eateth this bread, shall live for ever. These things he said, teaching in the synagogue, in Capharnaum.” (John 6:48–59)

“For as often as you shall eat this bread, and drink the chalice, you shall shew the death of the Lord, until he come. 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 11:26–29)

“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” ... “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.” (John 6:27; Revelation 9:4)

“A simple wafer turns into the true living Body and Blood of my Son Jesus Christ. As my Son Jesus’ servants, his shepherds, being chosen by my Son Jesus Christ, during Holy Mass and at the time of Consecration turn this wafer (host) into the reality of the holy sacrifice of the Holy Mass, it becomes so precious, alive, to be my people’s strength, their daily bread, their food to enrich their souls, bodies and spirits, their salvation.” (Father God to Fernanda de Sequeira⁷⁸, 2017)

“My dear children, today I endure the crown of thorns on my Sacred Heart – worse pains than the ones on my Sacred Head. My children, do you know why? Because of the sins and sacrileges; blasphemies on my Mother’s virginity, on my Precious Body and Blood; when my children receive me unworthily, and when they use my Precious Body and Blood in the most disgusting ways outside of my church doors!” (Jesus Christ to Fernanda de Sequeira⁷⁹, 2015)

“My child, I, your Father God, I have chosen you at this moment as my Son Jesus did, for you to relay this message to my son priests and to the highest of my Church... My sons, I, your Father God am very profoundly hurt by what my people are doing to my Son’s Precious Body and Blood. My son priests, convey to your superiors what I am relaying to you. I want my children to receive my Son’s Precious Body in their mouths, not on their hands. I want them to receive my Son with respect, as he deserves, like the beginning of times. I want my holy pope to abolish this receiving of my Son in their hands – it is not acceptable anymore. My people receive my Son’s Body in their hands then, they hide him in the most outrageous places in their bodies. Oh, then they sell him at the church doors for money. My Son was sold 2,000 years ago for money (silver). He endured many pains and suffering. I no longer permit his pains and suffering through this

⁷⁸ See “[Enrique Shaw has to Be Canonised as a Saint; Jesus Is the Founder of the Catholic Church, the Key to Life and Marriages](#)” on 03/06/2017 in “Conversations” on www.alpha-omega.org.za.

⁷⁹ See “[2015 New Year Message for the World](#)” on 01/01/2015 in “Conversations” on www.alpha-omega.org.za.

atrocities. The time has come to stop, to abolish this. My Son's Precious Body is sold for satanic work and used especially with my youth. They use my youth, my innocent children, who are being lured into this evil trap like a fox's prey. My sons, I, your Father, I am very hurt to see all of this being done to my Only Begotten Son, whom I gave to die to save all of my people. If you had to see my Son's crown of thorns placed on his loving heart... I also want my children to genuflect when they receive my Son's Precious Body and Blood⁸⁰... My son priests are the only ones who can consecrate my Son's Precious Body and Blood, and they are supposed to be the only ones that give his Precious Body and Blood to all of our children. Only on special occasions, like visiting the sick, can lay people give my Son's Precious Body and Blood. I repeat: my son priests, bishops, cardinals and my son the pope are the only ones with this special blessing on their special day – blessed by my Son, Jesus Christ, whom I gave to the world to save all our children – there are no exceptions, he loves them all equally, and there are no favourites in my Son's merciful heart." (Father God to Fernanda de Sequeira⁸¹, 2011)

Commentary

The Holy Eucharist is the Body and Blood of Jesus, it is Jesus: we must receive him respectfully and in a state of grace so he can truly abide in us and us in him. We are all to labour to have the Body and Blood of Jesus worthily through regular and contrite Confession, otherwise it hurts Jesus when we receive him and we are spiritually worse off. If not in state of worthiness, it is better not to receive Jesus's Body, but rather to receive a blessing by crossing your arms on ones chest.

Holy Mass is Jesus' ongoing sacrifice in atonement for our sins and those of the whole world. When we attend Mass, we must in our hearts, offer up prayers and petitions to our Lord Jesus Christ. These are taken by our guardian angels to altar, which when offered up together with Jesus' sacrifice, is most pleasing to the Father. The graces that come to earth and the souls in purgatory as a result of our Mass offerings are immeasurable. This is why we must not only offer prayers for ourselves, but also for all people, in particular those for whom no one is praying.

The miracle of Consecration is a gift from God that priests receive at their ordination. The Holy Eucharist in Holy Mass is the apex of the Christian life, which is why evil tries so hard to break up God's Church, to downplay the role of priests and the importance of receiving Jesus worthily and respectfully. In the words of St Padre Pio, "If we only knew how God regards this sacrifice, we would risk our lives to be at a single Mass... It is easier for the earth to exist without the sun than without the holy Sacrifice of the Mass."

Suggested prayer for the living

My loving Jesus Christ, thank you for offering yourself to us as a living sacrifice in atonement for our sins in daily Masses around the world, for giving us your Body and Blood, our daily bread, in Holy Communion.

I pray that your people receive your Precious Body worthily through regular Confession so that you can abide in us and protect us with your seal in the last days. I pray that your Precious Body is handled exclusively by priests only in Holy Mass and received respectfully by all in the mouth and on the knees or genuflecting. Give your followers the graces to stay focused on you during Holy Mass, to sit as close to your tabernacle as possible and to offer meaningful petitions to you at Mass for the salvation of souls of both the living and the dead.

Suggested prayer for the dead

⁸⁰ Or ideally, kneel as confirmed in various other messages to Fernanda de Sequeira. For further proof of God's call on this topic, see "[We Must Humbly Implement Father God's Requests at Holy Mass](#)" by Charles Pritchard on 01/08/2016 in "Updates" on www.alpha-omega.org.za.

⁸¹ See "[Abolish Communion on Hands, Ignore False Prophets and Repent](#)" on 19/05/2011 in "Conversations" on www.alpha-omega.org.za

My loving God the Father, in the name of Jesus Christ of Nazareth, who offers his Body and Blood in atonement for our sins every second of the day, I offer this petition to you at your Son's altar at all the Holy Masses around the world today, for the release of souls in purgatory in await for entry into heaven.

Thank you, my Father, for your Son Jesus, and thank you, my Jesus, for your love, long-suffering and living sacrifice in Masses around the world every second of the day to save us sinners. Have mercy on all the suffering souls in eternity. Amen.

Our Father ... Hail Mary [repeat ten times] ... **Glory Be ... Fatima Prayer ... Hail Holy Queen ... Rosary Closing Prayer ...**

The Sorrowful Mysteries Rosary

Opening Reading

“But he was wounded for our iniquities, he was bruised for our sins: the chastisement of our peace was upon him, and by his bruises we are healed. All we like sheep have gone astray, every one hath turned aside into his own way: and the Lord hath laid on him the iniquity of us all. He was offered because it was his own will, and he opened not his mouth: he shall be led as a sheep to the slaughter, and shall be dumb as a lamb before his shearer, and he shall not open his mouth.” (Isaiah 53:5–7)

Opening Prayer ... Apostles Creed ... Our Father ... Hail Mary [repeat three times] ... **Glory Be ... Fatima Prayer ...**

The Agony in the Garden

Meditation

“And I said to them: If it be good in your eyes, bring hither my wages: and if not, be quiet. And they weighed for my wages thirty pieces of silver.” (Zachariah 11:12)

“Then went one of the twelve, who was called Judas Iscariot, to the chief priests, And said to them: What will you give me, and I will deliver him unto you? But they appointed him thirty pieces of silver. And from thenceforth he sought opportunity to betray him.” (Matthew 26:14–16)

“And they came to a farm called Gethsemani. And he saith to his disciples: Sit you here, while I pray. And he taketh Peter and James and John with him; and he began to fear and to be heavy. And he saith to them: My soul is sorrowful even unto death; stay you here, and watch. And when he was gone forward a little, he fell flat on the ground; and he prayed, that if it might be, the hour might pass from him. And he saith: Abba, Father, all things are possible to thee: remove this chalice from me; but not what I will, but what thou wilt. And he cometh, and findeth them sleeping. And he saith to Peter: Simon, sleepest thou? Couldst thou not watch one hour? Watch ye, and pray that you enter not into temptation. The spirit indeed is willing, but the flesh is weak. And going away again, he prayed, saying the same words. And when he returned, he found them again asleep, (for their eyes were heavy), and they knew not what to answer him. And he cometh the third time, and saith to them: Sleep ye now, and take your rest. It is enough: the hour is come: behold the Son of man shall be betrayed into the hands of sinners. Rise up, let us go. Behold, he that will betray me is at hand.” (Mark 14:32–42)

“I lay back to my thoughts of Judas and what was soon to come. I remembered the three young men who had been crucified in a village we had visited not that long ago. I remembered the mother crying over her son and thought how my Mother Mary's heart would be broken soon, and how she, too, would cry over me. I remembered the Centurion at that village, and how it would be he who placed the crown of thorns upon my head. I saw that at the moment the thorns pricked my skin, that the Centurion's thumb would also be pricked, and that as I bled he also would bleed. I saw how at that moment he would realize who I was, and

that he would see how wrong his life had been. Now, while the others would spit upon me, abuse me, and beat me, he could not. This Centurion would stand and look at me knowing how he had wronged me. How, as the blows rained upon my face, he would cry a little and look into my eyes with sorrow in his heart. How later as I carried the cross and I fell, unable to get up, it was he who would suggest someone from the crowd should help. Then with his heart breaking, but hidden under a well-trained soldier's face, he would look up at the cross on which I suffered, and whisper, "Forgive me, I am sorry." Then, looking at him, I would cry, "Father, forgive them, for they know not what they do," and he would know that I had forgiven him. Finally, after my last breath, this man would proclaim I was the Son of God to all who would listen. I lay there and thought how my sacrifice would change many, many more, and how many souls would find salvation in me and my offering of love to the Father." (Jesus Christ to Alan Ames⁸², 1997)

"Today bring to me the souls who have become Lukewarm, and immerse them in the abyss of my mercy. These souls wound my Heart most painfully. My soul suffered the most dreadful loathing in the Garden of Olives because of lukewarm souls. They were the reason I cried out: 'Father, take this cup away from me, if it be your will.' For them, the last hope of salvation is to run to my mercy." (Jesus to St Faustina⁸³, 1930s)

"My child, I, your Jesus, say to you, I repeat, all these pains during our conversation are my pains from the sinners, the lukewarm souls, from hatred, malice and many, many more sins. My children committed sacrileges, outrages, on my Precious Body and Blood." (Jesus Christ to Fernanda de Sequeira⁸⁴, 31/08/2011)

"I am your Father God, I came to convey this message to you, to pray and amend all of your sins in Confession. I am here to also ask you: pray, pray to appease my Son's Sacred Heart. Pray for this world, this sinister, sinful world. Oh, if every one of you says a prayer for this intention, how this world would be a better world. Pray for the sinners, the lukewarm, tepid souls, for the non-believers who hurt my Son Jesus' Sacred Heart the most." (Father God to Fernanda de Sequeira⁸⁵, 27/06/2016)

Commentary

Imagine Jesus' pain of knowing what was to come, knowing that he was to carry a cross of all of humankind's sins on earth and would still endure ongoing suffering in eternity while humankind remains in sin. He was all alone, abandoned by his friends, yet perfectly obedient to his Father in heaven, offering his body, mind, soul and divinity, for our salvation, in atonement for our sins and those of the whole world, knowing full well that so many would still reject and hurt him.

Are we prepared to do the same for even one person? Our families? Our friends? Our enemies? Lost souls for whom no one is praying, knowing that our reward is in heaven and not on earth? Or is it all on our terms, about ourselves, our comforts and earthly rewards instead? Are we also asleep in the hour that our Lord Jesus Christ needs us most, while we still have precious time to offer sacrifice and alleviate his suffering for the salvation souls?

