

*How to prepare
for the illumination of conscience ?*



Father John Ibould, exorcist and Fabienne Maria

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Table of content

- Presentation of Sulema, the seer
- Catechism of the Catholic Church : The particular Judgment and The Last Judgment
- Two Catholic priests speak out on Sulema messages
- Extracts from messages
- Messages from the three french books
- Jesus to Saint Faustina on confession
- A step-by-step guide to confession
- Examination of conscience on the 10 commandments
- St. Faustina's visions of Hell, Purgatory and Heaven

Meet the Love of God the Father





Sulema, born in El Salvador in 1954, has lived in Sherbrooke, Quebec, Canada, for 30 years with her husband Sabino Alas Gómez. They have two children. She has been receiving messages in french, a second language for her, from the Virgin Mary and Jesus for several years. A spiritual director accompanies her. The revelation, illumination of conscience, or “warning” as it was called in Garabandal, clearly shows that the world is headed for ruin if it continues to flout God's commandments. The world will soon be faced with a choice: for or against God, and will have to accept the consequences. It's up to each and everyone of us to prepare for this moment, and to begin a radical conversion today.

Sulema attended a very strict school run by sisters of the Mexican congregation of Our Lady of Guadalupe. At the age of six or seven, she had her first manifestation of Mother Mary. The first time she saw her, she looked at her, smiled without speaking. She completed all her elementary school and part of her secondary school with the sisters. She desired to become a nun at a young age, but permission was not granted. She continued her studies, and eventually chose to become an accountant. She worked but for a short period of time. In 1973, she met her future husband and married in December 1975. At times, she would attend retreats, but prayer was more a family affair. Five years after her marriage, the couple immigrated to Canada. They left El Salvador in June 1981, the same month and year as the beginning of the apparitions at Medjugorje. They arrived in Canada in July 1981. Locutions as such, dialogues and conversations began in late 1992. She received her first words around the age of 19.

Her husband was converted in Medjugorje. She prayed for his conversion for 26 years. Sulema says that the words she received were to direct, guide and train her. The real locutions began in 1992, and by the end of that year, they were loud and clear.

In 1995, she was accompanied spiritually by a nun who then encouraged her to be followed by a priest, because what she was going through was great.

Father Marcel Doré then accepted to become her spiritual father. He accompanied her for several years and gave her an extraordinary formation. He was a Foreign Missions priest, who ministered in various countries, notably Japan. He was a great help to her, but passed away on February 18, 2001.

Father Rubén who also was very supportive told her that these writings must be shared as they were for all God's children.

All the messages she received were discerned by two priests: Father Guy Giroux (now deceased), who was the work's spiritual advisor, and Father Rubén, her spiritual director.

The priests decided that the time had come to make these messages public.

Nine years later, the Canadian publisher Christian Laflamme offered to publish her book.

Editions du Parvis in Europe published the three volumes of messages which were published towards the end of 2010. The title of the books were given by Mother Mary.

Sulema hears a voice by inner locution. Sometimes this voice is in her heart, other times in her ear and the words are always spoken in french. These words are to be written down or spoken. The daily locutions are usually received early in the morning or in the evening when she is in deep prayer. At times, during the day, Sulema hears a call in her heart, and then must withdraw to write down the words spoken to her. She sometimes receives messages from Jesus, Mother Mary, God the Father, Saint Joseph, Saint Padre Pio, a Québec saint Dina Bélanger, Saint Michel the archangel and very rarely, her guardian angel. She has the opportunity to dialogue with the Divine Persons but she prefers to listen to what they have to say.

She once saw purgatory. It made her realize how much the Lord is offended by our sins, and how much souls suffer when they understand at the end, at the very last moment, that sin exists and how many souls sin out of ignorance. She cried as it hurt her to see the suffering of those poor souls in purgatory. People don't want to know about the existence of sin. When we stand before the Lord, we understand that, yes, sin does exist. When we go to confession, we think it's all over. But no, we still have to make amends for our sins. Some people say that the suffering of purgatory comes from not seeing the Lord. Indeed, there is this suffering due to remorse for the evil we've committed and could have avoided. There is also suffering due to the lack of reparation. This we ignore or find difficult to accept. We forget that to go to Heaven the soul must be purified of all its sins through the sacrament of God's forgiveness, and reparation.

Sulema writes the messages on a tablet. Afterwards, she dictates them to her husband and he transcribes them onto the computer.

Her Publisher "Christian Laflamme" sent a book to the attention of the Vicar General in the Archdiocese. Her bishop and parish priest are also aware of it. The Church remains neutral, and hasn't condemned nor defended the distribution of the book. Several priests invited her and her husband to give lectures and testimonials.

The Virgin Mary says there is a very strong link between Fatima, Medjugorje and her books. Mother Mary asks that we return to what she asked for at Fatima: devotion on the first five Saturdays of the month, communion of reparation, and as in Medjugorje, to follow the five "little counsels".

Mother Mary almost always presents herself as Mary, Queen of Peace. She makes many references to what she asks for in Medjugorje: going to confession, reading the Bible, receiving the Eucharist, praying the rosary, praying for unbelievers and fasting. Above all, she insists that we remain at peace. She says that at the moment, the strongest battle and trap we fall into is that of fear, because with fear, grace cannot flow, and we are unable to receive the strength, the courage necessary to go on. The book teaches us to return to the Lord by trusting him. "I've come to prepare you". This means that we must learn to live in peace and live today. In the title of the book : "I come to prepare you for this event : the illumination of conscience", the most important part is : "I've come to prepare you for this event".

Sulema also talks about God the Father. She says: "I can't explain it with human words, it's a love, an incredible tenderness, a majesty..."What does the Father want? That we let ourselves be loved by Him, that we know Him as a loving Father who loves his children.

Sulema says that they already received some wonderful testimonials of conversions, peace of the peace people feel when they read the messages. What really touches people, almost unanimously, is the peace and liberation. What we need to see in these revelations is the Lord's return in glory, that he is coming to establish his reign in our hearts. She says that Jesus' return will be in his glory and in our hearts. It is His glorious return. Mother Mary said that Jesus' glorious return will be before his last coming for the final judgment. He will come for a judgment that we are not yet prepared to receive: the illumination of conscience or warning. He will come unexpectedly. He will come through his Mother, through her Immaculate Heart to establish His Reign of peace, love and joy. When we hear, "Jesus is here, the Messiah is here!" we must not believe it. He must come into our hearts. Let us not be

deceived. The triumph of the Immaculate Heart of Mary prepares the coming of the glorious Reign of Jesus. He will come to establish His Kingdom in the world after having vanquished and annihilated evil. This return will involve the conversion of Jews, Christians, Muslims and atheists.

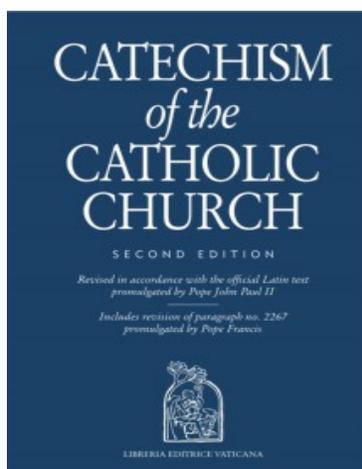
As far as the illumination of conscience is concerned, we're all going to experience this grace at the same time, wherever we are. For those in the state of grace, it will be the Illumination of conscience. For those who don't want to convert, return to grace and make peace with God the Father, it will be a Warning. Everyone will see where their sins have led them. We will all understand the importance of the sacraments, especially the sacrament of forgiveness, the importance of God's commandments and the Gospel. There will be the great purification, the New Pentecost, the triumph of the Immaculate Heart of Mary, the return of Jesus to usher in His glorious, purified reign of peace.

Europe will bear a heavy cross, and the destruction will be great. Canada will be hard hit, for it is turning its back on God. The United States will be most severely affected. As for the world, there will be many disasters all over. No one will be spared. We must all experience purification, and no place will be spared, the earth too must be purified.



Jesus : *“Why do I call it the illumination of conscience? Because you will all, at the same moment, be in the light of this movement of love. You'll enter your inner self to see yourself as I see you, and it won't be I who judges you, it'll be you. You'll see the good you've done and not done, and the harm you've done or caused others. That's why I'm asking you to go to the sacrament of Forgiveness so that you may be in a state of grace.”*

“Prepare yourselves, my children, for your eyes are about to see events that no eye has ever seen before. Time is very short. Do not be afraid, be glad, before I come as Judge, I will come as King of Mercy for you, my children of light... Be vigilant, do not let yourselves be distracted, keep your lamps lit.



Catechism of the Catholic Church

The Particular Judgment

1021 Death puts an end to human life as the time open to either accepting or rejecting the divine grace manifested in Christ. The New Testament speaks of judgment primarily in its aspect of the final encounter with Christ in his second coming, but also repeatedly affirms that each will be rewarded immediately after death in accordance with his works and faith. the parable of the poor man Lazarus and the words of Christ on the cross to the good thief, as well as other New Testament texts speak of a final destiny of the soul - a destiny which can be different for some and for others.

1022 Each man receives his eternal retribution in his immortal soul at the very moment of his death, in a particular judgment that refers his life to Christ: either entrance into the blessedness of heaven-through a purification or immediately, or immediate and everlasting damnation. At the evening of life, we shall be judged on our love.

The Last Judgment

1038 The resurrection of all the dead, "of both the just and the unjust," will precede the Last Judgment. This will be "the hour when all who are in the tombs will hear [the Son of man's] voice and come forth, those who have done good, to the resurrection of life, and those who

have done evil, to the resurrection of judgment."Then Christ will come "in his glory, and all the angels with him Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left.... and they will go away into eternal punishment, but the righteous into eternal life."

