

Jesus Christ came to release us from our bondage to sin, to show us how to live, to lighten our crosses, and to open the gates of heaven for us. Jesus Christ makes everything possible. He is patiently waiting for you to turn to him.

Who is God?

Father God conveyed this message to Fernanda de Sequeira in 2017:



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 for 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 never let you sink into the deep seas. My Son Jesus is your anchor at all times.

What is love?

God is charity, the source of love. Love is kind, gentle, unselfish, pure, forgiving, generous, patient, faithful, compassionate, merciful, trusting, enduring, calm, peace-seeking, slow to anger, joyful, truthful, charitable, unconditional, sacrificial and humble.

Why the Catholic Church?

The Catholic Church is the true Church of God, founded by Jesus Christ, not man, and has the fruits to show for it. It is home to thousands of canonised saints from whom to draw example. It is also witness to more miracles than all other religious groups combined.

Why the Sacraments?

The Sacraments are God's gifts to cleanse and strengthen our souls, to bring God's love and peace into our hearts, and to help us to overcome evil. Enquire at your local Catholic Church about attending catechism classes and receiving the Sacraments of Baptism, Confession, Communion and Confirmation, amongst others.



Why pray for the dead?

Most people die in an impure state. By God's grace, before entering heaven, repentant souls pass through the fires of purgatory to purge the stains of sin on their souls. Our prayers alleviate their suffering and help them to reach heaven quicker. They will reciprocate this love by praying for you until you reach heaven.

Why ask the angels and saints in heaven for help?

God's will is done on earth as it is in heaven. The angels and saints in heaven, like us, are part of the Body of Christ. They are only too happy to pray for us, protect us and help us to fight evil spirits in the name of Jesus Christ.



What is life all about?

Life is a lesson, a passage, to learn and to grow into eternal life. Our crosses, lightened by Jesus, are a purification for eternal life. By repenting and living the way that God is asking us to, our capacity to sacrificially love God and our neighbour grows, which results in a greater reward in eternity.

How can I make a difference?

Truly seek to love God and your neighbour, then God will abide in you, reveal himself to you and show you how.

How can I be filled with God's peace and tranquillity

Step 1: Obey God's commandments
Jesus Christ told us that if we love him, we must obey his commandments, then he will abide in us, answer all our prayers and reveal himself to us. This brings us the Holy Spirit's gifts of wisdom, understanding, fortitude, counsel, knowledge, piety and fear of the Lord, as well as his fruits of love, joy, peace, patience, kindness, goodness, long-suffering, gentleness, faithfulness, modesty, self-restraint and chastity. When we disobey God's commandments, we deny the Holy Spirit in us and allow

evil spirits to oppress, obsess or possess us, which brings the opposite behaviour: confusion, ignorance, faint-heartedness, recklessness, blasphemy, unforgiveness, depression, anxiety, impatience, malevolence, selfishness, hardness, disloyalty, vanity, lust and addictions.

Step 2: Read the Bible and implement Jesus' teachings

The Bible is the only religious book that is prophetically, spiritually and historically accurate. As prophesied, miracles and healings continue in the holy name of Jesus. This is proof that the Bible is the Word of God.

The Latin Vulgate by St Jerome is the only authentic translation of the original Scriptures. This is why vernacular Bibles directly translated from the Latin Vulgate, such as the Douay-Rheims Bible, are highly recommended.

Step 3: Pray, pray the Rosary daily

Prayer is a partnership of love with God. God gives out his power and graces to the world through our prayers. Pray for the salvation of your family, friends, enemies and those for whom no one is praying: it makes the world a better place. The Catholic Church has a rich variety of divinely inspired prayers to draw from. The most powerful of these is the holy Rosary. The Rosary is a powerful petition through Mother Mary to her Son Jesus to help to overcome evil and to reveal Christ's mysteries to you: it is the weapon of our times.



Step 4: Make regular contrite

Confession

Our sins hurt Jesus, stain our souls and cause demonic oppression. The Sacrament of Confession releases us from that bondage, brings new life to our souls and allows us to develop our own strength in God's love.

Step 5: Receive the Body and Blood of Christ worthily at Holy Mass

Jesus tells us that unless we eat of his flesh and drink his blood, we will have no life in us (John 6:53). If we receive Jesus worthily at Holy Mass, through regular Confession, Jesus truly enters us and we can be in his image as his saints throughout the ages were. However, if we receive him unworthily we hurt him and are eating and drinking judgement upon ourselves (1 Corinthians 11:29). Holy Mass is Jesus' living sacrifice that persists for us, without which many more would suffer and not be saved.

Step 6: Fast and do works of mercy

Any sacrifice for the love of God and our neighbour brings us closer to Jesus. Fasting is the key in fighting the enemy, is food for our souls and makes our prayers stronger. Forgiving those who hurt us, loving sacrificially and doing good to others, sanctifies us and brings alleviation to Jesus' aching heart.

Step 7: Spend some time in Adoration

Jesus asks us to spend at least an hour a week with him in front of the Blessed Sacrament, from which many blessings will follow.

It all starts with a prayer

Father God conveyed this message and prayer to Fernanda de Sequeira in 2016:

My daughter Fernanda, this is a prayer to be recited for the End of Times, the Chastisement. My people must pray this prayer continuously. Pray for my Son Jesus' Sacred Heart and Mother Mary's Immaculate Heart. Pray to my Son Jesus for the conversion of sinners, for the End of Times. My Son's Second Coming is near. It is near, my Petal, my meek lamb. Time is running out. You will be going out to the world to relay this message. Pray as follows...

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 right shoulder]. Amen.

My God, my Lord Jesus Christ, my Saviour; my God the Father of all creation, you are my Father, my Creator. My Jesus Christ, I thank you for dying and suffering for my salvation. My Holy Spirit within me, my breath of life, give me the wisdom and knowledge to understand the will of God to save me. My Holy Trinity, the Three-in-One Inseparable: you are the strongest of heaven and earth.

My Lord Jesus Christ, you are my King. I repent of my sins. I acknowledge that you are the Son of God. Jesus Christ, save me, forgive me. I repent. I amend all of my sins. I am sorry for the many times that I have neglected and ignored you as my Saviour. I want to be saved by you my God, my Lord, my King, Jesus Christ. Please forgive me. I love you my Jesus. Amen

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 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.

Gloria 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.

My Holy Trinity, save my Soul.

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.

Mary my Mother, pray for me for my salvation, spare me from Gehenna through your intercession to your Son Jesus Christ.

In the name of the Father and the Son and the Holy Spirit. Amen.

For further information

Visit www.alpha-omega.org.za for further teachings, messages and prayers from our Triune God and Mother Mary.

COME TO JESUS CHRIST



**“I am Alpha and Omega,
the beginning and
the end...
I am the healer of thee”**



ALPHA + OMEGA
God's Way Till Eternity