Suggested prayer for the living

My loving Jesus Christ, despite your abandonment in the Garden of Gethsemane, you never abandoned us: you bring comfort to the lonely, peace to the anxious, joy to the depressed and hope to those in despair.

I pray for healing of the lukewarm souls, the ones who inflict horrendous pains on you today, and whom you foresaw would cause you the most pains when you asked your Father, if it was his will, to remove this

⁸² See *Through the Eyes of Jesus*, Alan Ames, Vol 3, "Brothers in Eternity" message on 17 November 1997.

⁸³ See "Diary of Saint Maria Faustina Kowolaska: Divine Mercy in My Soul", Faustina Kowalska, 1982.

⁸⁴ See "[Fernanda Feels Some of Jesus' Pains from the Lukewarm Souls: Love and Repentance from His Children are Jesus' Only Medicine](#)" on 31/08/2011 "Conversations" on www.alpha-omega.org.za.

⁸⁵ See "[Jesus' Second Coming Is Very Soon: Pray for Protection, Listen to the Holy Spirit in Your Heart and Don't Let the Enemy Poison Your Mind](#)" on 27/06/2016 in "Conversations" on www.alpha-omega.org.za.

chalice from you. Help them to obey your commandments. Turn their hearts of stone into hearts of flesh and give them the grace to repent before it is too late.

Eternal Father, have mercy on them and on the whole world. Amen.

Suggested prayer for the dead

My loving Jesus Christ, through the agony that you underwent in the garden, I ask you to have mercy on those who have died and who are now agonising in eternity to be with you, but have been abandoned in prayer by their loved ones on earth.

Have mercy on the souls who caused you the most pain, who are now suffering in eternity for their sins. Amen.

Our Father ... Hail Mary [repeat ten times] **... Glory Be ... Fatima Prayer ...**

The Scourging at the Pillar

Meditation

“Let us therefore lie in wait for the just, because he is not for our turn, and he is contrary to our doings, and upbraideth us with transgressions of the law, and divulgeth against us the sins of our way of life. He boasteth that he hath the knowledge of God, and calleth himself the son of God. He is become a censurer of our thoughts. He is grievous unto us, even to behold: for his life is not like other men's, and his ways are very different. We are esteemed by him as triflers, and he abstaineth from our ways as from filthiness, and he preferreth the latter end of the just, and glorieth that he hath God for his father. Let us see then if his words be true, and let us prove what shall happen to him, and we shall know what his end shall be. For if he be the true son of God, he will defend him, and will deliver him from the hands of his enemies. Let us examine him by outrages and tortures, that we may know his meekness and try his patience. Let us condemn him to a most shameful death: for there shall be respect had unto him by his words.” (Wisdom 2:12–20)

“And Jesus stood before the governor, and the governor asked him, saying: Art thou the king of the Jews? Jesus saith to him: Thou sayest it. And when he was accused by the chief priests and ancients, he answered nothing. Then Pilate saith to him: Dost not thou hear how great testimonies they allege against thee? And he answered him to never a word; so that the governor wondered exceedingly. Now upon the solemn day the governor was accustomed to release to the people one prisoner, whom they would. And he had then a notorious prisoner, that was called Barabbas. They therefore being gathered together, Pilate said: Whom will you that I release to you, Barabbas, or Jesus that is called Christ? For he knew that for envy they had delivered him. And as he was sitting in the place of judgment, his wife sent to him, saying: Have thou nothing to do with that just man; for I have suffered many things this day in a dream because of him. But the chief priests and ancients persuaded the people, that they should ask for Barabbas, and take Jesus away. And the governor answering, said to them: Whether will you of the two to be released unto you? But they said, Barabbas. Pilate saith to them: What shall I do then with Jesus that is called Christ? They say all: Let him be crucified. The governor said to them: Why, what evil hath he done? But they cried out the more, saying: Let him be crucified. And Pilate seeing that he prevailed nothing, but that rather a tumult was made; taking water washed his hands before the people, saying: I am innocent of the blood of this just man; look you to it. And the whole people answering, said: His blood be upon us and our children. Then he released to them Barabbas, and having scourged Jesus, delivered him unto them to be crucified.” (Matthew 27:11–26)

“Today [Holy Thursday], all over the world at my Church they are celebrating these mysteries of my Body, Soul and Divinity, my Precious Blood, which I shed tonight, Holy Thursday, and all of Good Friday, to purify and sanctify my children with my Precious Body and Blood. Today I introduced to my children the institution of the Eucharist. This is a very special night for all my children all over the world. My little one, tonight they took me overnight to the prison. They tied me all night to a pillar where I was waiting to be judged for a

crime I never committed. Oh, my suffering started today as they pushed me around from one side to the other side like a criminal. Yes, my child, I was falsely accused, they tied my hands, they tied me to a pillar and they started punching me, hitting me. Already there, they scourged me.” (Jesus Christ to Fernanda de Sequeira⁸⁶, 2017)

“My little one, yes, my Son, Jesus Christ, his heartache, his humiliation, being escorted to a cell at the house of Caiaphas. As they took my Son Jesus, tied with a rope, to a cell, a prison, my Son was already bleeding profusely. Oh, what they did to my Son Jesus for the love of you all. And I, his Father, I was witness to all that he was going through. My little lamb, you have in front of you the photo, the picture of my Son Jesus that you took in the house of Caiaphas where they took my Son Jesus Christ all night. My Petal, this photo that my Son allowed you to take on September 2009 with your camera, yes, this was for you only. My Son Jesus, he allowed that to happen – yes, this photo that you have in front of you of my Son Jesus and his beloved Mother in his chest. Mother Mary, she couldn’t be inside with her Son Jesus Christ, but she was alive, present in his heart. She accompanied her Son in every instant. She was in so much pain, as her Son Jesus was. Treasure this photo. This is unique, my Petal. Yes, the devil was even there tempting my Son Jesus to give up, showing him so much richness, trying to see if Mother Mary would tell her Son to stop. But she knew it had to be. She then waited patiently and was praying for her Son to be courageous, to persevere, to carry it for the salvation of all of his children. My child Fernanda, show my people this image from where my Son Jesus was taken to start his sacrifice and excruciating pains.” (Father God to Fernanda de Sequeira⁸⁷, 2017)

“My children released me this morning [on Good Friday] from Caiaphas’s house, the prison, where they kept me all night. Oh, my child, there they also started my interrogation, questioning and humiliation, the scourging at the pillar. My torment was unbearable but, my child, I knew it had to be that way. Oh, then they took me in front of a huge crowd. Pontius Pilate was hesitant, reluctant, to proceed with those atrocities – their wanting to condemn me. When he asked the crowd which one he should set free: me, their Jesus Christ, or Barabbas, the crowd shouted, “Set Barabbas free! Keep this one who calls himself the Son of God, Jesus of Nazareth. Crucify him, crucify him!” Yet Pontius Pilate had said, “I don’t find any crime in this man.” They kept saying, “Crucify him!” Pontius Pilate’s wife knew it was a mistake. She tried to tell her husband to set me free, but it was too late. The decision was already made. My children will never know what I endured today. They did the most repugnant *imundices*⁸⁸ things, and the foul language, false accusations...” (Jesus Christ to Fernanda de Sequeira⁸⁹, 2017)

“This Holy Week, which is from Holy Monday to Good Friday, my dear people: the pains, the excruciating, horrific pains that the world will never comprehend... Holy Week was the beginning of the pain and suffering but the bodily harm was from Holy Thursday, which was the beginning of my Son Jesus’ passion. On Good Friday, they did the most indecent things against my Son: they humiliated him with foul language, they scourged him, they tied him like a thief, punished him for a crime he never committed, falsely accused him in many ways, they took away his dignity by taking off his clothes and they massacred his body. What they did to my Son is too painful for some of you, and you will never understand my Son’s fifteen secret pains that my

⁸⁶ See “[Jesus Was Tortured Before His Trial and Tempted by Satan on Holy Thursday](#)” on 13/04/2017 in “Conversations” on www.alpha-omega.org.za.

⁸⁷ See “[Jesus Was Tortured Before His Trial and Tempted by Satan on Holy Thursday](#)” on 13/04/2017 in “Conversations” on www.alpha-omega.org.za. The miraculous photo can be downloaded from this same conversation.

⁸⁸ Portuguese to English translation: unclean

⁸⁹ See “[A Deeper Insight into Jesus and Mary’s Pains on Holy Thursday and Good Friday](#)” on 14/04/2017 in “Conversations” on www.alpha-omega.org.za.

people never knew of. Very few are aware of the extent of these secret pains.” (Father God to Fernanda de Sequeira⁹⁰, 2016)

“My daughter, I desire that you let everybody know the Fifteen Secret Tortures in order that every one of them be honoured... They fastened my feet with a rope and dragged me over the stepping stones of the staircase, down into a filthy, nauseating cellar. They took off my clothing and stung my body with iron joints. They attached a rope around my body and pulled me on the ground from end to end. They hanged me on a wooden piece with a slip knot until I slipped out and fell down. Overwhelmed by this torture, I wept bloody tears. They tied me to a post and pierced my body with various arms. They struck me with stones and burnt me with blazing embers and torches. They pierced me with awls; sharp spears tore my skin, flesh and arteries out of my body. They tied me to a post and made me stand barefoot on an incandescent metal sheet. They crowned me with an iron crown and wrapped my eyes with the dirtiest possible rags. They made me sit on a chair covered with sharp pointed nails, causing deep wounds in my body. They poured on my wounds liquid lead and resin and, after this torture, they pressed me on the nailed chair so that the nails went deeper and deeper into my flesh. For shame and affliction, they drove needles into the holes of my uprooted beard. They tied my hands behind my back and led me walking out of prison with strikes and blows. They threw me upon a cross and attached me so tightly that I could hardly breathe anymore. They threw at my head as I lay on the earth, and they stepped on me, hurting my breast. Then, taking a thorn from my crown, they drove it into my tongue. They poured into my mouth the most immodest excretions, as they uttered the most infamous expressions about me.” (Jesus Christ on his fifteen secret wounds to Sr Mary Magdalen⁹¹)

“I have given my body to the strikers, and my cheeks to them that plucked them: I have not turned away my face from them that rebuked me, and spit upon me. The Lord God is my helper, therefore am I not confounded: therefore have I set my face as a most hard rock, and I know that I shall not be confounded.” (Isaiah 50:6–7)

Commentary

Jesus endured horrific torture even before his trial – suffering that was beyond human comprehension. He could have crushed his tormentors in an instance with his divine power, yet he practised what he preached, he did not resist evil and instead, turned the other cheek⁹². Evil tried all it could to try and break Jesus’ Spirit, to try and get him to go against his commandments, but despite all he threw at him, he did not succeed. Do we do the same for our persecutors, our enemies, and pray for them, or do we choose to show our “power” and take vengeance instead, not trusting in our Lord Jesus Christ, our God, our Saviour?

Suggested prayer for the living

My Lord Jesus Christ, you came to set the captives free. Through the wounds that were inflicted on your flesh at the scourging of the pillar, set your children free who are trapped in the flesh, suffering from sexual lusts and other sinful addictions. Help those who cannot keep their peace in their trials and tribulations and allow themselves to be tormented by evil spirits of despair, anxiety, depression and suicide. Help them to stay focused on you, to stop worrying about this passing world and instead to fear their sins, their unconfessed sins, and to focus on the heavenly kingdom to come. Amen.