1039 In the presence of Christ, who is Truth itself, the truth of each man's relationship with God will be laid bare. The Last Judgment will reveal even to its furthest consequences the good each person has done or failed to do during his earthly life:

All that the wicked do is recorded, and they do not know. When "our God comes, he does not keep silence." . . . he will turn towards those at his left hand: . . . "I placed my poor little ones on earth for you. I as their head was seated in heaven at the right hand of my Father - but on earth my members were suffering, my members on earth were in need. If you gave anything to my members, what you gave would reach their Head. Would that you had known that my little ones were in need when I placed them on earth for you and appointed them your stewards to bring your good works into my treasury. But you have placed nothing in their hands; therefore you have found nothing in my presence."

1040 The Last Judgment will come when Christ returns in glory. Only the Father knows the day and the hour; only he determines the moment of its coming. Then through his Son Jesus Christ he will pronounce the final word on all history. We shall know the ultimate meaning of the whole work of creation and of the entire economy of salvation and understand the marvellous ways by which his Providence led everything towards its final end. the Last Judgment will reveal that God's justice triumphs over all the injustices committed by his creatures and that God's love is stronger than death.

1041 The message of the Last Judgment calls men to conversion while God is still giving them "the acceptable time, . . . the day of salvation." It inspires a holy fear of God and commits them to the justice of the Kingdom of God. It proclaims the "blessed hope" of the Lord's return, when he will come "to be glorified in his saints, and to be marvelled at in all who have believed."

Two Catholic priests speak out on Sulema messages

Dear readers,

After reading these short messages of love and tenderness, I notice that there are no statements contrary to the Catholic faith and that the purpose of these inspirations is to help us turn to God. The path the Lord proposes is one of love and abandonment to the Will of the Father, through the Virgin Mary, who helps us to understand the greatness and value of suffering offered to Jesus, who leads us to the cross, source of joy and hope, which is the true path to conversion. It's also a constant invitation to respond to the continual calls of Jesus and of our heavenly Mother, Mother Mary, in the sacraments, prayer, adoration, fasting and charity. I've found that with every invitation to conversion, Heaven blesses us ; let's take advantage of this Trinitarian and Marian blessing to draw the graces we need.

Father J. Rubén Riveros, priest - St-Étienne de Bolton, QC

Reading this volume, one might think : not another person who receives messages from Heaven. But yes! God, in his goodness and mercy, never ceases to choose witnesses to awaken his children who have fallen asleep and no longer know why they are on earth.

The situation is similar to Noah's time: people celebrated, ate and drank without bothering to heed God's call to conversion. Many people believe that the Church is living its final moments. Everything seems to be falling apart, but the Lord has promised to be with her until the end of time. I believe it deeply; He will do it because He is always faithful to His promises. The Church must go through her Good Friday in order to live Easter Sunday. These messages are full of freshness, inviting us to prayer, conversion, the sacraments of forgiveness and the Eucharist. Indeed, love has grown cold. Everywhere we see violence spreading. God suffers to see his children tearing each other apart. The remedy to this situation: raise our eyes to God, ask for the Light of his Spirit. By receiving this Light, like Saint Paul, scales will fall from our eyes so that we can see and live better. Remember the great city of Nineveh, which was converted following Jonah's proclamation. God's mercy is always at work. Jonahs are to be found all over the world. They speak forcefully, but we are deaf, too preoccupied with baubles. God's justice will help us discover what's essential : preparing our hearts for the Great Encounter. Shocking events are foretold, but the Lord tells us: "Do not be afraid. These events will happen for the good of all. Man needs to raise his eyes to God and cry out to him. To read this book, I recommend taking one message a day, meditate on it, pray about it and ask yourself how you can change your life to conform to the Gospel.

I bless every reader. I ask God to fill you with his Spirit, so that you may taste his peace and spread it around you.

Guy Giroux, priest

Extracts from messages given by Jesus and Mary to Sulema



«My children, do not waste the little time you have left of Divine Mercy, which will give way to Divine Justice... I beg you in this hour so close to a great and terrible event in the world, wake up, come out of this lethargy, renounce all evil, for it is your eternal life which is in peril»

«I come to warn you : save your soul, listen to the cry of my Immaculate Heart... Return to God the Father. He is waiting for you. He awaits the return of his children. Be faithful to his Laws of Love, remember his covenant, open your hearts to him and give him the place He deserves»

«Come my children who seek Him, come and take refuge, snuggle up in his arms to be safe when that hour comes»

«Oh, my children, open your hearts to receive my Grace!... Be proud to be children of God... I ask you: prepare for this encounter, take advantage of this time of grace, of mercy, which is drawing to a close»

«Go to the sacrament of forgiveness. Do not doubt forgiveness and mercy... Conversion happens every day Think hard, take your time and take my words seriously»

«I've come to warn you, to give you the light so that you'll be ready, in a state of grace, for the

moment when everything will stop, when you'll all enter this movement of Love: the illumination of conscience... You're all going to see me, wherever you are, and don't think it'll be for another generation...»

«No, my children, it is you whom the Father has chosen to experience this event unique in the history of mankind. You are his beloved ones who will experience this encounter. It is the final act of God the Father's Mercy... It's up to you to prepare yourselves»

«Continue to write, beloved daughter, it is I, the Immaculate Conception, the Mother of God, who is speaking to you at this moment by the divine will of God the Father, Lord Sabaoth (cf. 1 Sa 1,3). My children don't want to understand the language of nature, and even if they manage to discover things in time, they don't want to accept the truth. Take a good look: do you think it's a coincidence that so many birds have died in different parts of the planet, and so many fish ? Truly, my child, I tell you, it's a harbinger of things to come, of what's on your doorstep: a mega-earthquake, a brutal cold and what can we say about the madness of the wind, a new element that will sweep away everything in its path; then comes the stifling heat... When this happens, remember that the illumination of conscience is just around the corner, to make way for the great persecution that the Church will undergo, in order to give a triumphal entry to the Antichrist.



Messages from the three french books

Mary, Queen of Peace - November 26, 2011

The illumination of conscience will be a unique event in the history of the human race.

Prepare yourself and go to the sacrament of Forgiveness.

Peace be with you, my children. Sign yourself and write, my child, covered with the Precious Blood of my divine Son, Jesus Christ the Lord.

Blessed is he who keeps watch in prayer in these troubled times, when everything is being done to distract you from prayer, adoration and recollection, and above all to prevent you from finding the silence that leads you to a life of interiority, to hear the voice of your Lord and your God.

Blessed is the man who perseveres in prayer, who doesn't let himself be discouraged or overwhelmed by all kinds of worries and trials ; he will be able to escape whatever comes his way, because he will have unshakeable faith, absolute trust in God his Father; he will be able to live in the present moment, knowing that his Father is there to protect, guide and reassure him.

Blessed are you, my children, if you manage to stay awake in prayer in this deep night of the great apostasy. You will be worthy to stand before the Son of Man when you enter this movement of God's Mercy, the illumination of conscience.

Remain in a state of grace, and ask the Holy Spirit to help you examine your conscience.

Prepare yourself and go to the sacrament of Forgiveness; don't put off until tomorrow what you can do today, because the hour is fast approaching; you'll see it in due course. Listen to your heavenly Mother's advice; I want to help you live through this unique event in the history of the human race; you have no idea what you're about to experience. Be vigilant, stay

awake and pray, pray, my children, for all your brothers and sisters around the world, pray before it's too late.

Thank you, my loves, for accepting my words. I love you and I will be with you always with God the Father, God the Son and God the Holy Spirit. I bless you in the name of the Father, in the name of the Son and in the name of the Holy Spirit. Amen, alleluia.

Jesus, Light of the world - November 14, 2011

Consecrate yourselves to my Sacred Heart and to the Immaculate Heart of Mary.

Behold the coming of the sun of justice (Mt 3, 20)

Sign yourself and write, my child, covered with my Precious Blood for the Glory of God my Father.

I am the Light of the world coming to enlighten you in this night of great confusion. Follow in my footsteps, my children, without stopping to look right and left. Pay no heed to noise of any kind; don't let yourselves be distracted, for the night is getting darker and darker; stick together and follow me, you my faithful ones, my tiny remnant. Stare into my Light, lest you stumble into one of the many traps that evil spirits sow in your paths.

It's getting late, get ready, stock up on the oil of faith, keep your lamps lit (Lk 12:35), lit by the Word of God, and trust in the One who has given you everything. Let yourselves be instructed by the Throne of Wisdom, my most Blessed Mother; she will know how to prepare you with all the graces you will need; she knows the needs of each of her children to accomplish the mission that God the Father has entrusted to her.

She is the new Ark that the Holy Spirit is sending you in these last times. Come, my children, enter her Immaculate Heart, your only refuge, come before the doors close. Consecrate yourselves to my Sacred Heart and to her Immaculate Heart, and you'll be safe from all bad weather, from all tribulations, from the evil spirits who scour the world for the loss of your souls.

Don't be afraid (Mt 14:27), I'm here for every child who seeks me, who prays to me, who calls me. I am here to protect you, to guide you, for I am the Way, the Truth and the Life (Jn 14:6)... Whoever follows me will have the light of eternal life. Come to me for warmth on this cold night, come to rest on my Sacred Heart for strength. Let me guide you to the Kingdom where God the Father awaits you, his blessed ones (cf. Mt 25:34).

Rejoice, for your deliverance is at hand (Lk 21:28). I bless you, in the name of the Father, in the name of the Son and in the name of the Holy Spirit. Amen, alleluia.

(Example of Consecration : Sacred Heart of Jesus and Immaculate Heart of Mary, I Consecrate my entire self to the Most Holy Love of Your Two Hearts. I Wish to make reparation for all the

sins of the world, including my own. I offer these things for the love of the Hearts of Jesus and Mary. Amen)

(This consecration has not been dictated to Sulema)

Jesus, your Savior - November 6, 2011
Mary prepares you for the great tribulation.

