

PRAY DAILY FOR PROTECTION

In the words of Father God to Fernanda:

“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, Memorare, St Michael the Archangel Prayer** and bless yourselves with holy water. My little ones are protected by these prayers.” (24/03/2017)

These daily prayers are included below.

Sign of the Cross

Bless yourself as follows: **In the name of the Father** [with an open palm, place your right-hand fingers on your forehead], **and of the Son** [place your right hand on your chest], **and of the Holy Spirit** [move your right hand from your left to your right shoulder]. **Amen.**

Armour of God

Pray this Ephesians 6 prayer every morning as a family. If your family members are not with you, include their names and pray it on their behalf:

Lord God, I pray for your strength and mighty power, to be clothed with the Armour of God so that I may be able to stand against the deceits of the devil – for our wrestling is not against flesh and blood, but against principalities and powers; against the rulers of the world, of this darkness; against the spirits of wickedness in high places. I take unto myself the Armour of God so that I may be able to resist evil today and stand in all things perfect. Gird my loins with the truth and arm me with the breastplate of justice. Shod my feet with the preparation of the Gospel of peace. In all things, give me the shield of faith to extinguish the fiery darts of the evil one. I take unto myself the helmet of salvation and the Sword of the Spirit, which is the Word of God; at all times praying and supplicating in the Spirit, watching and offering petitions for all the saints. Give me speech so that I may open my mouth with confidence to make known the mystery of the Gospel, for which I am an ambassador in

a chain, so that I may boldly speak as I ought to. Amen.

Cover me, Lord Jesus, with your Precious Blood from the top of my head to the tips of my toes, and Mother Mary protect me with your Virginal Mantle. Archangels Michael, Gabriel and Raphael, come with your troops of angels, the nine choirs of angels, my guardian angel, my patron saints and all the saints of heaven to protect me throughout the day. Amen.

Apostles Creed

I believe in God, the Father Almighty, the Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the power of the Holy Spirit, born of the Virgin Mary, 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 God the Father Almighty. From thence 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.

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.

Memorare

Remember, O Most Gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thine intercession, was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of Virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy clemency hear and answer me. Amen.

St Michael the Archangel Prayer

St Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O prince of the heavenly host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen.

Guardian Angel Prayer

Angel of God, my guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. Amen.

PRAY THE ROSARY DAILY

Mother Mary explains the importance of praying the Rosary to Fernanda:

“I, your Mother, I ask you in this new year of 2017, I repeat the same message many times 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 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.” (01/01/2017)

Additional prayers and meditations governing the Rosary are included here.

Rosary Opening Prayer

This Rosary Opening Prayer is 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; together with my Blessed Mother Mary, I am praying this Rosary for ...state your petition...

I ask this prayer through the intercession of my Most Blessed Mother Mary and all the angels and saints of heaven to come with us in this prayer. In particular, I ask the intercession of ...name saints... 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.

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 imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

Rosary Mysteries

The Rosary Mysteries are summarised here, with selected Scriptural references to meditate on when praying each Mystery. Use direct translations of the Latin Vulgate, such as the Douay-Rheims Bible.

Joyful Mysteries Rosary

- i. The Annunciation (Luke 1:26–38)
- ii. The Visitation (Luke 1:39–56)
- iii. The Nativity (Luke 2:4–20)
- iv. The Presentation in the Temple (Luke 2:21–35)
- v. The Finding of Jesus in the Temple (Luke 2:41–52)

Luminous Mysteries Rosary

- i. The Baptism of the Lord (Mark 1:4–13)
- ii. The Wedding at Cana (John 2:1–11)
- iii. The Proclamation of the Kingdom of God

(Mark 1:14–15)

- iv. The Transfiguration (Matthew 17:1–13)
- v. The Institution of the Eucharist (Matthew 26: 26–29)

Sorrowful Mysteries Rosary

- i. The Agony in the Garden (Mark 14:32–42)
- ii. The Scourging at the Pillar (Matthew 27:11–26)
- iii. The Crowning of Thorns (Matthew 27:27–31)
- iv. The Carrying of the Cross (John 19:16–17)
- v. The Crucifixion (Luke 23:33–46)

Glorious Mysteries Rosary

- i. The Resurrection (1 Corinthians 15:4–8)
- ii. The Ascension (Acts 1:6–11)
- iii. The Coming of the Holy Spirit (Acts 2:1–20)
- iv. The Assumption of Mary (Baruch 3:29)
- v. The Coronation of Mary (Rev 11:19–12:1)



How to Pray the Rosary

Bless yourself by making the **Sign of the Cross**. Announce the **Mysteries** on which you will be meditating – e.g. the Glorious Mysteries.

Begin with the **Rosary Opening Prayer**.