⁹⁰ See “[Lent and Holy Week Message: Sacrifices Help Alleviate Jesus’ Aching Heart](http://www.alpha-omega.org.za)” on 25/06/2016 in “Conversations” on www.alpha-omega.org.za.

⁹¹ Sister Mary Magdalen of Sancta Clara Order, Franciscan, who lived, died and was beatified in Rome. Jesus fulfilled the wish of this Sister, who ardently desired to know something about the secret sufferings that he endured the night before his death. This message was approved by Pope Clement XII, 1730–1740.

⁹² “You have heard that it hath been said, an eye for an eye, and a tooth for a tooth. But I say to you not to resist evil: but if one strike thee on thy right cheek, turn to him also the other” (Matthew 5:38-39).

Suggested prayer for the dead

My loving Jesus, through the Precious Blood that you shed for us at the scourging of the pillar and your most painful flesh wounds, I ask you to have mercy on and release those souls who are suffering in eternity as a result of their crimes against humanity and their desires of the flesh. Thank you my Jesus for your undying love for each one of us without exception, for coming to save us sinners. I love you Jesus. Amen.

Our Father ... Hail Mary [repeat ten times] **... Glory Be ... Fatima Prayer ...**

The Crowning with Thorns

Meditation

“He was offered because it was his own will, and he opened not his mouth: he shall be led as a sheep to the slaughter, and shall be dumb as a lamb before his shearer, and he shall not open his mouth.” (Isaiah 53:7)

“Then the soldiers of the governor taking Jesus into the hall, gathered together unto him the whole band; and stripping him, they put a scarlet cloak about him. And plating a crown of thorns, they put it upon his head, and a reed in his right hand. And bowing the knee before him, they mocked him, saying: Hail, king of the Jews. And spitting upon him, they took the reed, and struck his head. And after they had mocked him, they took off the cloak from him, and put on him his own garments, and led him away to crucify him.” (Matthew 27:27–31)

“I went to a prison for a crime I never committed. My Sacred Face was spat on. They put me through the most horrendous derision “*escarnios*”. They mocked me with a crown of thorns “*espinhos*” and reed in my hands. They laughed at me with the crown of thorns, calling to me, ‘If you are the King of the Jews, save yourself.’ They made me sit on a chair full of nails. They put the most disgusting things in my mouth – too horrible to describe.” (Jesus Christ to Fernanda de Sequeira⁹³, 2014)

“My people, help my Son’s pierced heart because of the sins of this world. His heart is being pierced with a crown of thorns worse than the pains being placed on him while he was carrying the cross on Via Dolorosa. Yes, my Son could have had a crown of jewels but it was a crown of thorns that perforated his Sacred Head. I am a loving Father God, a merciful Father but my people, my Son Jesus paid his price upon the cross for all of your sins. Today, he suffers tremendous pains that you, my precious children, will never know.” (Father God to Fernanda de Sequeira⁹⁴, 2016)

Commentary

God is supremely humble. Despite being infinitely more powerful than the entire universe he created and all its creatures in it, he chose to humble himself before all of creation, including his enemies, choosing a crown of thorns instead of a crown of jewels, to show us his way. Do we humble ourselves in front God and his people, or have we been deceived by his enemy and instead, seek personal power and status?

Suggested prayer for the living

My loving Lord Jesus Christ, through the merits of your crowning of thorns, deliver us from all evil spirits of pride, vanity and confusion, so that your gifts of humility, understanding and knowledge can renew our minds. Open our hearts to your love. Help those who are too proud to see the error in their ways, who seek power and status instead of heavenly rewards. Come and abide in us with your Holy Spirit, so that we can see this world through your eyes, the eyes of Jesus, not through the eyes of the enemy. Help this confused and chaotic world to see through the idolatry and false prophets of this world and to turn to you, the King of

⁹³ See “[A Message to the World on Jesus’ Crucifixion and the Importance of Repenting because Many Souls are Being Lost to Hell](#)” on 03/02/2014 in “Conversations” on www.alpha-omega.org.za.

⁹⁴ See “[A Message of Transformation for Attendees at a Life in the Spirit Seminar](#)” on 25/02/2016 in “Conversations” on www.alpha-omega.org.za.

Kings, the Saviour of the world, the Alpha and Omega, before it is too late. Through your crowning of thorns, help us to understand that the antidote to evil is humility and sacrificial love, and that we must never meet evil with evil, as many in this world are deceived into thinking. Amen.

Suggested prayer for the dead

My Jesus Christ, through your crowning of thorns and the pains you endured as a result of this humiliation, I ask you to have mercy on those souls in purgatory who are now paying the price for their lack of humility on earth. Amen.

Our Father ... Hail Mary [repeat ten times] **... Glory Be ... Fatima Prayer ...**

The Carrying of the Cross

Meditation

“Then therefore he delivered him to them to be crucified. And they took Jesus, and led him forth. And bearing his own cross, he went forth to that place which is called Calvary, but in Hebrew Golgotha.” (1 John 19:16–17)

“And as they led him away, they laid hold of one Simon of Cyrene, coming from the country; and they laid the cross on him to carry after Jesus. And there followed him a great multitude of people, and of women, who bewailed and lamented him. But Jesus turning to them, said: Daughters of Jerusalem, weep not over me; but weep for yourselves, and for your children. For behold, the days shall come, wherein they will say: Blessed are the barren, and the wombs that have not borne, and the paps that have not given suck. Then shall they begin to say to the mountains: Fall upon us; and to the hills: Cover us. For if in the green wood they do these things, what shall be done in the dry? And there were also two other malefactors led with him to be put to death.” (Luke 23:26–32)

“He carried a heavy cross and he fell three times. Oh, it was too difficult to get up and carry the cross for your salvation. He couldn’t get up but my Son Jesus Christ’s eyes focused on your eyes. He then got the strength to carry it until the end for the love of you.” (Father God to Fernanda de Sequeira⁹⁵, 2016)

“My humble servant, I, your Father, I have this to confide, to relay to you about this secret pain. My child, my Son Jesus has this tremendous pain upon his shoulder. The pain on my Son’s shoulder – oh, many of my children ignore this pain, many are very ignorant about this pain. I, your Father, I ask you to honour this pain on my Son’s left shoulder. Oh many ignore how tremendous this pain was, the weight upon his shoulder – it is my Son’s secret pain that he still endures every day because of the immense sins caused by his children.” (Father God to Fernanda de Sequeira⁹⁶, 2012)

“I want all of you to start a new beginning, a new year with more positivity and resolutions to change all of your hardened hearts into new hearts of flesh, to love your neighbours and to forgive your enemies as I, your Jesus forgave mine upon the cross. I was there watching each one of your sins, errors, faults and mistakes. I fell three times. My Mother was walking next to me, her heart was pounding, pierced with a sword. My Mother did not say a word, she only shed tears of blood: her eyes met my eyes, saying, “Courage – it is for a purpose.” The purpose was for you, my dear children. My Mother never cursed or used foul language against my enemies: she prayed and prayed because she knew that it had to be for your salvation. My dear children, I, your Jesus Christ, I have been watching each one of you. Oh, the changes of your hearts have been very little. My dear ones, I want you to be saved. My anguish and my aim is to see you back at my

⁹⁵ See “[A Message of Transformation for Attendees at a Life in the Spirit Seminar](http://www.alpha-omega.org.za)” on 25/02/2016 in “Conversations” on www.alpha-omega.org.za.

⁹⁶ See “[Rosary to Alleviate Jesus’ Pains on his Wounded Shoulder](http://www.alpha-omega.org.za)” on 28/01/2012 in “Prayers” on www.alpha-omega.org.za.

Church, at Confession and at my Holy Mass receiving me worthy of me.” (Jesus Christ to Fernanda de Sequeira⁹⁷, 2016)

“I found a secluded place, knelt down in prayer to my Father, and opened my heart to his love and his Spirit. Before me, I saw a path that was golden and glittering brightly, as my Father said, “With every step you take, you show this path to the world.” Then I saw the path leading to heaven, and in the future many people walking it. Some slipped from the path and fell onto my back, where they became a cross. As more and more fell onto my back, the cross became heavier, but I knew no matter how heavy it was, I would carry it. Some of the people on my back willingly jumped from it and disappeared into the dark. As they were falling, I was reaching out saying, “Take my hand, I will save you,” but some refused and were lost. My Father said to me, “No matter how heavy the cross, you will have the strength to carry it, for its weight is the weight of love.” Then the Spirit of God was with me, and united with my Father, the Trinity of love were one.” (Jesus Christ to Alan Ames⁹⁸, 1997)

Commentary

Jesus carried and still carries a heavy cross for our salvation. Even after he had risen, he still had his sacred wounds. Various saints over the ages have manifested similar stigmata wounds. Jesus also had severe wounds on his right shoulder from carrying the cross, but the one on his left was the most painful. Jesus revealed to St Bernard of Clairvaux, “I had on my shoulder, while I bore my cross on the way of sorrows, a grievous wound, which was more painful than the others, and which is not recorded by men. Honour this wound with thy devotion and I will grant thee whatsoever thou dost ask through its virtue and merit.”

Stigmatist, St Padre Pio of Pietrelcina revealed to Fr Karol Wojtyla (whom he prophesied would become pope, St Pope John Paul II) and after his death, in a vision to Brother Modestino Fucci, that the shoulder wound that he secretly bore was his most painful. Many of Christ’s saints have gracefully accepted a small taste of his suffering to alleviate his pains and to help bring more souls to salvation. We need to understand that our lightened crosses (trials, tribulations and sufferings) on earth are for a purpose and that it is Christ who gives us the strength to carry them. If we truly love and obey Jesus, we are able to carry a bigger cross and alleviate his suffering, too, to bring more souls to salvation.

Suggested prayer for the living

My loving Lord Jesus, you carried a heavy cross in atonement for our sins and endured the most horrific pains on your shoulder. Today, your pains are worse than ever as a result of more people sinning in the world, giving you a bigger cross to carry. Give us the strength to embrace our crosses in your love, to help to alleviate your suffering and help to bring more souls to salvation. When we fall, help us to get up again and strengthen our spirits in our trials and tribulations. Thank you for getting up for us every time you fell, for seeing through your mission to save us from the fires of hell, and for the continual sacrifices you are making for us. Amen.

Suggested prayer for the dead

My loving, Eternal, Undeified, Holy Triune God – the Father, the Son and the Holy Spirit – I pray for those souls in purgatory who did not embrace their purifying crosses on earth and are now are having to carry the heavier cross of their purification in eternity. Have mercy on these souls, in particular the most abandoned ones for whom no one is praying. Amen.

Our Father ... Hail Mary [repeat ten times] ... Glory Be ... Fatima Prayer ...

⁹⁷ See “[2016 New Year’s Message for the World](#)” on 01/01/2016 in “Conversations” on www.alpha-omega.org.za.

⁹⁸ See *Through the Eyes of Jesus*, Alan Ames, Vol 2, message on 12 January 1997.