Peace be with you, my children. Sign yourself and write, my child, covered with my Precious Blood for the Glory of God my Father.

Be vigilant, my children, and be ready for my coming encounter. Do not think that you still have time to postpone your preparations until next year or in a few years' time, for you know neither the day nor the hour when the Son of Man will come.

I told you (Rev 3:3), I will come like a thief when you least expect it. Look at the signs of the times, see how my Blessed Mother is preparing you to live through the great tribulation that is at your doorstep. Take Her teachings seriously and follow Her advice; time is running out... Invoke the Holy Spirit (cf. Eph 6:18), He awaits your call, your prayers. He is the only one who can guide you through this dark night of great confusion ; he is there with his gifts and all the necessary graces, he, the great forgotten one. You must pray to him, for if man does not pray to the Holy Spirit to help him overcome sin, he will not be able to get out of his prison: he must renounce everything that does not come from God in order to welcome the light of the Holy Spirit. The Holy Spirit is God, and His mission is to share and distribute the riches He draws from Himself.

In this time in which you live, my children, when evil reigns supreme in the hearts of so many children, you, my children of light, don't forget His Divine Power, pray to Him, beg Him to come and cast out the spirit of evil, He alone can do everything.

Devote yourselves entirely to Him, He's waiting for us to remember Him. Truly, I tell you my children, He is the only one who can save the world today. It is urgent that we return to Him, the third Person of the Triune God, who will be very present in this new Pentecost of Love, with the triumph of the Immaculate Heart of His beloved Bride.

Yes, my children, it is the Father's Will that you prepare a place of honor for him in your hearts, by invoking him, by asking him to prepare you for my coming Return. Don't be afraid (Mt 14:27), surrender yourself into his hands. He is a God of Love, he comes to awaken your souls, to guide them, to protect them; it is he who leads you to God the Father and God the Son, for he is the link between God and soul, between divine life and soul.

With your yes of love, He will know how to prepare you to enter into this movement of God's Mercy: the illumination of conscience where you will come face to face with the Son of Man.

Thank you, my children, for not putting off until tomorrow what you can do today; thank you for continuing to intercede for those who are unwilling to prepare for my coming Return. Bless you in the name of the Father, in the name of the Son and in the name of the Holy Spirit. Amen, alleluia.

Jesus, your loving King - September 26, 2011

The illumination of conscience will be an insignificant grace to bring many back to the truth.

Peace be with you, my children. Sign yourself and write, my child, covered with my Precious Blood, for the Glory of God my Father.

My Heart is saddened to the point of death; it is once again lacerated and the object of outrage and blasphemy by all these children who no longer wish to follow the Commandments that God, my Father, has given you and which are valid from generation to generation (Ex 20). The children of this world have dared to ridicule my Father for having instituted these Commandments as standards of conduct. This, my children, is a very serious sin, for "God, the Creator, the Almighty God, is not mocked with impunity". (Gal 6:7) From Heaven, we see this darkness, this pestilence emanating from the earth and Heaven shudders with horror. We want nothing more to do with God the Father. His children have gone so far as to deny his existence, they no longer recognize him as their Creator, they invent false theories to justify creation.

It's true that the Lord is slow to anger and full of love (Ps 103:8), but today's generation has exceeded all limits. Evil is legalized everywhere, evil has become normal, everything has become part of the mores and approved by the current of modernism.

When I think of all my little children who are victims. Yes, poor little victims, because adults have stolen their innocence: modesty no longer exists, purity is ridiculed.

My Sacred Heart is bleeding again, for I know what's coming: suffering will reach its peak on all levels. Everything you've experienced so far is nothing compared to what's to come. And yet, we've warned you so many times and you haven't taken our words seriously, you haven't wanted to change your ways, and truly I say to you, my children, the hour is too grave, the hour is for adoration; we must fast and pray to mitigate a little all that has already been unleashed.

Listen to the heart-rending appeals of my Blessed Mother; the hour of the great silence is also approaching, when Heaven will fall silent and revelations will cease. Take my words seriously.

My children, I call you to conversion, change your behavior, go to the sacrament of Forgiveness, recite the Rosary, fast, pray, do penance to be in a state of grace, for you do not

know the day nor the hour when each of you must appear before Me.

I'm speaking to you tonight to prepare you spiritually.

Prepare yourselves, my children, for the hour is drawing near. Pray for all your brothers and sisters throughout the world. Don't forget that you are one family, regardless of race, language or creed, that the Father created you all... even if you doubt it. You know it deep down inside; your soul knows it, it remembers Him, its Father, its Creator.

My Return is imminent: you will all very soon enter this movement of the illumination of conscience.

Thank my Blessed Mother for having obtained for you this significant grace to bring you back to the truth, so that you may know where your sins have led you. Yes, I must return before the little remnant diminishes any further. Call Me my children of love, let your cries rise up to the Trinitarian Throne: "Maranatha, come Lord Jesus" (1 Co 16, 22), let your hearts never cease to call Me.

Courage, my loves, I'm coming. Raise your heads, I'm coming to save my little remnant.

Persevere to the end, my faithful ones. Receive my kiss of peace. I Bless you in the name of the Father, in the name of the Son and in the name of the Holy Spirit. Amen, alleluia.

Jesus, your Savior - August 28, 2012

I've come to tell you what the illumination of conscience will look like

Sign yourself and write, my daughter, covered with my Precious Blood, for the Glory of God my Father.

Peace to you, my children. Tonight, I come to tell you what the illumination of conscience also known as the warning, will be like. It is a direct intervention by God, it is a purification, the first sign for all that your era is coming to an end, that is, the end of life as it is now. This event is a unique moment in human history.

A deafening noise will be heard and the luminous Cross will shine in the sky, stretching from east to west to herald the approach of the illumination of conscience. As soon as you see the sky darken, get down on your knees, rosary in hand, and pray, pray, pray, for everything will happen very quickly. Day will turn to night; as at Fatima, the sun will turn and then go out for three hours; the moon will darken and we'll see great phenomena all over the world!

The whole world will be turned upside down and people will believe that the end of the world has come. Fear will depend on the sins committed by each individual and the greatest destruction will manifest itself in hearts. Everyone will undergo a mystical experience in which they will be able to see the state of their soul in the light of divine justice, similar to the grace granted to Saul of Tarsus, who was penetrated by this light. Paul obeyed the warning I gave him, repented and became the faithful disciple, the apostle to the Gentiles.

When it happens, everything will stop, my children. It will be like fire, but it will not burn your flesh; however, you will feel it inwardly and outwardly. The Holy Spirit will come as a heavenly dew of grace and fire that will renew the whole world, at which time your sins will be revealed to you, the good you have neglected to do and the evil you have done. He will bring to light what is hidden in the darkness and He will make secret intentions appear, for nothing will be hidden any longer, not to make you suffer, but rather out of Love and Mercy, you will suffer because of your unconfessed sins.

Do you understand my insistence on showing you why you have to go to the sacrament of Forgiveness to be ready? Otherwise you'll recognize the pain of purgatory or hell? You'll all see it, whether you like it or not. It will be the greatest gesture of my Mercy, I will grant everyone a last chance.

And, at that moment, everyone will be able to free themselves of all their sins by going to the sacrament of Forgiveness with great repentance and the desire to no longer offend God, by straightening their conduct, changing their habits; or, drag their sins along with them towards damnation by refusing to meet Me in the person of the priest. I will forgive everything, but you must repent; I will accept your return to my Sacred Heart, but you must come back to me of your own will.

The outpouring of the Holy Spirit will be as strong, as powerful, after the warning, as it was at the time of the first Pentecost. It will be so great that nothing like it has ever happened since the beginning of the world ! This event will increase your faith, it will help you draw closer to Me, it will prepare mankind to receive the Gospel messages.

Why this event? Because without the knowledge of your sins, you won't be able to understand how much you need me and my forgiveness. Fear not, My children, those who believe in God and in My Most Holy Mother, those who recognize that this is from God, will be protected. Remember, those who abide in my grace will have nothing to fear, nothing my children. Recite the Rosary, it's very important, recite the Chaplet of Divine Mercy, for I attach great graces to it.

If I have come this evening to describe to you what the illumination of conscience also known as the warning, will be like, it is not to frighten you and make you lose your peace, no my children, no. It is to enable you to prepare yourselves, through prayer, adoration and the sacraments, to remain in a state of grace, in this heart-to-heart with Me, your God, to remain safe from all harm. It is to enable you to prepare yourselves through prayer, adoration and the sacraments, to remain in a state of grace, in this heart-to-heart with Me, your God, to remain safe from all danger in my Sacred Heart and the Immaculate Heart of my most Holy Mother, the Immaculate Conception.

Get ready, my children, because your eyes are going to see events that no eye has ever seen before. Time is very short. Do not be afraid, be glad, before I come as Judge, I will come as

King of Mercy, for you, my children of light, my faithful little remnant whom I love so much. I am close to you, I will never abandon my loved ones. Be vigilant, do not let yourselves be distracted, “keep your lamps burning” (Lk 12:35).

When the Cross appears in Heaven, it will be the sign of my return in Glory, for I will come with it to establish my Glorious Reign in the world. It will be the door that opens the tomb in which humanity lies, to lead it into the Kingdom of the Divine Will.

At the same time, there will be great anguish, great pain at not having welcomed my messages and those of my Mother in time. Then it will be too late for those who are not in a state of grace to repent, convert and do penance.

People of the earth, adore the Lord, for He is coming! Take courage, do not fear, here comes your God! When you least expect it, the warning will come, do not doubt it, and you will see my Cross in Heaven. What I say, I do.