Referring to the numbers on the rosary above, and holding the rosary on the relevant bead:

1. On the crucifix, pray the **Apostles Creed**.
2. On the first isolated bead, pray the **Our Father**.
3. On each of the next three beads, pray the **Hail Mary**, meditating on faith, hope and charity.
4. On the isolated bead, pray the **Glory Be**, followed by the **Fatima Prayer**.

Pray Decade i as per steps 5 to 7:

5. On the next isolated bead, **announce the mystery** (e.g. The Resurrection for Decade i, The Ascension for Decade ii etc.) and read the Scriptural meditation if unfamiliar with it. Now pray the **Our Father**.
6. On each of the next ten beads, pray the **Hail Mary**, meditating on the respective mystery for this decade.
7. On the isolated bead, pray the **Glory Be**, followed by the **Fatima Prayer**.

For each mystery, repeat steps 5, 6 and 7, progressing around the rosary for Decades ii, iii, iv and v.

Conclude the Rosary with the **Hail Holy Queen** and **Rosary Closing Prayer**. Bless yourself by making the **Sign of the Cross**.

PRAY THE DIVINE MERCY CHAPLET

In the words of Mother Mary to Fernanda:

“My dear children, you can pray the Divine Mercy Chaplet for any intention. You can pray for the souls of purgatory and the most abandoned ones or any other intentions. Include this prayer as my humble servant prays for the dying of this hour, the moribunds: **‘Father, when your Son Jesus brings these, your children, in front of your throne, my Father, have mercy and compassion on these souls. Save them.’** This is a powerful prayer to save many souls from perishing.” (03/04/2016)

Start the Divine Mercy Chaplet by blessing yourself with the **Sign of the Cross**.

Opening prayer

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty yourself out upon us.

Repeat three times:

O Blood and Water, which gushed forth from the heart of Jesus as a fountain of mercy for us, I trust in you.

The Divine Mercy Chaplet

Say the **Our Father**, **Hail Mary** and **Apostles Creed**.

(A) On the isolated bead prior to Decade i,

say: **Eternal Father, I offer you the Body and Blood, Soul and Divinity of your dearly Beloved Son, our Lord Jesus Christ, in atonement for our sins and those of the whole world.**

(B) On each of the ten beads of Decade i, say:

For the sake of his sorrowful Passion, have mercy on us and on the whole world.

Repeat (A) and (B) above for Decades ii, iii, iv and v.

Conclude the Chaplet by saying the following three times:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Closing prayer

Eternal God, in whom mercy is endless and the treasury of compassion – inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to your holy will, which is love and mercy itself.

Bless yourself by making the **Sign of the Cross**.

PRAYERS ARE OUR ONLY HOPE

Jesus’ Sacred Heart is profusely hurt because of the sinful decay of this world today. If his pains aren’t alleviated, we will soon be chastised. Prayers from the heart do move mountains – they are our only hope for this world in turmoil. God is calling us to pray for the living, the dying and the dead; against Satanism and witchcraft; for Jesus’ way to be reinstated in schools and governments; against abortions, wars and crimes; for the Church, its missions, the clergy, priests, bishops, cardinals and the holy pope; for God’s servants; for the salvation of souls; for purity in the media; for the sick and marginalised; for fidelity and unity in marriages; for the persecution of Christians to stop; against the triple-six sign of the beast being placed on people; for the Chastisement to stop; for the alleviation of the pains of Jesus’ Sacred Heart and Mother Mary’s Immaculate Heart, and for many other petitions.



For more information and many other prayer and healing resources, visit www.alpha-omega.org.za.

COME AND PRAY AS JESUS ASKS



Jesus Christ to Fernanda de Sequeira:

“Oh my children, help me, your Jesus Christ, to fulfil my desire to save all of my children. Oh, more and more are coming to eternity and their souls are in damnation of sin. Oh my dear little ones, help me, your Jesus Christ, to save them. See, with your prayers, you are helping them to come to my heart. Pray the **Holy Rosary** and the other prayers given to my humble servant. There are a few that you can pray from the booklet. Pray the **Divine Mercy Chaplet** – it is very powerful, especially when it is prayed at 3 o’clock, my Divine Mercy hour, my mercy is unconditional. Or even a prayer from your heart is very much appreciated.

“I repeat: be my prayer warriors. If each one of you can save one soul, this is very powerful. Pray for the conversion of sinners and don’t forget to pray for the souls of purgatory and the most abandoned ones. They are thirsty for your prayers. These poor souls, they come to eternal life and many of them don’t have anyone praying for them. Oh, they are in so much anguish to come and see the Face of God, but more of these souls stay there for all eternity because of a lack of prayers.” (12/06/2017)