The Crucifixion

Meditation

“My strength is dried up like a potsherd, and my tongue hath cleaved to my jaws: and thou hast brought me down into the dust of death. For many dogs have encompassed me: the council of the malignant hath besieged me. They have dug my hands and feet. They have numbered all my bones. And they have looked and stared upon me. They parted my garments amongst them; and upon my vesture they cast lots.” (Douay-Rheims: Psalm 21:16–19; Others: Psalm 22:16–19)

“And I looked for one that would grieve together with me, but there was none: and for one that would comfort me, and I found none. And they gave me gall for my food, and in my thirst they gave me vinegar to drink.” (Douay-Rheims: Psalm 68:21–22; Others: Psalm 69:20–21)

“And when they were come to the place which is called Calvary, they crucified him there; and the robbers, one on the right hand, and the other on the left. And Jesus said: Father, forgive them, for they know not what they do. But they, dividing his garments, cast lots. And the people stood beholding, and the rulers with them derided him, saying: He saved others; let him save himself, if he be Christ, the elect of God. And the soldiers also mocked him, coming to him, and offering him vinegar, and saying: If thou be the king of the Jews, save thyself. And there was also a superscription written over him in letters of Greek, and Latin, and Hebrew: THIS IS THE KING OF THE JEWS. (Luke 23:33–38)

“But I am a worm, and no man: the reproach of men, and the outcast of the people. All they that saw me have laughed me to scorn: they have spoken with the lips, and wagged the head. He hoped in the Lord, let him deliver him: let him save him, seeing he delighteth in him.” (Douay-Rheims: Psalm 21:7–9; Others: Psalm 22:7–9)

“And one of those robbers who were hanged, blasphemed him, saying: If thou be Christ, save thyself and us. But the other answering, rebuked him, saying: Neither dost thou fear God, seeing thou art condemned under the same condemnation? And we indeed justly, for we receive the due reward of our deeds; but this man hath done no evil. And he said to Jesus: Lord, remember me when thou shalt come into thy kingdom. And Jesus said to him: Amen I say to thee, this day thou shalt be with me in paradise.” (Luke 23:39–42)

“Now there stood by the cross of Jesus, his mother, and his mother's sister, Mary of Cleophas, and Mary Magdalen. When Jesus therefore had seen his mother and the disciple standing whom he loved, he saith to his mother: Woman, behold thy son. After that, he saith to the disciple: Behold thy mother. And from that hour, the disciple took her to his own.” (John 19:25–27)

“O God my God, look upon me: why hast thou forsaken me? Far from my salvation are the words of my sins⁹⁹. O my God, I shall cry by day, and thou wilt not hear: and by night, and it shall not be reputed as folly in me.” (Douay-Rheims: Psalm 21:2–3; Others: Psalm 22:2–3)

“And when the sixth hour was come, there was darkness over the whole earth until the ninth hour. And at the ninth hour, Jesus cried out with a loud voice, saying: Eloi, Eloi, lamma sabacthani? Which is, being interpreted, My God, my God, why hast thou forsaken me?” (Mark 15:33)

“As I hung on the cross in pain I looked into the hearts of those around me. I could see hate, anger, love, joy, sadness, pity, confusion and torment. I saw the hate the Pharisees had for a blasphemer. I saw the anger the soldiers had for a troublemaker. I saw the love my Mother has for me. I saw the joy of that love. I saw the sadness in her heart for me, her Son, being treated so. I saw the pity of those who gazed upon my broken

⁹⁹ “The words of my sins” refers to the sins of the world, which Jesus took upon himself.

body. I saw the confusion of my followers who wondered why this had to happen. Then I saw the torment of the evil one as he saw his defeat and the salvation of mankind.” (Jesus Christ to Alan Ames, 1996)

“Afterwards, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, said: I thirst. Now there was a vessel set there full of vinegar. And they, putting a sponge full of vinegar and hyssop, put it to his mouth. Jesus therefore, when he had taken the vinegar, said: It is consummated. And bowing his head, he gave up his spirit.” (John 19:28–30)

“And it was almost the sixth hour; and there was darkness over all the earth until the ninth hour. And the sun was darkened, and the veil of the temple was rent in the midst. And Jesus crying out with a loud voice, said: Father, into thy hands I commend my spirit. And saying this, he gave up his spirit.” (Luke 23:44–46)

“And behold the veil of the temple was rent in two from the top even to the bottom, and the earth quaked, and the rocks were rent. And the graves were opened: and many bodies of the saints that had slept arose, and coming out of the tombs after his resurrection, came into the holy city, and appeared to many. Now the centurion and they that were with him watching Jesus, having seen the earthquake, and the things that were done, were sore afraid, saying: Indeed this was the Son of God.” (Matthew 27:51–54)

“All of heaven trembled: the earthquake was seen and heard, the thunder was inexplicable to my people, the soldiers, the many people, the multitude, the crowds were in the streets, still perplexed, numbed, without understanding the meaning of all of this that was happening there in heaven as my Son Jesus Christ expired on the cross, his last breath, where he said, “Abba Father, why have you forsaken me?” He expired, but also, my Son Jesus, he was seeing the tepid lukewarm souls: that was also a great immensity of pain, knowing, foreseeing this kind of lukewarmness that was also taking place, and to see his pains being in vain.” (Father God to Fernanda de Sequeira¹⁰⁰, 2017)

“As I bled on the cross each drop of blood I shed was enough to soften the hearts of all the sinners in the world, if only they would accept it. As I cried to the Father to forgive them, the forgiveness asked was for all mankind if only they would accept it. As I drew my last breath it was a breath I share with all mankind a breath to cleanse mans’ souls if only they would accept it. As I look down from heaven I offer my love, my forgiveness and my saving grace to all mankind if only they will accept it.” (Jesus Christ to Alan Ames¹⁰¹, 1996)

“My little one, I, your Jesus know what you have been through but my child, this is for you to explain to my children how strong my pain is because of their sins. I wanted you to have some of my pains. Oh, when I was on my cross, suffering for all my children, my sciatic nerve, my child, was much worse than the pain you have. It was all of my sciatic nerves and all of my ligaments. All of my nerves from the bottom of my feet to my upper body were all stuck together. My precious child, those pains! None of my children will know or understand how I was hanging on that cross... My little Fernanda, today I suffered even more, more pains than those of my passion because of this cruel, dismantled, prognostic world: full of sins, full of hatred, war, blood shed from my innocent children. I repeat, my child, my time is coming, is near, for chastisement because there is no remorse, no compassion, no love, no unity between countries, between my people – only power, status and richness. It doesn’t matter who they hurt, money is the most important and their power in gaining access to evil, satanic work. Their Jesus, their God, doesn’t exist for them. Oh, when they come to eternal life, all of that stays behind. They enter into eternal life with no possessions at all, no

¹⁰⁰ See “[Rejoice, the Son of God Has Resurrected from the Dead to Come and Bring Salvation](#)” on 16/04/2017 in “Conversations” on www.alpha-omega.org.za.

¹⁰¹ See *The Lord of Love*, 2006, Alan Ames, www.alanames.org.

certificates, no money. Their black book is horrific, horrendous to open and see. Oh, how much they suffer in damnation of their darkest sins.” (Jesus Christ to Fernanda de Sequeira¹⁰², 2011)

“The pain goes deep into my heart with each sin that is committed. Each sin tears at my soul and each sin reminds me of how weak is man and how much help he needs. I offer this help on the cross, I offer this help through my mercy and I offer this help to all.” (Jesus Christ to Alan Ames¹⁰³, 1996)

“As I looked upon my family on earth while I hung on the cross I was aware of all the sins that have been and would be committed. Through all this I could still see the love that was there and which was often hidden. I knew sin would not stop on the day I died but it was defeated. How can this be? Surely if something is defeated it should stop! The defeat of sin was complete and sin will stop, it is only that mankind prolongs the final day of sin. Once mankind accepts evil is defeated it will stop, once mankind brings into the open its true self, the self of love, sin will stop. The evil one cannot accept his defeat and so he encourages mankind to allow sin to grow as he believes by this he can overcome the defeat I inflicted upon him by my sacrifice on the cross. He does not understand he has lost and no matter how much more mankind sins he can never win. Mankind must come to understand the only thing left before the final day is how many souls will be lost and how many will be saved. All can be saved if all want to be. Make the right decisions and end the agony on earth before it is the final day.” (Jesus Christ to Alan Ames¹⁰⁴, 1996)

“The pain I bore was the pain of love. The pain I bore was the pain of the birth of a new Church. The pain I bore was the pain of the reason for my coming. I came to build a new Church. The Church that was born in love to live in love. The Church that came into being by the sacrifice of my love on the cross. The Church that exists in my love. The Church that should reflect my love. The Church that should offer my love to all. The Church that should share in my sacrificial love every day. The Church that should find its strength in my love. The Church that I founded in my love...The Catholic Church.” (Jesus Christ to Alan Ames¹⁰⁵, 1997)

Commentary

The instant Jesus died, Satan saw his defeat, and salvation came to mankind. Despite everything Satan and his evil spirits tried to throw at Jesus’s mind, body, soul and spirit, they were unable to get him to sin throughout his entire life, from the temptations in the desert all the way to his passion and crucifixion. Satan in his blinded pride thought he would succeed in defiling the Son of God, as he did with Adam and Eve, and he thought he could get Jesus to abandon his mission for our salvation, but it was not to be. Jesus truly is our Saviour, our Redeemer, the King of Kings who came to set the captives free, those who embrace his love and mercy.

We need to follow Jesus’ example and focus on the salvation of our souls and all of humanity, realising that this world is just a passing by, that death has been conquered and that we truly will have eternal paradise in heaven if we choose to love God and his people. Jesus has left behind his Catholic Church to help us along our path. We should embrace it in love and be a part of his salvation plan, keeping our focus on him at all times, despite human weakness and frailty within the Church, building his Church up instead of breaking it down, and embracing all the redeeming graces, the Sacraments, it offers for our purification and sanctification.

Suggested prayer for the living

¹⁰² See “[Jesus Shares Some of His Passion Pains with Fernanda and How His Sufferings Are Worse Today Because of This Sinful World](#)” on 29/08/2011 in “Conversations” on www.alpha-omega.org.za.

¹⁰³ See *The Lord of Love*, 2006, Alan Ames, www.alanames.org.

¹⁰⁴ See *The Lord of Love*, 2006, Alan Ames, www.alanames.org.

¹⁰⁵ See *The Lord of Love*, 2006, Alan Ames, www.alanames.org.

My loving Lord Jesus, thank you for your unfathomable sacrifice, your cross of pain for our sins, your cross of salvation and hope. Through the nail wounds on your feet and the blood that you spilled through them, clear all the obstacles that are blocking us from walking in your footsteps; undo all the knots, chains and shackles that are holding us in bondage. Through the wounds on your knees, deliver us from evil spirits that are trying to keep us on the ground, drain us and slow us down from fulfilling our purpose, our mission, on this earth. Through the merits of the nail wounds on your hands, remove the ropes and handcuffs that are stopping our hands from praising you, glorifying you and working for your harvest. Through the merits of the lance wound on your side, cleanse our bodies, minds, souls and spirits us with your Precious Blood and water that came out of your Sacred Heart: "O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of mercy for us, I trust in you".

My loving Lord Jesus Christ, give me the strength to love sacrificially in your image, the fortitude to follow your way and the patience to bear my cross with you in love of God the Father, God the Son and God the Holy Spirit. Help me to be your servant, to hear your call and to use the gifts you have granted me for your glory, to help bring more souls to salvation. I pray for all in your Catholic Church, for a strengthening spirit of unification, evangelisation and understanding of your way, your truth and your life: the way of the cross. Amen.

Suggested prayer for the dead

My Father God, through the five sacred wounds that your Only Begotten Son, our Lord Jesus Christ, so lovingly endured on the cross to save us sinners, have mercy on all the suffering souls in eternity, your children whom you created with so much love.

All honour, power and glory to God the Father, the Son and the Holy Spirit. Amen.