I Bless you in the name of the Father, in the name of the Son and in the name of the Holy Spirit. Amen, Alleluia

Jesus , your Savior - March 25, 2012

You will all see Me at the same time. You will all stand before the Son of God

Peace to you, my children. Sign yourself and write, my daughter, covered with My Precious Blood, for the Glory of God My Father.

Behold, the days are coming when your faith will be sorely tested. I've warned you many times to prepare yourselves, I've asked you to be vigilant, not to let yourselves be distracted, to stay in prayer, to worship, and yet you haven't listened to my words, you think you have all the time in the world ! Some of you even think that the fulfillment of our announcements will be for the next generation. But no, my children! It is you who are about to experience this unique event in the history of the human race.

Prepare yourselves, for I am coming, be ready for my Return. You will all see me where you are. At the same moment, everything will stop and all noise will cease, so that you can hear the Voice of God ! Then you will all stand before the Son of God, before My Majesty, before the splendor of My Glory. No one will escape my presence.

In this season of Lent, take time for your soul, convert, return to grace. I await you in every confessional, where I will forgive your sins. I will remember your sins no more if you come with sincere repentance, with the intention of changing your conduct and renouncing your evil inclinations.

Reflect, my children, make the right choice in the little time you have left. Be firm in your decisions, be faithful to the commandments of God the Father, you have everything you need to remain in a state of grace. I have left you the Holy Sacraments, I have given you My

favorite sons, My priests, to administer them to you, My Vicar, the Holy Father, to guide you. I send you My most holy Mother to prepare you for my next encounter. The thrice-holy Father has inscribed His Law of Love deep in your Heart, He loves you, come back to Him, love Him with all your heart, think of eternal life.

Remember that the body is dust and will return to dust (cf. Gen 3.19), while the soul is immortal. Be strong in this spiritual battle against the evil spirit that wants to destroy you. The time has come to let yourself be reconciled with God, to renounce evil, to close the door on every evil spirit, every temptation: "Pray to your Father, who is present in secret and sees what you do in secret, and he will repay you" (Mt 6:6).

Thank you, my loves, receive my blessing which brings you peace and strength, in the name of the Father, in the name of the Son and in the name of the Holy Spirit.

Amen, Alleluia!

Jesus, your Redeemer - May 11, 2012

I have chosen you to experience this unique event in the history of mankind: the illumination of conscience.

Peace to you, my children. Sign yourself and write, my daughter, covered with My Precious Blood, for the Glory of God my Father.

It is not you who have chosen Me, my children, it is I who have chosen you to make you witnesses of light, peace and truth, proclaiming My Word, in this time when man has rejected God's Law to follow the many doctrines that do not come from God.

Persevere in the faith, follow the voice of my vicar, the Holy Father Benedict XVI, the one I have chosen to lead in these last times. The Church will not die because I will be with her, but she will know hours of darkness similar to those of My Passion, because it must be so. Just as the Church came into being both persecuted and nourished by supernatural power in its early days, so it will be in the last times.

Yes, I have chosen you to bear witness to the Truth by remaining faithful to the Commandments left to you by Yahweh, your Father. Don't be like the fools who followed the spirit of the world, the flesh and the devil, and became dry bones. But My Mercy is upon you and I will come in the splendor of My Glory, of My Almighty Power. This will be the last act of Divine Mercy, which will then give way to Divine Justice.

Yes, I have chosen you to experience this unique event in the history of the human race, and I will send my Spirit where there is no spirit left, the Spirit that is life in the flesh and life in eternity, and that makes the difference between man and animal; man has killed the best in himself.

Behold, I will breathe my Spirit into you, and you will live again and know that I am the Lord,

your God. Behold, the time is coming when I will again have a people of living beings, for you will come out of your graves, out of inertia and out of your sins. Come, my children, come and acknowledge the Lord your God.

Yes, my children of light, I have chosen you to be witnesses, radiant with the joy of belonging to God, your Father, so that the world may know that God is alive, that there are still children who believe in Him, who love Him, who follow His laws of love, that there are children who love each other as I have loved you, children who listen to their brothers and sisters, who are there to support them. Sometimes, a word is enough to lift a downcast spirit, to put a lost one back on the right path, or to prevent a soul's definitive suicide.

Thank you, my children, for your docility, your perseverance and, above all, your love. I bless you in the name of the Father, in the name of the Son and in the name of the Holy Spirit.

Amen, Alleluia!

Jesus, Light of the World - August 8, 2012

Everyone will go through the same experience at the same time, with consequences that will depend on their state of mind. Prepare yourself.

The Lord lifts up those who are overwhelmed. Sign yourself and write, my daughter, covered with My Precious Blood, for the Glory of God My Father.

“I am the light of the world” (Jn 8) and I have come to light your way in this time of darkness, of great confusion, of great revolt, when darkness prevents you from following in my footsteps. I have heard the cry of my little remnant: “Lord, save us” (Mt 8:25).

Tonight, I come to tell you: “Here I am, my children! I come to straighten out those who are weighed down by the burden of suffering, illness and injustice; I come to free you from all slavery, vices, unhealthy addictions and bad habits, and, if you'll allow me, I come to protect you from the assaults of the devil who wants to destroy you by every means possible. But for this, I need your consent, and that you renounce evil, my children.

I come to save you, insofar as you let me act, insofar as you have faith, trust and love. I will take you by the hand, to lead you on the path to follow, where you will be in complete safety, a path that is becoming narrower and narrower, due to the extent of evil, for evil has become widespread, we welcome it in all its forms, we are proud to do evil. Everything is upside down: doing good is embarrassing, following the commandments is madness, going to Church to listen to the Word of God is ridiculous, receiving the Sacraments is a thing of the past, it's no longer fashionable. We're living in a great libertine world, the body has become your king, everyone does what they want, when they want, how they want, we've become worse than wild beasts. You no longer have a heart, you've smothered the Law my Father put in your hearts, your soul is dying, you've gone so far as to defy God the Father and provoke

his wrath.

God has given you time to convert, to return to Him. He has sent His Son and His most holy Mother to you, He has sent messengers all over the world to warn you and beg you to change your ways, and you have not understood the gravity of our words. It is thanks to the intercession of the victimized souls that the Father has granted you a short extension, but know this, my children, this short time is coming to an end. The time of Divine Mercy is almost over. Very soon, the Father will say "Enough is enough! The time of Divine Justice begins.

Then, the time will come when I will return, and you will see My Light descending from the sky on that dark night when everything will stop, when there will be a great silence, for everything will fall silent to adore My Glorious Cross, which will appear in the sky and light up the whole earth. And then, all human beings will understand that I am the Light of the world, and that I've also come to enlighten your soul, even if it's dying. You'll see it, and all the harm you've caused it, and you'll be alone with your God. Everyone will experience this event of the illumination of conscience in his or her inner self.

You'll all experience it, at the same moment, wherever you are, no one will escape it, and every living being will understand that God exists, that He is alive, that He has placed His Law deep within your hearts, and that He will be the God of all forever, and all will be His People. All will discover that they have a soul. The most painful thing will be to realize where the evil they have done in following the spirit of the world, the flesh and Satan, the grave error they have committed in denying the existence of God the Father, God the Son and God the Holy Spirit, has led them.

Why am I telling you this, my children? Because I love you and I want to save you! I want to make you think, to lead you to make the right choice and above all to make you understand the importance of being in a state of grace. This day will be a day of great joy for my tiny remnant, for my children of Light who have renounced everything to follow Me. They will receive a powerful outpouring of the Holy Spirit, healed of all sickness and purified to be ready to fulfill the mission the Father has entrusted to them: that of helping all those who turn to the Lord, renouncing evil and welcoming the Truth!

But for all those who don't want to prepare themselves through the sacraments, prayer and adoration, and who also don't want to renounce evil, everything that is against God, it will be a day of terror. They will be frightened, they will even envy the dead, so great will be their suffering because of the cataclysms that will occur.

However, do not be afraid, my beloved children, my faithful children. Again, I tell you, meditate on the passages from the Exodus, your Father will be there to protect you. To you too, I repeat: keep your trust. Let your only concern be to love Him, to love His Commandments and to live them in a state of grace.

Enter the new Ark, the Immaculate Heart of Mary and My Sacred Heart, your only refuge, and there you'll be safe. I am coming, my children! I come to save you, for I am a God faithful to His promises.

I love you, I love you, I love you. I bless you in the name of the Father, in the name of the Son and in the name of the Holy Spirit.

Amen, Alleluia!

Sacred Heart of Jesus - February 1, 2013

God the Father has chosen each one of you, each one in particular, to make you experience this unique event in history

Don't lose your confidence. Sign yourself and write, my daughter, covered with my Precious Blood, for the Glory of God, my Father.

You will be richly rewarded if you remain in peace and total trust in God your Father. He will fulfill the desires of your heart, He will act according to your faith and trust, He will not let you down, and He will sustain you in these difficult times. Trust Me, my children, come to Me, follow My steps, for I am the way, the truth and the life (Jn 14.6).

Come to Me to get to know God, your Father. He has been waiting for you for a long time, and He wants to hold you close to His Fatherly Heart, because He is not known to many of His children. Some know Him in the wrong way, as a vengeful God who loves to punish His children; others believe He is far from His children; a distant God who has abandoned His children, leaving them alone in their trials, alone in the hands of the wicked. They forget that the Father loved them so much that He gave them His only Son to save them. He gave you Jesus, your Jesus, who will be with you until the end of time.

On this first Friday of the month, I've come to tell you about the One who sent me: The Father, our Father, for no one goes to the Father without passing through Me, Jesus, his Son. I want the Father to be at the center of your lives. Love Him, my children, with all your heart, with all your soul and with all your strength ; give Him the honor that is His due. He is your Creator. He has chosen each and every one of you, in particular, to help you experience, in these last days, this unique event in history. He has chosen you to be witnesses to his Love, his Goodness and his Mercy. Open your hearts to Him, put your joy in the Lord, and He will fulfill the desires of your hearts.