Our Father ... Hail Mary [repeat ten times] ... **Glory Be ... Fatima Prayer ... Hail Holy Queen ... Rosary Closing Prayer ...**

The Glorious Mysteries Rosary

Opening Reading

"Let not your heart be troubled. You believe in God, believe also in me. In my Father's house there are many mansions. If not, I would have told you: because I go to prepare a place for you. And if I shall go, and prepare a place for you, I will come again, and will take you to myself; that where I am, you also may be. And whither I go you know, and the way you know. Thomas saith to him: Lord, we know not whither thou goest; and how can we know the way? Jesus saith to him: I am the way, and the truth, and the life. No man cometh to the Father, but by me." (John 14:1-6)

Opening Prayer ... Apostles Creed ... Our Father ... Hail Mary [repeat three times] ... **Glory Be ... Fatima Prayer ...**

The Resurrection

Meditation

"Because thou wilt not leave my soul in hell; nor wilt thou give thy holy one to see corruption." (Douay-Rheims: Psalm 15:10; Others: 16:10)

"And in the end of the sabbath, when it began to dawn towards the first day of the week, came Mary Magdalen and the other Mary, to see the sepulchre. And behold there was a great earthquake. For an angel of the Lord descended from heaven, and coming, rolled back the stone, and sat upon it. And his countenance was as lightning, and his raiment as snow. And for fear of him, the guards were struck with terror, and became as dead men. And the angel answering, said to the women: Fear not you; for I know that you seek

Jesus who was crucified. He is not here, for he is risen, as he said. Come, and see the place where the Lord was laid. And going quickly, tell ye his disciples that he is risen: and behold he will go before you into Galilee; there you shall see him. Lo, I have foretold it to you. And they went out quickly from the sepulchre with fear and great joy, running to tell his disciples. And behold Jesus met them, saying: All hail. But they came up and took hold of his feet, and adored him. Then Jesus said to them: Fear not. Go, tell my brethren that they go into Galilee, there they shall see me. Who when they were departed, behold some of the guards came into the city, and told the chief priests all things that had been done. And they being assembled together with the ancients, taking counsel, gave a great sum of money to the soldiers, saying: Say you, His disciples came by night, and stole him away when we were asleep. And if the governor shall hear this, we will persuade him, and secure you. So they taking the money, did as they were taught: and this word was spread abroad among the Jews even unto this day. And the eleven disciples went into Galilee, unto the mountain where Jesus had appointed them. And seeing him they adored: but some doubted. And Jesus coming, spoke to them, saying: All power is given to me in heaven and in earth. Going therefore, teach ye all nations; baptizing them in the name of the Father, and of the Son, and of the Holy Spirit. Teaching them to observe all things whatsoever I have commanded you: and behold I am with you all days, even to the consummation of the world.”
(Matthew 28:1–16)

“And on the first day of the week, very early in the morning, they came to the sepulchre, bringing the spices which they had prepared. And they found the stone rolled back from the sepulchre. And going in, they found not the body of the Lord Jesus. And it came to pass, as they were astonished in their mind at this, behold, two men stood by them, in shining apparel. And as they were afraid, and bowed down their countenance towards the ground, they said unto them: Why seek you the living with the dead? He is not here, but is risen. Remember how he spoke unto you, when he was in Galilee, Saying: The Son of man must be delivered into the hands of sinful men, and be crucified, and the third day rise again. And they remembered his words. And going back from the sepulchre, they told all these things to the eleven, and to all the rest. And it was Mary Magdalen, and Joanna, and Mary of James, and the other women that were with them, who told these things to the apostles. And these words seemed to them as idle tales; and they did not believe them. But Peter rising up, ran to the sepulchre, and stooping down, he saw the linen cloths laid by themselves; and went away wondering in himself at that which was come to pass. And behold, two of them went, the same day, to a town which was sixty furlongs from Jerusalem, named Emmaus. And they talked together of all these things which had happened. And it came to pass, that while they talked and reasoned with themselves, Jesus himself also drawing near, went with them. But their eyes were held, that they should not know him. And he said to them: What are these discourses that you hold one with another as you walk, and are sad? And the one of them, whose name was Cleophas, answering, said to him: Art thou only a stranger to Jerusalem, and hast not known the things that have been done there in these days? To whom he said: What things? And they said: Concerning Jesus of Nazareth, who was a prophet, mighty in work and word before God and all the people; And how our chief priests and princes delivered him to be condemned to death, and crucified him. But we hoped, that it was he that should have redeemed Israel: and now besides all this, today is the third day since these things were done. Yea and certain women also of our company affrighted us, who before it was light, were at the sepulchre, And not finding his body, came, saying, that they had also seen a vision of angels, who say that he is alive. And some of our people went to the sepulchre, and found it so as the women had said, but him they found not. Then he said to them: O foolish, and slow of heart to believe in all things which the prophets have spoken. Ought not Christ to have suffered these things, and so to enter into his glory? And beginning at Moses and all the prophets, he expounded to them in all the scriptures, the things that were concerning him. And they drew nigh to the town, whither they were going: and he made as though he would go farther. But they constrained him; saying: Stay with us, because it is towards evening, and the day is now far spent. And he went in with them. And it came to pass, whilst he was at table with them, he took bread, and blessed, and brake, and gave to them. And their eyes were opened,

and they knew him: and he vanished out of their sight. And they said one to the other: Was not our heart burning within us, whilst he spoke in this way, and opened to us the scriptures? And rising up, the same hour, they went back to Jerusalem: and they found the eleven gathered together, and those that were staying with them, Saying: The Lord is risen indeed, and hath appeared to Simon. And they told what things were done in the way; and how they knew him in the breaking of the bread. Now whilst they were speaking these things, Jesus stood in the midst of them, and saith to them: Peace be to you; it is I, fear not. But they being troubled and frightened, supposed that they saw a spirit. And he said to them: Why are you troubled, and why do thoughts arise in your hearts? See my hands and feet, that it is I myself; handle, and see: for a spirit hath not flesh and bones, as you see me to have. And when he had said this, he shewed them his hands and feet. But while they yet believed not, and wondered for joy, he said: Have you any thing to eat? And they offered him a piece of a broiled fish, and a honeycomb. And when he had eaten before them, taking the remains, he gave to them. And he said to them: These are the words which I spoke to you, while I was yet with you, that all things must needs be fulfilled, which are written in the law of Moses, and in the prophets, and in the psalms, concerning me. Then he opened their understanding, that they might understand the scriptures. And he said to them: Thus it is written, and thus it behoved Christ to suffer, and to rise again from the dead, the third day: And that penance and remission of sins should be preached in his name, unto all nations, beginning at Jerusalem. And you are witnesses of these things. And I send the promise of my Father upon you: but stay you in the city till you be endued with power from on high.” (Luke 24:1–49)

“But Mary [Magdalen] stood at the sepulchre without, weeping. Now as she was weeping, she stooped down, and looked into the sepulchre, and she saw two angels in white, sitting, one at the head, and one at the feet, where the body of Jesus had been laid. They say to her: Woman, why weepest thou? She saith to them: Because they have taken away my Lord; and I know not where they have laid him. When she had thus said, she turned herself back, and saw Jesus standing; and she knew not that it was Jesus. Jesus saith to her: Woman, why weepest thou? Whom seekest thou? She, thinking it was the gardener, saith to him: Sir, if thou hast taken him hence, tell me where thou hast laid him, and I will take him away. Jesus saith to her: Mary. She turning, saith to him: Rabboni (which is to say, Master). Jesus saith to her: Do not touch me, for I am not yet ascended to my Father. But go to my brethren, and say to them: I ascend to my Father and to your Father, to my God and your God. Mary Magdalen cometh, and telleth the disciples: I have seen the Lord, and these things he said to me. Now when it was late that same day, the first of the week, and the doors were shut, where the disciples were gathered together, for fear of the Jews, Jesus came and stood in the midst, and said to them: Peace be to you. And when he had said this, he shewed them his hands and his side. The disciples therefore were glad, when they saw the Lord. 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. Now Thomas, one of the twelve, who is called Didymus, was not with them when Jesus came. The other disciples therefore said to him: We have seen the Lord. But he said to them: Except I shall see in his hands the print of the nails, and put my finger into the place of the nails, and put my hand into his side, I will not believe. And after eight days again his disciples were within, and Thomas with them. Jesus cometh, the doors being shut, and stood in the midst, and said: Peace be to you. Then he saith to Thomas: Put in thy finger hither, and see my hands; and bring hither thy hand, and put it into my side; and be not faithless, but believing. Thomas answered, and said to him: My Lord, and my God. Jesus saith to him: Because thou hast seen me, Thomas, thou hast believed: blessed are they that have not seen, and have believed. Many other signs also did Jesus in the sight of his disciples, which are not written in this book. But these are written, that you may believe that Jesus is the Christ, the Son of God: and that believing, you may have life in his name.” (John 20:20–31)

“And that he was buried, and that he rose again the third day, according to the scriptures: And that he was seen by Cephas [Peter]; and after that by the eleven. Then he was seen by more than five hundred brethren at once: of whom many remain until this present, and some are fallen asleep. After that, he was seen by James, then by all the apostles. And last of all, he was seen also by me, as by one born out of due time.” (1 Corinthians 15:4–8)

“I am alive, as my Father God’s desire that his Only Begotten Son be crucified, died, laid in a tomb for three days and then to be risen from the dead for the salvation of all of you. I am the redeemer of all of your sins. I paid my price to save you all. I am your Saviour. I conquered death. I am your loving Jesus Christ. Oh, my dear children, my love for you is an ocean of mercy. My dear ones, my pain was unbearable, beyond human understanding and comprehension. I did it for the love of you. My pains were incomprehensible to you... the pains! But I was carrying the cross of your sins. I fell three times. I couldn’t get up, but I looked at each one of you and I then regained my strength to carry it till the end. My love for you is for all eternity. I love you unconditionally. I am alive. I bring you a new life, a new beginning. I am the true, only true love, the light of a new life. Live, my dear children, with this, my light, and you will never peril, you will never be lost. I have risen for you to have life in abundance (John 10:10). This is me, your Lord Jesus Christ. I came at this hour, as I have risen from my tomb. I ask you all, my precious children: live your life within me, your Jesus. I want you to live forever in my kingdom of heaven. Don’t let my pains, my sufferings be in vain. I came to ask you: transform your lives, change your hardened hearts. Leave your sinful lives now. Don’t fall into darkness. Follow me, my light. You won’t be lost. I have resurrected to be with you, to take care of you. You are my sheep, my flock, I am searching for the lost ones. I came to save the sinners. Don’t ever go astray from me. I am your light. Come, follow me. I am waiting for you. Live within me, stay with me. I love you all. I have no favourites. My love is sufficient for you if you chose to be with me till eternity in paradise. You are mine. Take my hand. Hold it tight. I will take care of you.” (Jesus Christ to Fernanda de Sequeira¹⁰⁶, 2017)

“Today, alleluia, heaven rejoices! Alleluia! The Son of Man, the King of the Jews has risen from the dead! Salvation comes to the world today – my accomplishment to entrust my Son Jesus this task of so much pain and suffering. Yes, my Son, during those forty days, fasting and in prayer, saw all the excruciating pains that he would undergo. He didn’t hesitate to accept them. His love for you is an extreme ocean of mercy. Rejoice! Today your Saviour Jesus Christ is truly risen from the dead. The tomb: the stone is taken away from the door of the tomb. Glory be to God, glory be to the Son of the living God! He has risen! He is alive! He is the redeemer of your sins. My Son Jesus paid a huge price, which is being taken for granted. He is love. He is Lord. He is King. He is your friend. He is your brother. He is your saviour. Love him, respect him with all your hearts. Amen.” (Father God to Fernanda de Sequeira¹⁰⁷, 2017)

“My children think I do not suffer anymore after my death. Oh my children, my pierced heart is like having a crown of thorns, worse than the one that was placed on my head during my passion when I was being scourged. If only my children would see my pains that I still endure because of the atrocities of their sins. Only a few of my devoted children alleviate my pains with their love for me and my Mother. Oh, I desire my children to amend their ways of life, to stop committing atrocities in their sinful daily lives. Oh, my aching heart.” (Jesus Christ to Fernanda de Sequeira¹⁰⁸, 2016)

¹⁰⁶ See “[I Am Your Risen Lord, Your Light, Your Love: I Am Waiting for You, Come and Follow Me](#)” on 16/04/2017 in “Conversations” on www.alpha-omega.org.za.