Thank you, my children, for accepting My words, for putting them into practice to make them bear fruit, and for giving fruit in abundance for the Kingdom of Heaven. I bless you in the name of the Father, in the name of the Son and in the name of the Holy Spirit. Amen, Alleluia!

Mary, Queen of Peace - April 5, 2013

Don't go saying you're ready, no, no, My children ! No one is ready !

Peace to you, My children. Tonight, it's my turn, your heavenly mother, who comes to tell you how much I love you, yes, I love you. Thank you for your presence, thank you for accepting my words. Tonight, my love ones, open your hearts to receive the graces that the Holy Spirit has come to give you, to prepare you for this time that lies ahead.

You have entered the stage of prophecy fulfillment. Do you see the image on this book? It's the vision My daughter Lucia of Fatima received, for this book is a link with Fatima, Garabandal and Medjugorje. You are living in the last days of Grace and Mercy. Can you see the Father, my Son and my divine spouse, and the Holy Spirit?

Their arms are open to receive you, waiting for you as you are. Come to Him, don't leave to tomorrow what you can do today; there's no more time, time is running out. I stand beside your crosses as I stood at the foot of my Son's Cross.

Don't be afraid of suffering ; suffering well received is a treasure of unimaginable value. It's a mystery you can't understand ; one day you will, but not for the moment. Your body must be purified, just as the earth must be purified, and the Church too must be purified. You are living in times of purification that prepare you for the great tribulation, but don't be afraid. I have given you everything, my children.

When fear wants to invade your heart, sing, praise, discover the power of praise. Praise attracts the Holy Spirit and gives you peace, joy, calm and serenity. You must be at peace, don't let yourself be distracted, don't let yourself be influenced. I am the Queen of Peace and my Son is the Prince of Peace. We are here to tell you: courage, my children, together we will defeat evil. Consecrate yourselves and live your consecration to my Immaculate Heart and to the Sacred Heart of my Jesus, it's your only refuge. The storm is here, don't stay outside; come, come my loves, enter the Ark, the New Ark of my Immaculate Heart. I come to pacify anguished hearts.

If you agree, because I'm asking for your consent, give me your fears, your worries, your anxieties, your illnesses, all your concerns, everything. My children, give them to me and I will present them to my Son. I never stop interceding for you, for yours, for all My children, because I love you and I want to save you all. Don't look to your past, no, My children, look ahead, follow My Son, follow in His footsteps.

I take you in my arms, I bind up your wounds, trust me. Fear does not come from God. God is love, God is light, God is truth, God is tenderness. Don't be afraid to say yes to love, yes to the Father, open your hearts to accept the graces that will prepare you for this new Pentecost of Love, yes, My children, the new Pentecost. But for it to happen, you must pass through this path that is becoming narrower and narrower. Follow in the footsteps of the Risen One, don't

get ahead of Him, follow Him, listen to Him, and I'll be with you, holding your hand to lead you where my Son is waiting, to lead you to the Father, into the arms of the Father.

Please be merciful to one another. Remember: it is not sacrifice that the Lord loves, but mercy (cf MT 12.7). Do not judge so as not to be judged (MT 7.1), but love one another as my Son has loved you (Jn 13.34). He has set you an example, follow Him. Forgive one another. I hear my children say in their hearts, "Why does Heaven repeat itself? Why do they tell us the same things?" They must be said again so that they are not forgotten; they must be remembered, for the hour is too grave, the hour is for adoration. Adore to receive the graces, strength and discernment that are so necessary in these times.

Pray to the Holy Spirit, the Spirit of Light, the Spirit of Truth, and ask for discernment. Read the Bible! Do you want to know everything? Open the Bible! It's all there, even if it's said to have been written over 2,000 years ago. Don't forget that God is outside time and you are in time. His Word is alive, His Word has been, is and will be for all time (Heb 4.12). Nothing can be added or taken away, for it is the Holy Spirit who has written what the Father has willed to be written through his Word.

I must also warn you to be careful, as division has entered many prayer groups. My Son needs your prayers; stay united, division does not come from God. If you are together, let it be to pray, let prayers, praise and thanks come from your mouths. Close all doors to useless words and judgments, because no one is greater than the other. When someone passes judgment, that person thinks he's greater; he thinks he's better, that he's right. No, my children, the only one who can judge is my Son, for He has received the power from His Father, and He does not judge! In the evening of your life, you will be judged by Love, and it is you who will judge yourselves when you stand before Him, before the Supreme Judge. What a great lesson He left you when He said to the sinner: "Have they condemned you?" And she said, "No, Lord". Then He said to her, "Neither do I condemn you; go and sin no more" (JN 8.12). You see, He put Himself on a par with this woman, He stood face to face, He, the Creator before His creature, He, the Almighty. Who are you to judge? Who are you to condemn? We know that you all make mistakes. Think about that and you'll stop judging and condemning. Right now, what you need, what the world needs, is prayer, listening, love, Love with a capital L. It's your mom coming to tell you, as she tells little children : Be more patient, be more generous. Through your intercessory prayer, you can intercede for all your brothers and sisters around the world.

Yes, the ministry of intercessory prayer is very great, all-powerful, but there are few souls who accept it. But why? Because we ask, we seek a mission to be noticed, to be seen. But this ministry is a ministry that takes place in silence, hidden in the shadow of God; this ministry is the prayer of the heart, this heart of intercession, this heart that never ceases to intercede for its brothers and sisters throughout the world. That's what I've experienced in my lifetime,

here in this land of exile. I prayed, I offered everything in the silence of my heart. It's a prayer for all the needs of all my children, and that's what I'm asking of you tonight. I've come to open the ears of your heart so that, in the silence of this heart, in the moment of great adoration, you begin to hear the voice of the Spirit telling you: "Come, come, don't be afraid; let yourself be loved, instructed" because the Holy Spirit is very active in these times, which are the last. This is the time when the Holy Spirit is preparing all the events you are about to experience. It will be under the influence of the Holy Spirit that you will enter this movement of the illumination of conscience. It will be illumination for all those who are in a state of grace. That's why it's so important to go to the sacrament of forgiveness, to straighten up your conduct, to return to your Father so that your lamps may be lit. (Lk 12.35) And don't say you're ready, no, no, my children! No one is ready! The warning will be for those who are not in a state of grace. Can you imagine the fear and horror these children will experience when they see themselves in the eyes of God? Some of them will die, but don't think that God is going to kill them, no, it will be too much for their hearts because of the pain, the suffering, to see how they have offended their Father, how they have rejected the Son, how they have mocked the Holy Spirit. And the worst thing, my children, is that at the moment, we no longer believe in sin, sin no longer exists, everything is good; good has become evil and evil has become good. It's human folly to believe that hell and purgatory no longer exist, that they're a myth. Wake up, my children!

I'm asking you to pray for my intentions, and in so doing, I'll be praying not only for yours, but also for all my children who, at this moment, are far from the Father and from me. I want to save them all, please help me! I need your prayers. Recite the Chaplet of Divine Mercy for the conversion of unbelievers and, I repeat, don't judge! That's how you're going to make people want to follow Jesus, by the way you are, the way you live; it won't be by what you say, no, it'll be by the way you are. You have to radiate peace, joy and Trinitarian Love so that my children, when they look at you, understand that God is alive, that He is active and present, and that you are proud to be God's children.

Don't be discouraged, lift up your heads, for your deliverance is near. Let all noise pass you by; that's why my Son and I ask you not to look to the right and to the left. Stop looking for one thing or another, everything has been said to you. Why seek the marvelous, the new? I've come to prepare you, to bring you back to what's essential, and what's essential is prayer, adoration, living in abandonment, hearing the Word of God, because you need to hear it to understand it, you need the Word of God for your faith to grow, for your trust to be greater. You need to support each other through prayer and the holy rosary.

My children, I have given you everything, follow my advice. When major events begin to happen, don't be afraid, pray, don't forget the prayer of the heart, that heart-to-heart between child and Father, child and Mother. For the end of time, my Son has given me the

power to be present in a very special way. You will feel my presence, your hearts will become Marian hearts, for this is the New Era of the new apostles, those who have been formed by me, those who have given me everything, like John Paul II.

Don't be afraid to give me your yes, and the Holy Spirit will come to prepare you, giving you everything you need to fulfill the mission the Father has placed in each of your hearts. Each child has been given a special mission; no one has been forgotten, for you are the bodies of Christ (1 CO 12.27).

Thank you, my children, for accepting my words and putting them into practice, for faith must be strong. Bear witness to your belonging to the Triune God. I wrap you in my special, motherly blessing on this first Friday of the month. Receive my chaste kiss on your forehead. I love you, Amen.

Jesus - May 29th 2013

Thank the Father who has given you this gift, the illumination of conscience.

Thank you, my children, for being here. I've been waiting for you. I'm delighted to see you as little children waiting, believing and hoping.

It is I, your brother, your Jesus of Love, who has come to say: Peace to you. Behold the Queen of Peace and I am the Prince of Peace. Where I am, there is the Father, there is the Holy Spirit. Where we are, there is peace and Love.

So I've come to ask you to close the door on fear, because it's not coming from me : sing and praise the Father. When I was on earth, I prayed, I praised, I taught you the most beautiful prayer: the Our Father. I didn't say "My Father", no, but "Our Father", for I am one of you, He is Our Father.

What He asks of you today is to let yourself be loved, to open your heart to accept His Love. His peace and joy.

Don't be afraid, I love you as you are, despite your flaws and imperfections. I've come to show you the way again, for I am the way.

You know, at the moment, division has entered the prayer groups, for Our adversary wants to destroy them all; but be strong, My children, be strong, My little ones, My Mother is there. She protects you. We need your prayer, your adoration. Do not be afraid, you are all under My loving gaze, My Mother envelops you and keeps you under Her protective mantle. You're not alone, Heaven is with you. All that you are about to experience, live it in peace, in love, for I want you, My children, to be recognized as My disciples, as My little ones. You, My little remnant, be the light. But how can you be light if you are afraid in your heart At this moment, I give you my Peace and my Joy. Get ready, thank the Father who has given you this gift, the illumination of conscience, that Mary, Queen of Heaven and Earth, has obtained for you. Like

a good Mother, she has come to prepare you. Tell me, which child is afraid in his mother's arms? Do you understand? You are in her arms, her little remnant who remains faithful to the prayer group. She speaks to you, protects you and blesses you.

At this moment, I give you my Peace and Joy. Get ready, thank the Father who has given you this gift, the illumination of conscience, that Mary, Queen of Heaven and Earth, has obtained for you. Like a good Mother, she has come to prepare you. Tell me, which child is afraid in his mother's arms? Do you understand? You are in her arms, her little remnant who remains faithful to the prayer group. She speaks to you, protects you and blesses you.

Continue, My children, to keep alive these beacons of light that are the prayer groups. Love one another, don't judge one another, be patient, be love, be peace and be compassionate, following the example of the One who gave you everything by giving you Mary, My most Holy Mother.

I am gentle and humble of Heart, come to Me as you are, give Me your suffering and your burden; I take you in My arms, for I am the Good Shepherd and I take care of My sheep. Amen.

Your Sacred Heart of Jesus - June 29, 2013

The illumination of conscience is the final act of the Mercy of God the Father.

Peace be with you, My children. It is I, your Sacred Heart of Jesus, who come to tell you: do not be afraid, rise up and follow Me, for I am the Way, the Truth and the Life. Thank you for your presence, for it is I who have invited you to prepare, warn and instruct you.

I come with My Sacred Heart in my hand, surrounded by thorns, for I suffer, I weep. My Heart bleeds to see this indifference, the stubborn refusal of My children who don't want to open their hearts and accept grace.

Oh My children, open your hearts to welcome my Grace! My Mother is here right now! She wants to prepare you, to teach you to become like little children, for you are at her school, you are the apostles of the end times, you are the witnesses of Light, of Truth! Yes, My children, through you, the Holy Spirit will enlighten all those whom the Father has entrusted to you. Don't be afraid to talk about your Jesus, don't be ashamed to show your faith, be proud to be God's children. Don't be embarrassed to wear a cross, a medal, don't hide it, my children, for it is written that whoever speaks up for Me before the world, I too will speak up for him. I too will speak up for him before my Father. Do not be ashamed to be Christians (Mt 10:30-33).

I ask you: prepare for this encounter, take advantage of this time of grace, of Mercy, which is drawing to a close. Go to the sacrament of forgiveness, prepare yourselves, go in all humility

and simplicity: go to meet My beloved sons, it is I whom you will meet, for I am in each one of them. Come to Me, My children, as you are. I love you, I need you.

My Mother comes to pacify your hearts, your anguished hearts that are in fear. Fear does not come from Me. I have left you a spirit of peace, fear and doubt do not come from Me, do not doubt forgiveness and mercy. When the priest gives you absolution, it is I who forgives you and leads you into the arms of my Father: He is there to welcome you with open arms.

Convert before it's too late ! I repeat, because people don't want to understand Me, don't say you've already converted, no, My children, conversion happens every day, because every day you have to make choices; you have to choose good or evil, and every choice has consequences. I've come to warn you, to give you the Light so that you'll be ready, in a state of grace, for the moment when everything will stop, when you'll all enter this movement of Love, the Illumination of Conscience.

It is through the Holy Spirit that you will go within, and it is in your heart that you will see your Jesus in His Holiness, in His Glory, yes, in the splendor of my Glory. You are all going to see me, wherever you are, and don't think that this is for another generation, no, My children, it is you whom the Father has chosen to experience this unique event in the history of humanity, it is you His beloved who are going to live this encounter. It will be a feast, a joyful reunion for those who are in a state of grace, My little remnant, but it will be a warning for those who have closed their hearts, for those who don't want to recognize me as the Son of God. Oh yes, it will be horrifying! You will see yourselves, with My gaze, see where your sins are leading you, for Hell and Purgatory exist, they are not a myth, a legend, they exist as Heaven exists, believe it.

I ask you to thank my most holy Mother, for it is she who has obtained for you this insignificant grace of the illumination of consciences, and this is the final act of the Mercy of God the Father. Yes, my children, I am Love, I am Mercy, but I am also Justice. It's up to you to prepare yourselves. I have not come to frighten you. I come because I love you, I want to prepare you, I want you to be where I am. I want to present you to the Father and say to him : Father, here are your children, here are your little ones, those who have said yes to you, those who have chosen you out of love, those who have accepted the Commandments, the Sacraments, who are faithful to your Laws of love; Father, here are those for whom I have prayed that they may be one as You and I are One.

Let Me love you, prepare you. I love you and that's why I travel the world to tell you: come to Me you who are suffering, let Me relieve you, trust Me, give Me your burden, let Me heal you. I take you in My arms and I say to you: come My child, come and rest on My Sacred Heart, come to the foot of the Tabernacle, come, I want to restore your strength. Don't be afraid, I'm here day and night, I'm waiting for you, I'm thirsty for you, I'm thirsty for Love, I'm thirsty for souls. Let Me love you, console you, guide you, my Heart is thirsty. If you don't want to

love Me, let Me love you, I need to love you, I'm dying of Love, My children. Let yourself be instructed by the Throne of Wisdom, my Blessed Mother; she will show you the way. She will teach you to live the commandments, and you will see that everything is centered in Love, for God is Love. The Father asks you to love him with all your heart, mind and strength, and I ask you to love one another as I have loved you.

Come and get to know the Father, you'll discover His Love, and through love, you'll no longer be able to offend Him, for when you truly love someone as yourself, you can no longer hurt them, you can't judge them, you can't hurt them, for love is stronger.

Look at Me on the cross, don't doubt My mercy, look at what I did with the one who denied Me, not once, but three times. My children, My Peter denied Me three times, and look what I've done with him: I've made him the one with the keys to the kingdom. I made him the first Pope, for he wept for his guilt. He wept bitterly. That's why I prayed for him, because I knew he was chosen to receive the keys to the kingdom.

Look also at Saul, the one who persecuted Me, the one who killed because he was in error, he had misunderstood the Truth. And look what I did with him, for I was waiting for him on the road to Damascus, I was waiting for him and it was there that he received my Light, and I made him the apostle of the Gentiles. These are the two columns I have chosen.

You see, My children, your past is My mercy, live your today, live the graces of the present moment. I am a God of Love, I have come to save My children, I have not come to judge, to condemn, no. Look at the sinner, when I asked her "Did they condemn you?" To which she replied, "No Lord nobody!" Then I said to her, "Neither have I, but beware, go and sin no more!" I say this phrase to you over and over again every time you go to confession to receive forgiveness: go and sin no more.

You have to take action, because faith without works is a dead faith. You have to straighten up. It's not a question of saying: "Lord, Lord, forgive me!" no, you have to take action, you have to straighten up your conduct, you have to get back on your feet. But with the help of the Holy Spirit, and out of love, everything is possible, everything is possible for those who love, for those who believe. And don't say you're not worthy: I paid the price of your Redemption, by my Blood I washed you clean, yes, My children.

The Holy Spirit has given you a new life, the true life of a child of God. We must become like children to live in abandonment and trust. Look at the child who falls asleep in his mother's arms, in his father's arms: he trusts them, he abandons himself, he is not afraid. If the storm roars, if the wind blows, he is at peace, for he is safe in his parents' arms. Will you be afraid, My children, if you are in the arms of my most holy Mother? Will you be afraid if you are in My arms or in the arms of the Father? No, My children, do not fear or doubt My love, My protection.

Nature is crying out to you. The moment Benedict 16 resigned, you all entered a new stage in

the fulfillment of all the prophecies. Continue to pray for him, he is your Pope Emeritus, and pray also for your Pope Francis. Pray for my beloved Sons, they need you and it is your duty to pray and intercede for them, to support them, they need it at this time because you know that the aim of my adversary is to destroy My church through the priests, and to destroy the families.

Don't let yourselves be distracted, be valiant warriors; I've given you my dear little Joan of Arc: follow in her footsteps with her courage, her daring and her faith. Oh my children, if you only knew what is at your doorstep. This is why my Mother is coming, for this generation is the worst of all generations, it has exceeded all limits in evil, for at this time everything is permitted, everything is accepted, except good, except the commandments.

The Commandments are mocked and ridiculed, the sacraments scorned, and this is a serious fault. My children, we deprive My little ones of the Sacrament of Baptism, we deprive those on the verge of death of the Sacrament of the Sick, and it's not just the sick who need it, you need it too, to purify your senses, because your senses are in the grip of sin. The door to evil is wide. Don't despise the sacraments. I beg you, do not deprive My children, My little ones, of receiving this insignificant grace of the sacrament of Baptism, have pity on these souls.

You must be at peace, the wind will be merciless, more than ever, and it will sweep everything away, for nature cries out in horror. You see these floods and yet your hearts are indifferent, you don't want to understand that nature is warning you. The whole universe, all creation, obeys the Father's Voice; human beings are the only ones who refuse to hear the Father's voice, who refuse to obey it. The animals are teaching you a lesson, My children, they are more obedient to the laws of nature; I've come to tell you: wake up before it's too late, because the universe and creation will be turned upside down by the transformation of the earth.

Pray for all the unbelievers, for all the lost, without judging them; you must intercede for all the children of the whole world. Stop feeling sorry for yourself, let your prayer be a prayer of generosity, don't worry about those you carry in your heart: your children are Mine, they are Mine before they are yours, let Me take care of them.