¹⁰⁷ See “[Rejoice, the Son of God Has Resurrected from the Dead to Come and Bring Salvation](#)” on 16/04/2017 in “Conversations” on www.alpha-omega.org.za.

¹⁰⁸ See “[2016 Holy Saturday Message: if you Love Me, Obey My Commandments - I will Give you Abundance in Eternal Life](#)” on 26/03/2016 in “Conversations” on www.alpha-omega.org.za.

“For it is impossible for those who were once illuminated, have tasted also the heavenly gift, and were made partakers of the Holy Spirit, have moreover tasted the good word of God, and the powers of the world to come, and are fallen away: to be renewed again to penance, crucifying again to themselves the Son of God, and making him a mockery.” (Hebrews 6:4–6)

Commentary

The fact that Jesus is the only person ever to raise himself from the dead proves his divinity, and prior to departing, he confirmed that all power in heaven and earth has been given to him from his Father. The resurrected Lord was witnessed by more than 500 people at the time. He truly has come to give us new life.

St Paul saw Jesus in a vision, as has been the case of many of Christ’s saints and servants throughout the ages, proving that he truly is alive today. Jesus rose with his sacred wounds, which persist today in eternity because of our sins. Many saints experienced a small taste of these pains when they received their stigmata, which they carried in love of Christ to help to alleviate his suffering to help more souls to come to salvation. Prior to departing, Jesus made it clear that penance and remission of sins should be preached in his name, unto all nations – here he was referring to the Sacrament of Penance. Although Jesus forgives on repentance, our bondage to evil as a result of sin is remitted only through the Sacrament of Confession, which truly sets the captives free¹⁰⁹. Jesus also blessed and broke the bread, as his priests do today at the point of Consecration in Holy Mass, where the bread and wine becomes the Body and Blood of Christ.

Suggested prayer for the living

My loving Jesus Christ, you showed your divinity through your resurrection and left behind your Catholic Church with the healing sacrament of Confession for the remission of sins. Thank you for this act of love to free us from our bondage to sin. Through your glorious resurrection and ongoing suffering in atonement for our sins, I pray for the gift of new life in your people, for scales to be removed from eyes, for all to see you with the eyes of their hearts and bring you joy instead of pain. I pray for the conversions of sinners, for more people to embrace your Sacraments, to pray without ceasing and to obey your living Word on earth, as it is in heaven. Amen.

Suggested prayer for the dead

Our loving Jesus Christ, through your glorious resurrection, I pray that you will bring new life to your repentant children when you come to judge both the living and the dead. My Eternal Father, have mercy on those the purifying souls in eternity and bring them into your heavenly kingdom. Amen.

Our Father ... Hail Mary [repeat ten times] ... Glory Be ... Fatima Prayer ...

The Ascension

Meditation

“Lift up your gates, O ye princes, and be ye lifted up, O eternal gates: and the King of Glory shall enter in. Who is this King of Glory? The Lord who is strong and mighty: the Lord mighty in battle. Lift up your gates, O ye princes, and be ye lifted up, O eternal gates: and the King of Glory shall enter in. Who is this King of Glory? The Lord of hosts, he is the King of Glory” (Douay-Rheims: Psalm 23:7–10; Others Psalm 24:7–10)

“He that believeth and is baptised, shall be saved: but he that believeth not shall be condemned. 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. And the Lord Jesus, after he had spoken to them,

¹⁰⁹ See “[Setting the Captives Free: Unravelling the Powerful Sacrament of Confession](#)” in “Resources” on www.alpha-omega.org.za.

was taken up into heaven, and sitteth on the right hand of God. But they going forth preached everywhere: the Lord working withal, and confirming the word with signs that followed.” (Mark 16:16–20)

“And he led them out as far as Bethania: and lifting up his hands, he blessed them. And it came to pass, whilst he blessed them, he departed from them, and was carried up to heaven. And they adoring went back into Jerusalem with great joy. And they were always in the temple, praising and blessing God. Amen.” (Luke 24:50–52)

“They therefore who were come together, asked him, saying: Lord, wilt thou at this time restore again the kingdom to Israel? But he said to them: It is not for you to know the times or moments, which the Father hath put in his own power: But you shall receive the power of the Holy Spirit coming upon you, and you shall be witnesses unto me in Jerusalem, and in all Judea, and Samaria, and even to the uttermost part of the earth. And when he had said these things, while they looked on, he was raised up: and a cloud received him out of their sight. And while they were beholding him going up to heaven, behold two men stood by them in white garments. Who also said: Ye men of Galilee, why stand you looking up to heaven? This Jesus who is taken up from you into heaven, shall so come, as you have seen him going into heaven.” (Acts 1:6–11)

“The Lord said to my Lord: Sit thou at my right hand: Until I make thy enemies thy footstool.” (Douay-Rheims: Psalm 109:1; Others: Psalm 110:1)

Commentary

Prior to departing, our Lord Jesus Christ confirmed that his servants would cast out devils, speak with new tongues, fear no evil and be impervious to it, and heal the sick. Many in the Church today brand these servants of God (either lay people or priests who participate in this ministry) as fanatics and persecute them, often as a result of enviousness and jealousy, as the Pharisees of old did. The deliverance ministry is not reserved only for priests as our Lord Jesus confirmed in the Gospels¹¹⁰. It is interesting to note that when doing deliverances, demons obey you only when you command them out in the name of Jesus, proving the absolute divinity and dominion our Lord Jesus Christ, who truly came to set the captives free and to whom every knee will bow and every tongue confess that Jesus Christ is Lord¹¹¹. As Jesus was taken up into heaven, so he will come for his Second Coming: “And then shall they see the Son of man coming in the clouds, with great power and glory.” (Mark 13:26)

Suggested prayer for the living

My loving Jesus Christ, I look forward to the day when you come on the clouds of heaven with great power and glory. In anticipation of this great day, I pray for all of your followers on earth to fervently help you to bring souls to salvation, to cast out demons in your name, to be impervious to deadly things, to speak with new tongues, to perform miracles and to heal the sick.

I pray for those who serve your Church – your pope, bishops, priests, clergy and lay people – for your light to shine through them so that they can help to bring many non-believers and sinners to conversions while we still have time. Thank you Jesus for your love towards us, for never deserting us and being with us all the days of our lives. All honour, power and glory to the Father, the Son and the Holy Spirit. Amen.

Suggested prayer for the dead

¹¹⁰ “John answered him, saying: Master, we saw one casting out devils in thy name, who followeth not us, and we forbade him. But Jesus said: Do not forbid him. For there is no man that doth a miracle in my name, and can soon speak ill of me. For he that is not against you, is for you.” (Mark 9:37–39). See also Luke 9:49–50.

¹¹¹ “That in the name of Jesus every knee should bow, of those that are in heaven, on earth, and under the earth: And that every tongue should confess that the Lord Jesus Christ is in the glory of God the Father.” (2 Philippians 2:10–11)

My loving Lord Jesus Christ, I pray that through this Rosary and your glorious ascension into heaven that many souls will ascend from purgatory into heaven. Have mercy on all the suffering souls in eternity. Amen.

Our Father ... Hail Mary [repeat ten times] **... Glory Be ... Fatima Prayer ...**

The Coming of the Holy Spirit

Meditation

“In the beginning God created heaven, and earth. And the earth was void and empty, and darkness was upon the face of the deep; and the Spirit of God moved over the waters.” (Genesis 1:1)

“In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God.” (John 1:1)

“But the word is very nigh unto thee, in thy mouth and in thy heart, that thou mayst do it.” (Deuteronomy 30:14)

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

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

“And when the days of the Pentecost were accomplished, they were all together in one place: And suddenly there came a sound from heaven, as of a mighty wind coming, and it filled the whole house where they were sitting. And there appeared to them parted tongues as it were of fire, and it sat upon every one of them: And they were all filled with the Holy Spirit, and they began to speak with diverse tongues, according as the Holy Spirit gave them to speak. Now there were dwelling at Jerusalem, Jews, devout men, out of every nation under heaven. And when this was noised abroad, the multitude came together, and were confounded in mind, because that every man heard them speak in his own tongue. And they were all amazed, and wondered, saying: Behold, are not all these, that speak, Galileans? And how have we heard, every man our own tongue wherein we were born? Parthians, and Medes, and Elamites, and inhabitants of Mesopotamia, Judea, and Cappadocia, Pontus and Asia, Phrygia, and Pamphylia, Egypt, and the parts of Libya about Cyrene, and strangers of Rome, Jews also, and proselytes, Cretes, and Arabians: we have heard them speak in our own tongues the wonderful works of God. And they were all astonished, and wondered, saying one to another: What meaneth this? But others mocking, said: These men are full of new wine. But Peter standing up with the eleven, lifted up his voice, and spoke to them: Ye men of Judea, and all you that dwell in Jerusalem, be this known to you, and with your ears receive my words. For these are not drunk, as you suppose, seeing it is but the third hour of the day: But this is that which was spoken of by the prophet Joel: And it shall come to pass, in the last days, (saith the Lord), I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams. And upon my servants indeed, and upon my handmaids will I pour out in those days of my Spirit, and they shall prophesy. And I will shew wonders in the heaven above, and signs on the earth beneath: blood and fire, and vapour of smoke. The sun shall be turned into darkness, and the moon into blood, before the great and manifest day of the Lord come.” (Acts 2:1–20)

“Now concerning spiritual things, my brethren, I would not have you ignorant. You know that when you were heathens, you went to dumb idols, according as you were led. Wherefore I give you to understand, that no man, speaking by the Spirit of God, saith Anathema to Jesus. And no man can say the Lord Jesus, but by the Holy Spirit. Now there are diversities of graces, but the same Spirit; And there are diversities of ministries, but the same Lord; And there are diversities of operations, but the same God, who worketh all in

all. And the manifestation of the Spirit is given to every man unto profit. To one indeed, by the Spirit, is given the word of wisdom: and to another, the word of knowledge, according to the same Spirit; To another, faith in the same spirit; to another, the grace of healing in one Spirit; To another, the working of miracles; to another, prophecy; to another, the discerning of spirits; to another, diverse kinds of tongues; to another, interpretation of speeches. But all these things one and the same Spirit worketh, dividing to every one according as he will. For as the body is one, and hath many members; and all the members of the body, whereas they are many, yet are one body, so also is Christ.” (1 Corinthians 12:1–12)

“If I speak with the tongues of men, and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. And if I should have prophecy and should know all mysteries, and all knowledge, and if I should have all faith, so that I could remove mountains, and have not charity [love], I am nothing. And if I should distribute all my goods to feed the poor, and if I should deliver my body to be burned, and have not charity, it profiteth me nothing. Charity is patient, is kind: charity envieth not, dealeth not perversely; is not puffed up; Is not ambitious, seeketh not her own, is not provoked to anger, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth with the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. Charity never falleth away: whether prophecies shall be made void, or tongues shall cease, or knowledge shall be destroyed. For we know in part, and we prophesy in part. But when that which is perfect is come, that which is in part shall be done away. When I was a child, I spoke as a child, I understood as a child, I thought as a child. But, when I became a man, I put away the things of a child. We see now through a glass in a dark manner; but then face to face. Now I know in part; but then I shall know even as I am known. And now there remain faith, hope, and charity, these three: but the greatest of these is charity.” (1 Corinthians 13)