The hour is grave. I need your prayers, I want to save you, help me. I gave My life for all mankind, for I want to save you all. Come to Me before it's too late, come to the fold, help Me look for My last sheep; but, to help Me, you must have great humility, gentleness, patience, and, above all, compassion; you must be compassionate because, at this moment, My children are wounded, hearts are anguished.

They say this generation is confused, that it's a bad generation, but whose fault is that? My children are judged, but fewer and fewer parents talk about God, and grandparents are sometimes not allowed to speak. There are even cases where grandparents have forgotten wisdom and let themselves be lured by the spirit of the world and the flesh. I say that

innocence has been stolen from children, and wisdom from the elderly.

You have forgotten that you have a soul, and that your soul is starving for the Word of God, thirsting for the Love of God. You've become slaves to your bodies, doing everything to keep up an image, an appearance. What's the point, My children? The body must return to the dust from which it came. It's your soul that's in danger, you have a soul, it's your eternal life that's in danger (Gn 3:19).

Take My Words seriously, and don't say I've come to reprimand you, no, it's because I don't want to see you suffer. I told you: I will never ask more of you than you can bear. If suffering comes, if evil comes, it's the fruit of sin; diseases are there, but I didn't create them, and I didn't create death, they're the consequences of your sins. But I can tell you: suffering well received is a great treasure.

Look at My Mother, she became Coredemptrix at the foot of the cross. She offered everything, loved and forgave. On the Cross, I prayed, I offered everything, I forgave, I interceded for those who had hurt me, for My executioners. Do you see how far My Love goes? And it was out of Love that My Heart was pierced, for at the very moment when I handed over My Spirit into the Father's arms, the ocean of My Love, of My Mercy, burst forth; it was this fire that burned My Heart.

And it is out of Love that the Church was born, that the Eucharist was born and before My awful agony, I instituted the sacrament of Holy Orders; I have left you My priests and I will be with you as long as there is a good priest on earth. Pray for My priests, they are others of Myself. Love them and do not judge them, for it is I whom you will judge in them. Pray for them, pray for my consecrated ones, I entrust them to you.

Thank you for listening, thank you for receiving my Words, but above all, thank you for putting them into practice. I look at you, I love you, My loves, and through the hands of My favorite sons, receive my Blessing, which envelops you in my Protection and my Love. Amen.

Your Jesus – June 6, 2013

My mother comes to prepare you to experience this event of the illumination of conscience that will prepare you to enter the New Earth.

Here I am Lord, I've come to do your will. Sign yourself and write, my daughter, covered with my Precious Blood, for the Glory of God my Father.

On this great day of Mary Queen, She who stands at My side, I come to ask you to venerate Her, to respect Her and to love Her for all those who reject Her, who ridicule Her, who blaspheme Her, forgetting that She was crowned in Heaven, as Queen of Heaven, earth and the Universe. She is the favorite Daughter of the Father, the august Mother of the Son and the immaculate Spouse of the Holy Spirit, Queen of Heaven and sovereign Lady. Her pure soul

and the goodness of her Immaculate Heart have captivated the Holy Trinity.

Mary is the Queen, the Lady of All Peoples. She is full of Grace. She is the Mediatrix between God and men to obtain every grace. She is your Advocate before the Trinitarian Throne.

All the evils of mankind stem from man's sin, and if sin is not extirpated from the face of the earth, the earth will be severely punished, if man does not straighten out his conduct. God will render to each man according to his deeds.

Remember, My children, if God had found only ten righteous people in the City of Sodom, because of those ten, He would not have destroyed it. If God had found souls of prayer, of worship, who made sacrifices, penitences and fasts. He would not have destroyed Sodom. A few are enough to transform the world.

Right from the start, the Holy Bible tells you in Genesis (3:15): "I will put enmity between you and the woman". The reference here is to Mary. The Gospels speak of Mary at the most important moments of my Life: the Incarnation, my Birth and my Death.

The apocalypse speaks of the Woman clothed with the Sun (12:1), and with Her ends the history of mankind, for She is the Holy City, the New Jerusalem (Rev 21:2).

Mary made herself the Lord's slave, Mary said: "I am the Handmaid of the Lord", and, by a privilege of God, she became the Mother of all men (Jn 19:16). Mary became Queen of Heaven, Earth and the Universe. God wanted to make of her immaculate heart the Ark of the New Covenant, the Holy City, the Dwelling Place of God descending from Heaven. The world, through Mary, will be different, and that's why she has come to prepare you to experience this event of the illumination of conscience that will prepare you to enter the New Earth. Tonight, I want you to understand the great Grace she has obtained for you from the Father's Mercy. Be very grateful to your Mother and Queen. Understand, My children, that the One who became flesh in the virginal womb of Mary, by becoming man, was the Divine Word, the second person of the Holy Trinity. The Father had created Mary with Love, the Son had predestined her, and the Holy Spirit had adorned her with graces and gifts to make her full of grace. All these outstanding gifts had made a temple of her soul and a tabernacle of her immaculate heart. The Queen of Heaven, Earth and Universe was the Temple of the August Trinity, never forget that, My children.

This is what is established in the Father's plan: no one will go to the Father except through the Son, and no one will go to the Son except through Mary, your Holy Mother. This is why those who seek Her find favor with God: those who venerate and respect Her obtain everything from God, and they will be loved by the Lord.

Thank you, My children, for loving Mary, your Queen and Mother. She is the Tabernacle of God. Thank you for learning to say with her: "I am the handmaid of the Lord, let it be done to me according to your Word" (Lk 1:34);

I Bless up in the name of the Father, in the name of the Son and in the name of the Holy

Spirit, Amen, alleluia!

Mary, Queen of peace - September 23, 2013

You'll also see, at the illumination of conscience or warning, what your sins have done to this thrice-holy body.

If you, O Lord, hold back iniquity, who then shall remain? (Ps 102).

Sign yourself and write, my daughter, covered with the Precious Blood of my divine Son, Jesus Christ the Lord.

Yes, My children, the day is coming when every knee will bow before Him who gave you everything, down to the last drop of His Precious Blood, to redeem you at the sublime price of His life.

You will see how, and to what extent, the Lord has loved you and loves you. You will also see, through the illumination of your conscience or warning, what your sins have done to this thrice-holy Body. But, alas! after this event, there will still be many people who will pretend nothing has happened, who will remain indifferent, who will once again rebel against my Divine Son, against the Church, against His Doctrine.

Pray for all those who have closed their hearts, who will not accept the graces of repentance. Pray for those foolish children who will choose My adversary. Pray also for those who will be called to go and evangelize their brothers and sisters, for this will be the call of the last hour. Souls will be ready to welcome the grain of life; you'll have to forget yourself, forget sleep, rest, well-being ; you'll have to give yourself completely, body and soul, to this great task of evangelization, before souls grow cold; you'll have to be very attentive to your neighbor to go and find even the last lost sheep.

Don't worry, My children, for you will have all the graces you need: strength, gentleness, patience and discernment. You will recognize one another, for the Holy Spirit will be in you and among you; remember that this is His work, not yours. To achieve this, Heaven will be with you in total communion, the saints of Heaven with the saints of earth; it will be a Heavenly harmony, where the Thrice Holy Will of God the Father will reign on earth as it does in Heaven.

Yes, My children, you will see all this, you will see it in due time, that day is not too far away. In the meantime, you must give yourselves more and more to adoration, without getting upset, without even thinking about the passing of time, no. My children, you'll see how easy it is. It's a question of you being there before your God, your Lord; little by little your Spirit will be accustomed to remaining in nothingness to be caught up in the Light of lights, your God and your Lord, where you'll be but one Light.

Thank you, My loves, for your good will. I bless you in the name of the Father, in the name of

the Son and in the name of the Holy Spirit. Amen, Alleluia!

Jesus - January 1, 2024

The war is not over, it will continue to spread and many countries will be affected.

May God the Father take you in grace and bless you. Sign yourself and write, My daughter, covered with My Precious Blood, for the Glory of God My Father.

On this great day of Mary, Mother of God and Mother of the Church, may peace be with you. Open your hearts to receive the Holy Spirit on this first day of 2024. Without Him, you won't be able to get through all the trials that await you. You will be amazed by all you see and hear throughout this year. The times are fulfilled, you will see the unfolding of the fulfillment of prophecies. With the Holy Spirit, you will welcome everything in peace.

Don't be surprised to see nature's fury unleashed, the war is not over, it will continue to spread and many countries will be affected. Famine will spread everywhere, you'll see how water will wash the earth in different ways and fire will continue to purify it.

Pray for all the disasters, you're going to hear of great earthquakes, for the earth's axis has moved again... time will be shortened, you'll see in due course. However, do not be afraid, you who have received the Word of God, meditate on it in your hearts so that it bears fruit in abundance, for God has blessed you by giving you His Only Son, I, the Word of God.

Do it today, so that when all these changes come, you'll have made provisions in your heart and will draw strength, truth, light and hope from the treasures that will be hidden deep in your heart.

Prepare yourselves for all these changes, prepare yourselves in peace, so you won't fall into the traps of evil spirits. Pray for your Mother Church, for those who lead her, pray for priests. Pray for peace in the world... the worst is yet to come.

Strive to keep silent so you can hear My voice. Do not fear silence, for through noise the devil draws you away from Me, through noise you open your heart to distractions, to judgments, to all kinds of sins that pass through the senses.

Beware My children, take My words seriously. Soon, you will witness all these events before you. Come to Me, I'm waiting for you, take advantage of this little time you have left of Divine Mercy.

Open your hearts to receive this blessing that will protect you in this year that has just begun: May the Lord bless you and keep you, may He make His face shine upon you, may He take you in grace and bring you peace throughout this year.

I Bless you in the Name of the Father, in the Name of the Son and in the Name of the Holy Spirit. Amen! Hallelujah!