“Oh, my Son, Jesus Christ, his Holy Church celebrating Pentecost Sunday as it happened in the upper room, as you had the privilege to be there in the Holy Land, Jerusalem, Israel. Oh, the Apostles were astonished. They didn’t know what was happening to them, receiving tongues of fire. The Holy Spirit came upon them. They saw upon them, like they described “tongues of fire” and they started speaking in tongues according to where they came from. Yes, this was all the plan of our Father God, the Son Jesus Christ and the Holy Spirit, the Paraclete. Some of my children don’t know about this special gift being given to them on different occasions. Yes, my children, they have beautiful gifts, the seven gifts and fruits of the Holy Spirit, the charisms, and gifts of wisdom and knowledge that my children have many times, but they think because of this wisdom etc. etc. that these gifts are from themselves. No, nothing in them belongs to them. They must always be aware that they owe it to the Triune God as they are the Three-in-One Persons, inseparable, the Holy Trinity.” (Mother Mary to Fernanda de Sequeira¹¹², 2017)

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

¹¹² See “[The Gifts of the Holy Spirit Belong to God and Must Be Received in Humility and With Gratitude; Pray Intensely for This Decaying World](#)” on 04/06/2017 in “Conversations” on www.alpha-omega.org.za.

adore the Holy Spirit as the Holy Triune God, as the Three-in-One Persons inseparable.” (The Holy Spirit to Fernanda de Sequeira¹¹³, 2012)

Commentary

We must use our gifts from the Holy Spirit for the honour and glory of our Lord Jesus Christ, in Christ’s image, in accordance to his way, not the way of the world¹¹⁴. God’s true servants will exhibit all the fruits of the Holy Spirit, too, where the most important of these is charity – sacrificial love. Sometimes evil can make people think they have gifts from the Holy Spirit when in fact it is the opposite. Examples of these include false tongues, mocking spirits that mimic the gift of joy, false prophecies that manifest through “gifts” of automatic handwriting, deceptive visions, demonic voices in one’s head and so on¹¹⁵. This is why we are instructed to test the spirits before engaging with people that come across as “healers” with spiritual “gifts”. Jesus instructs us to discern the good from the bad by their fruits: God’s true servants will always be humble, charitable, forgiving, patient, gentle, calm and peace loving, and will be known for their works of mercy and unconditional love. They will never take offence at Catholicism or try to take people away from the Catholic Church, the Sacraments and our Blessed Mother Mary. Instead, they will participate in unity of Christ, in his Body, as various parts of the same Body of Christ. True servants of God will never deny the truth when shown it or twist the truth to suit themselves.

Being a servant of God is not only reserved for Catholics, so we should not put down others who may not yet understand the full truth. Instead we must humbly and gently try to draw them back to the Catholic Church, which is the pillar and foundation of truth¹¹⁶. God’s true servants will not become agitated, angry, jealous or envious of anyone who is trying to bring souls to Christ. It is the demonic spirit of malice, vanity, arrogance, enviousness and jealousy that seeks personal recognition and status and which tries to put obstacles in the paths of those who love our Lord Jesus Christ, often coming from within the Church, causing much damage and scandal within the Church today.

The way to acquire more gifts of the Holy Spirit is to love God and neighbour through total obedience to the Word of God, the Bible¹¹⁷, to pray without ceasing, in particular the Rosary, to regularly go to the Sacrament of Confession, to Receive the Body of Christ Worthily in Holy Mass (daily if possible), to make sacrifices for others and do works of mercy: this is the way of the saints, saints who endured much persecution for sake of the salvation of souls¹¹⁸.

Suggested prayer for the living

Come Holy Spirit, come by means of the powerful intercession of the Immaculate Heart of Mary, your well-beloved Spouse. Come, Holy Spirit, fill the hearts of thy faithful and enkindle in them the fire of thy love. Send forth thy Spirit and they shall be created. And thou shalt renew the face of the earth. Let us pray. O God, who instructed the hearts of the faithful by the light of the Holy Spirit, grant in us the same Spirit to be truly wise, and ever to rejoice in his consolation. Through Christ our Lord. Amen.

¹¹³ See “[The Truth of the Holy Spirit](#)” on 07/02/2012 in “Conversations” on www.alpha-omega.org.za.

¹¹⁴ See “[The Way of Christ Versus the Way of the World](#)” in “Resources” on www.alpha-omega.org.za.

¹¹⁵ See “[God is the Only Healer: Don’t Fall into Satan’s Traps When Seeking Healing](#)” in “Resources” on www.alpha-omega.org.za.

¹¹⁶ “But if I tarry long, that thou mayest know how thou oughtest to behave thyself in the house of God, which is the church of the living God, the pillar and ground of the truth.” (1 Timothy 3:15)

¹¹⁷ An undefiled one like the Douay-Rheims, not those that have been changed to suit personal agendas and take people away from the Church, its seven Sacraments and our Blessed Mother Mary, as was the case with many who broke away from the Church in the 16th century. Many Bibles in circulation today are plagued with errors, as the avid reader will discover when comparing the Bible verses in this booklet with others.

¹¹⁸ See “[How to Allow God’s Love and Graces to Shine through You](#)” in “Resources” on www.alpha-omega.org.za.

Our loving Holy Spirit, infill your children with your gifts of wisdom, understanding, counsel, fortitude, knowledge, godliness and fear of the Lord. Strengthen us with your fruits of love, joy, peace, patience, benignity, goodness, longanimity, mildness, faith, modesty, continency and chastity. Open up the hearts, minds and souls of your people to our Lord Jesus Christ and his Catholic Church.

My Triune God, pour out your Spirit upon us so that your divine presence can manifest in us, so that eyes will be opened: bring what is in the dark to the light so we can reconcile with God. Help those who are in darkness to see your way, truth and light before it is too late, before the great day of the Lord comes.

Praise be to our Lord Jesus Christ, the King of Kings, the Saviour of the world, the Alpha and Omega, who is, who was and who is to come. Amen.

Suggested prayer for the dead

My merciful, compassionate and loving Almighty God the Father, the Son and the Holy Spirit, I pray for the release of the souls in purgatory who are in await of our earthly prayers to enter heaven. Grant them the grace of being filled with love, joy and peace in the Holy Spirit in heaven. Release them from the furnace of divine justice, the purifying fires of purgatory where they have been atoning for their sins, and grant them the grace to see the Holy Face of God that they have been yearning for since they departed earth.

I ask this in the name of our Lord Jesus Christ, the Saviour of the world, the Redeemer of our sins. Amen

Our Father ... Hail Mary [repeat ten times] **... Glory Be ... Fatima Prayer ...**

The Assumption of Mary

Meditation

“And because they had not wisdom, they perished through their folly. Who hath gone up into heaven, and taken her, and brought her down from the clouds? Who hath passed over the sea, and found her, and brought her preferably to chosen gold?” (Baruch 3:28-30)

On Mary’s purity: the only unbaptised person, together with Jesus, to be called “full of grace” and “blessed” by all generations:

“Her children rose up, and called her blessed: her husband, and he praised her.” (Proverbs 31:28)

“One is my dove, my perfect one is but one, she is the only one of her mother, the chosen of her that bore her. The daughters saw her, and declared her most blessed: the queens and concubines, and they praised her. Who is she that cometh forth as the morning rising, fair as the moon, bright as the sun, terrible as an army set in array?” (Canticle of Canticles/Song of Solomon 6:9–10)

“To a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And the angel being come in, said unto her: Hail, full of grace, the Lord is with thee: blessed art thou among women.” (Luke 1:27–28)

“And the Word was made flesh, and dwelt among us, (and we saw his glory, the glory as it were of the only begotten of the Father), full of grace and truth.” (John 1:14)

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

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

In relation to the Assumption, Jesus Christ gave to his Catholic Church the authority to define truth:

“And I say to thee: That thou art Peter¹¹⁹; 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)

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

On 1 November 1950, invoking his dogmatic authority, Pope Pius XII defined the dogma of the Assumption:

“Hence the revered Mother of God, from all eternity joined in a hidden way with Jesus Christ in one and the same decree of predestination, immaculate in her conception, a most perfect virgin in her divine motherhood, the noble associate of the divine Redeemer who has won a complete triumph over sin and its consequences, finally obtained, as the supreme culmination of her privileges, that she should be preserved free from the corruption of the tomb and that, like her own Son, having overcome death, she might be taken up body and soul to the glory of heaven where, as Queen, she sits in splendour at the right hand of her Son, the immortal King of the Ages...

“For which reason, after we have poured forth prayers of supplication again and again to God, and have invoked the light of the Spirit of Truth, for the glory of Almighty God who has lavished his special affection upon the Virgin Mary, for the honour of her Son, the immortal King of the Ages and the Victor over sin and death, for the increase of the glory of that same august Mother, and for the joy and exultation of the entire Church; by the authority of our Lord Jesus Christ, of the Blessed Apostles Peter and Paul, and by our own authority, we pronounce, declare, and define it to be a divinely revealed dogma: that the Immaculate Mother of God, the ever Virgin Mary, having completed the course of her earthly life, was assumed body and soul into heavenly glory. Hence if anyone, which God forbid, should dare wilfully to deny or to call into doubt that which we have defined, let him know that he has fallen away completely from the divine and Catholic Faith.”

Jesus Christ on the Assumption to his End of Times messenger, Fernanda de Sequeira¹²⁰:

“While I was dying upon the cross, I said, ‘Woman, this is your son,’ and to John, the obedient apostle, I said, ‘John, this is your Mother.’ My son John the apostle then took my Mother to Ephesus in Turkey but it was too dangerous there. Then, John took my Mother, ‘his Mother’, to his house. My Mother lived a normal life until the age of sixty-six years old. Then, the angels took my Mother in her sleep to heaven, in body, soul and spirit, pure as crystal water, without any sin while she lived on earth. Yes, my children are saying my Beloved Mother died: no, she was taken in her sleep to the beam of heaven, she ascended to heaven. Oh, it was beautiful to see how the angels carried my Mother.”

Commentary

Mother Mary is the only unbaptised person, together with our Lord Jesus Christ, to have been called full of grace in the Bible, confirming her Immaculate Conception (born without original sin) as dogmatically

¹¹⁹ In John 1:42, Jesus changed Simon’s name to “Cephas”, which means “Rock” in Aramaic. Jesus spoke Aramaic, which is also confirmed in Matthew 27:46 where he called out “Eli, Eli, lamma sabacthani,” on the cross. In Matthew 16:18, Jesus was referring to building his Church on Peter, Cephas, “this rock”, not a physical rock as some have incorrectly assumed. The confusion has arisen because of the differing grammatical structures of the various translations into different languages.

¹²⁰ See “[Mother Mary Did not Die: She Was Taken in Her Sleep, Aged 66, by Angels to the Beam of Heaven](#)” on 11/02/2016 in “Conversations” on www.alpha-omega.org.za.

declared by the Church by Pope Pius IX in 1854 and as Mother Mary confirmed to St Catherine Labouré in 1830, St Bernadette in 1858 and various other visionaries.

Notice in John 1:14 that Jesus Christ was additionally born full of truth because he was God the Son and the entirety of the truth belongs only to Triune God, the Spirit of truth. The Bible mentions generational sins in various places and because God is undefiled, so, too did Mother Mary have to be to encompass the Son of God in her womb (see Jeremiah 31:22). The reference to Mother Mary in the Song of Solomon (see Revelation 12:1), the perfect one, alludes to her sin-free status, so, too does her blessedness together with Christ's declared blessedness in Luke 1:42. Jesus and Mary truly are our new Adam and Eve, born without original sin, never sinning in their lives, to the demise and fury of the dragon, Satan, who arrogantly thought he could get them to sin on earth.

Jesus' crucifixion and resurrection destroyed death¹²¹ and because Mary stayed sin free, she did not have to pass through death, as would have been the case of Eve if she had not sinned¹²². Mary therefore did not die, as some falsely claim today; she was assumed body and soul into heaven in her sleep, as confirmed by our Lord Jesus Christ to Fernanda de Sequeira.

Suggested prayer for the living

My dear Mother Mary, created by God, honoured by God, pure as crystal water, greeted with a hail by the Angel Gabriel: thank you for agreeing to be the Mother of the Saviour of the world, our Lord Jesus Christ. Blessed are you amongst women. Wrap us in your Virginal Mantle. Protect us from evil and help us through God's power to obey your Son's commandments.

Mother Mary, free from all sin, taken body, soul and spirit to the beam of heaven by the angels: pray for us sinners, now and at the hour of our death. Amen.

Suggested prayer for the dead

My Almighty God the Father in heaven, our Loving Jesus Christ, the Saviour of the world and the Holy Spirit, our breath of life, you took our Blessed Mother Mary's pure body, soul and spirit into heaven. My Almighty God, through my Blessed Mother Mary's tears of blood, I humbly ask that as many souls as this prayer allows to be released from purgatory into their heavenly home in await. I pray in particular for my deceased family and the most abandoned souls for whom no one is praying. Amen

Our Father ... Hail Mary [repeat ten times] **... Glory Be ... Fatima Prayer ...**

The Coronation of Mary

Meditation

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

"I am the mother of fair love, and of fear, and of knowledge, and of holy hope. In me is all grace of the way and of the truth, in me is all hope of life and of virtue. Come over to me, all ye that desire me, and be filled

¹²¹ "But is now made manifest by the illumination of our Saviour Jesus Christ, who hath destroyed death, and hath brought to light life and incorruption by the gospel" (2 Timothy 1:10)

¹²² "But of the tree of knowledge of good and evil, thou shalt not eat. For in what day soever thou shalt eat of it, thou shalt die the death." (Genesis 2:17)

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

“Thy throne, O God, is for ever and ever: the sceptre of thy kingdom is a sceptre of uprightness. Thou hast loved justice, and hated iniquity: therefore God, thy God, hath anointed thee with the oil of gladness above thy fellows. Myrrh and stacte and cassia perfume thy garments, from the ivory houses: out of which the daughters of kings have delighted thee in thy glory. The queen stood on thy right hand, in gilded clothing; surrounded with variety.” (Douay-Rheims: Psalm 44:7–10; Others: Psalm 45:7–10)

Mary, the “woman” of the Old and New Testament:

“I will put enmities between thee and the woman, and thy seed and her seed: she shall crush thy head, and thou shalt lie in wait for her heel.” (Genesis 3:15)

“How long wilt thou be dissolute in deliciousness, O wandering daughter? For the Lord hath created a new thing upon the earth: A woman shall compass a man.” (Jeremiah 31:22)

“And Jesus saith to her: woman, what is that to me and to thee? My hour is not yet come.” (John 2:4)

“When Jesus therefore had seen his mother and the disciple standing whom he loved, he saith to his mother: woman, behold thy son.” (John 19:26)

“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.” (Revelation 11:19–12:1)

“Arise, O Lord, into thy resting place: thou and the ark, which thou hast sanctified.” (Douay-Rheims: Psalm 131:8; Others: Psalm 132:8)

“One is my dove, my perfect one is but one, she is the only one of her mother, the chosen of her that bore her. The daughters saw her, and declared her most blessed: the queens and concubines, and they praised her. Who is she that cometh forth as the morning rising, fair as the moon, bright as the sun, terrible as an army set in array?” (Canticle of Canticles/Song of Solomon 6:9–10)

“And when the dragon saw that he was cast unto the earth, he persecuted the woman, who brought forth the man child.” (Revelation 12:13)

“And the dragon was angry against the woman: and went to make war with the rest of her seed, who keep the commandments of God, and have the testimony of Jesus Christ.” (Revelation 12:17)

“‘I will put enmity between you and the Woman, between your offspring and hers.’ Thus did the Lord speak of me, addressing himself to the serpent when, by means of him, sin entered in at the beginning of the history of the human race. Enmity between me and Satan; between the woman and the serpent; between my cohort and his; between good and evil; between grace and sin. To walk along my way, there can be no descending to compromise with evil, because this road winds its way only over [the terrain] of enmity between these two opposed realities. My Son Jesus became the sign of this contradiction and has been given to you by the Father for the salvation and the ruin of many. You are now living in obscure times, because in all kinds of ways an attempt is being made to reach a compromise between God and Satan; between good and evil; between the spirit of Jesus and the spirit of the world. Many are running the danger of becoming victims of this general confusion, and even in my Church a false spirit, which is not that of Jesus the Son of God, is seeking to spread itself about. Like a cloud of invisible poison gas, a spirit which jumbles the things of God with those of the world is expanding and succeeding in depriving the Word of God of its

vigour and in despoiling the announcement of the Gospel of its force! Assisted by me and following along the road which Jesus has traced out for you, you must fight against the evil one, against sin, against error and infidelity. If, by divine privilege, I have been exempt from all sin, even original sin, it is because I have been appointed by the Most Holy Trinity as Leader of this terrible battle, which involves heaven and earth, heavenly and earthly spirits. It is a great and continuous struggle, often invisible, and at this time it has become general. In the Apocalypse, it has been foretold how the woman clothed in the sun will conduct the battle against the red dragon and all his followers. If you want to second my plan, you must do battle, my little ones, as children of a Mother who is a leader in battle. Fight against sin and against compromise with the weapon of prayer and of suffering. In hiddenness and confidence, in the humble fulfilment of your daily duties, in the perfect imitation of Jesus and in poverty and contempt for the world and for your own selves, join me in waging this battle each day. After the present triumph of evil, which has succeeded in subduing the world, in the end the victory will be solely that of my Son Jesus. He alone is the Victor. The outcome of the great struggle, through which we are living, will be his glorious Reign of peace and of goodness, of justice and of holiness, which will be established in the world and will shine forth resplendently in the hearts of all. Thus will be brought to completion the plan of enmity, of struggle and of victory in the triumph of my Immaculate Heart.” (Mother Mary to Fr Stefano Gobbi¹²³, 1982)

“My Mother will crush the serpent’s head in the end, but for this we need intense prayers.” (Jesus Christ to Fernanda de Sequeira¹²⁴, 2010)

“Oh, Mother Mary, she is a powerful intercessor to her Son Jesus. My people must acknowledge Mother Mary as the Queen of Heaven, crowned to be a perfect Mother to all of her children. She is the most obedient Mother. She is so perfect, without sin. I have chosen her to be the Mother of the Saviour of the whole world. My Children must respect Mother Mary. She is the most sanctified of heaven.” (Father God to Fernanda de Sequeira¹²⁵, 2012)

“You can’t come to my Son’s Heart and not to his Mother’s Immaculate Heart because they are always inseparable.” (Father God to Fernanda de Sequeira¹²⁶, 2012)

“Why does my Mother Mary plea and cry Tears of Blood? Because her Immaculate Heart and my Sacred Heart are pierced because of all of these perfidious sinners, broken marriages, families in disunity, quarrels, not talking to one another, hatred and unforgiveness. All of these hurt me and my Mother, and when my children come to eternity with all of this garbage, unconfessed sins and no repentance in their hearts, to face the face of God the Father, and God the Son Jesus Christ with the black book with many sins, oh, my pains at that moment are very painful. But my children continue in this world, ignoring these, our messages, which have been divulged all over the world from my messengers and my Mother’s visionaries. My Mother appears in many different places all over the world. It was and it is for the same reason: my pains, to pray the Rosary, repent, Confession, love one another, pray for conversions and ‘my Son Jesus’ heart is suffering intense pains’. All of these message are all about the same thing ‘Come to my Son’s heart’. My aim is to save my children. I bleed for the salvation of souls.” (Jesus Christ to Fernanda de Sequeira¹²⁷, 2017)

¹²³ See *Our Lady Speaks to Her Beloved Priests, The Marian Movement for Priests*, Fr Stefano Gobbi, 7th Oceania Edition, September 1992.

¹²⁴ See [“Children who Have Been Brought up in Lukewarm Environments Are Rapidly Influenced into Satanism - This Is How to Protect Them”](#) on 12/07/2010 in “Conversations” on www.alpha-omega.org.za.

¹²⁵ See [“Jesus’ Second Coming Will Be Very Painful: All Must Acknowledge Jesus as the Son of God and Mother Mary as the Queen of Heaven”](#) on 05/01/2012 in “Conversations” on www.alpha-omega.org.za.

¹²⁶ See [“Open Your Heart to Jesus: He Will Take You to the Safe Path in Your Life, to Heaven – Don’t Let Confusion Destroy Your Body and Soul”](#) on 14/01/2012 in “Conversations” on www.alpha-omega.org.za.

¹²⁷ See [“Jesus’ Pains Did Not End 2,000 Years Ago: God Explains Why They Are Worse Than Ever Before: Repent Now While Time Permits”](#) on 22/02/2017 in “Conversations” on www.alpha-omega.org.za.

Commentary

Mother Mary is the perfect one, chosen by God, prophesied by God, as the one whom the dragon, Satan, is angry with and at war with because he was unable to get her to sin and is powerless in her presence.

Our Blessed Mother Mary, a humble woman, a creation of God, the Mother of the Saviour of the world, encompassed the way and the truth, Jesus Christ, in her womb, the ark of the new covenant, and remained pure throughout her life. She is the perfect created one, the woman who sacrificed so much for us, who Jesus gifted to us on the cross as our Mother.

After assuming body and soul into heaven, aged sixty-six, approximately seventeen years after the crucifixion of her Son Jesus, our Blessed Mother Mary received the honour of being crowned as the Queen of Heaven. Our Blessed Mother Mary, whom all generations have and will call Blessed, is as bright as the sun, terrible as an army set in array to Satan and his evil spirits who wander the world seeking the ruin of souls.

In the beginning, God prophesied that our Blessed Mother will crush Satan's head, and confirms the same today, but she needs our prayers. We must pray without ceasing and ask our Blessed Mother Mary to take our prayers to the abode of the heart of her Son Jesus at the foot of his cross, for the salvation of souls, for maximum souls to come to heaven in minimum time.

Suggested prayer for the living

Blessed Mother Mary, the Queen of Heaven and Earth who will crush the serpent's head, thank you for your undying love and intercessions for us, despite the horrific pains that we inflict upon your loving Son Jesus because of our sins. Cover us with your Virginal Mantle and pray for us, O holy Mother of God, so that we may be made worthy of the promises of Christ.

My Almighty Triune God, I pray for the alleviation of my Jesus and Blessed Mother's pains, and for more people to pray the Rosary for the salvation of souls. Amen.

Suggested prayer for the dead

My loving Father, my loving Jesus and the Holy Spirit, my Holy Triune God, thank you for crowning my Blessed Mother Mary as the Queen of Heaven. Through the powerful intercession of the Immaculate Heart of Mary and Mother Mary's tears of blood, I ask you to have mercy on the dead and alleviate their suffering through this prayer. I ask all the angels and saints in heaven, together with the holy souls in purgatory to pray for more of God's graces to come to earth, so that more souls will be saved and all can witness the Immaculate Heart of Mary triumphing in the end! Amen.

Our Father ... Hail Mary [repeat ten times] ... Glory Be ... Fatima Prayer ... Hail Holy Queen ... Rosary Closing Prayer ...