Jesus to Saint Faustina

Write, speak of My mercy. Tell souls where they are to look for solace; that is, in the Tribunal of Mercy [the Sacrament of Reconciliation]. There the greatest miracles take place [and] are incessantly repeated. To avail oneself of this miracle, it is not necessary to go on a great pilgrimage or to carry out some external ceremony; it suffices to come with faith to the feet of My representative and to reveal to him one's misery, and the miracle of Divine Mercy will be fully demonstrated. Were a soul like a decaying corpse so that from a human standpoint, there would be no [hope of] restoration and everything would already be lost, it is not so with God. The miracle of Divine Mercy restores that soul in full. Oh, how miserable are those who do not take advantage of the miracle of God's mercy! You will call out in vain, but it will be too late. (Diary 1448)

Today the Lord said to me, Daughter, when you go to confession, to this fountain of My mercy, the Blood and Water which came forth from My Heart always flows down upon your soul and ennobles it. Every time you go to confession, immerse yourself entirely in My mercy, with great trust, so that I may pour the bounty of My grace upon your soul. When you approach the confessional, know this, that I Myself am waiting there for you. I am only hidden by the priest, but I myself act in your soul. Here the misery of the soul meets the God of mercy. Tell souls that from this fount of mercy souls draw graces solely with the vessel of trust. If their trust is great, there is no limit to My generosity. The torrents of grace inundate humble souls. The proud remain always in poverty and misery, because My grace turns away from them to humble souls. (Diary 1602)

A STEP-BY-STEP GUIDE TO CONFESSION

BEFORE GOING TO CONFESSION:

1. Pray. Ask God to give you the grace to make a good confession.
2. Examine your conscience. Reflect on your life, trying to recall all the times you sinned against God since your last confession. Use an Examination of Conscience to help you.
3. Be truly sorry for your sins.
4. Make the resolution to avoid committing these sins in the future.

DURING CONFESSION:

1. Upon entering the confessional take your place. You may choose to either confess anonymously by going behind the screen or by going face-to-face if this option is available. Depending on the confessional, you may either kneel or sit.
2. Greet the priest. A simple “Good Morning” or “Good Evening” will do.
3. Then make the sign of the Cross and say the following: “Bless me father, for I have sinned. It has been (state how many days, weeks, months, or years) since my last confession. These are my sins.”
4. At this time, confess your sins briefly and clearly. It might be helpful to start with the one that is most difficult to say since it will make it easier to mention the rest. Remember that for a confession to be valid all mortal sins must be confessed. If you do not know whether a sin is mortal or not, ask the priest for guidance. If you do not know what to say, feel uneasy or ashamed, simply ask the priest to assist you. Be assured that he will help you to make a good confession. Simply answer the questions he might ask you without hiding anything out of shame or fear. Place your trust in God who is your merciful Father and wants to forgive you.
5. When you finish confessing your sins, say: “...and I am truly sorry for all my sins.”
6. The priest will then give you some words of advice and/or encouragement to help you become a better person and a more faithful disciple of Jesus Christ.
7. Following this, he will assign you a penance which you are to do when you leave the confessional. It might be something like saying a few prayers, doing an act of charity, or making some sacrifice. Whatever it is, make sure that you understand it clearly and that you remember to do it later.
8. After giving you the penance, the priest will ask you to say the Act of Contrition. You may say whichever one you know. If you do not know an Act of Contrition, ask the priest to assist you.

9. When you are finished praying the Act of Contrition, the priest will say the Prayer of Absolution. Listen attentively to that prayer, bless yourself as he makes the Sign of the Cross and at the end of the prayer, answer, "Amen."

10. After giving you absolution, the priest will say, "Give thanks to the Lord for He is good." at which you respond, "His mercy endures forever." The priest then concludes by saying, "Your sins are forgiven. Go in peace." and you respond, "Thanks be to God."

AFTER CONFESSION:

1. Say a prayer of thanksgiving. Give thanks to God for the gift of his infinite mercy and for the sacrament you have just received.
2. Do your penance. It is advisable that you do your penance as soon as possible so that you will not forget to do it

The Ten Commandments

First Commandment : I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.

Have I... • Reserved or harbored hatred for God? • Disobeyed the commandments of God or the Church? • Refused to accept what God has revealed as true, or what the Catholic Church proclaims for belief? • Denied the existence of God? • Neglected to nourish and protect my faith? • Neglected to reject everything opposed to a sound faith? • Deliberately misled others about doctrine or the faith? • Rejected the Catholic faith, joined another Christian denomination, or joined or practiced another religion? • Joined a group forbidden to Catholics (Masons, communists, etc.)? • Despaired about my salvation or the forgiveness of my sins? • Presumed God's mercy? (Committing a sin in expectation of forgiveness, or asking for forgiveness without interior conversion and practicing virtue.) • Loved someone or something more than God (money, power, sex, ambition, etc.)? • Let someone or something influence my choices more than God? • Engaged in superstitious practices? (Incl. horoscopes, fortune tellers, etc.) • Been involved in the occult or occult practices? (Séances, Ouija board, worship of Satan, etc.) • Formally attempted to leave the Catholic Church? • Hidden a serious sin or told a lie in Confession?

Second Commandment : You shall not take the name of the Lord your God in vain.

Have I... • Used the name of God in cursing or blasphemy? • Failed to keep vows, promises, or

resolutions that I have made to God? [specify in the confessional which one; the Priest has authority to remove the obligations of promises and resolutions if they are too rash or unjust]

4 • Spoken about the Faith, the Church, the saints, or sacred things with irreverence, hatred or defiance? • Watched television or movies, or listened to music that treated God, the Church, the saints, or sacred things irreverently? • Used vulgar, suggestive or obscene speech? • Belittled others in my speech? • Behaved disrespectfully in the church building (e.g., talking immoderately in church before, during, after holy Mass)? • Misused places or things set apart for the worship of God? • Committed perjury? (Breaking an oath or lying under oath.) • Blamed God for my failings?

Third Commandment : Remember to keep holy the Sabbath day

Have I... • Missed Mass on Sunday or Holy Days (through own fault w/o sufficient reason)? • Neglected to set time aside each day for personal prayer to God? • Committed a sacrilege against the Blessed Sacrament (thrown Him away; brought Him home; treated Him carelessly, etc.)? • Received any sacrament while in the state of mortal sin? • Habitually come late to and/or leave early from Mass? • Shop, labor, practice sports or do business unnecessarily on Sunday or other Holy Days of Obligation? • Not attended to taking my children to Mass? • Not provided proper instruction in the Faith to my children? • Knowingly eaten meat on a forbidden day (or not fasted on a fast day)? • Eaten or drunken within one hour of receiving Communion (other than medical need)?

Fourth Commandment : Honor your father and your mother

Have I... • (If still under my parents' care) Obeyed all that my parents reasonably asked of me? • Shown disregard for my parents wishes, displayed contempt of their demands, and/or disdained their very being? • Neglected the needs of my parents in their old age or in their time of need? 5 • Harbored hatred for my parents? • Brought shame on them? • (If still in school) Obeyed the reasonable demands of my teachers? • Disrespected my teachers? • (If I have children) Neglected to give my children proper food, clothing, shelter, education, discipline and care (even after Confirmation)? • Provided for the religious education and formation of my children for as long as they are under my care? • Ensured that my children still under my care regularly frequent the sacraments of Penance and Holy Communion? • Educated my children in a way that corresponds to Catholic religious disciplines? • Provided my children with a positive, prudent and personalized education in the Catholic teaching on human sexuality? • Been to my children a good example of how to live the Catholic Faith? • Prayed with and for my children? • (for everyone) Lived in humble obedience to those who

legitimately exercise authority over me? • Broken any just law? • Supported or voted for a politician whose positions are opposed to the teachings of Christ and the Catholic Church? • Failed to pray for the deceased members of my family . . . the Poor Souls of Purgatory included?

Fifth Commandment : You shall not murder

Have I... • Unjustly and intentionally killed a human being (murder)? • Have I been guilty, through negligence and/or lacking of intention, of the death of another (killing)? • Been involved in an abortion, directly or indirectly (through advice, encouragement, providing money, or facilitating it in any other way)? • Seriously considered or attempted suicide? • Supported, promoted, or encouraged the practice of assisted suicide or mercy killing(euthanasia)? • Deliberately desired to kill an innocent human being? • Unjustly inflicted bodily harm on another person? • Unjustly threatened another person with bodily harm? • Verbally or emotionally abused another person? • Gossiped, slandered, detracted, calumniated? • Hated another person, or wished him/her evil? • Been prejudiced, or unjustly discriminated against others because of their race, color, nationality, sex or religion? • Joined a hate group? • Purposely provoked another by teasing or nagging? • Recklessly endangered my life or health, or that of another, by my actions? • Driven recklessly or under the influence of alcohol or other drugs? • Abused alcohol or other drugs? • Sold or given drugs to others to use for non-therapeutic purposes? • Used tobacco immoderately? • Over-eaten? • Encouraged others to sin by giving scandal? • Helped another to commit a mortal sin (through advice, driving them somewhere, dressing and/or acting immodestly, etc.)? • Caused serious injury of another by criminal neglect? • Indulged in unjust anger? • Refused to control my temper? • Been hateful to, quarreled with, or willfully hurt someone? • Been unforgiving of others, especially when mercy or pardon was requested? • Sought revenge or hoped something bad would happen to someone? • Delighted to see someone else get hurt or suffer? • Treated animals cruelly, causing them to suffer or die needlessly?

Sixth & Ninth Commandments : You shall not commit adultery. You shall not covet your neighbor's wife

Have I... • Neglected to practice and grow in the virtue of chastity? • Given in to lust? (The desire for sexual pleasure unrelated to spousal love in marriage.) • Used an artificial means of birth control (including withdrawal)? • Refused to be open to conception, without just cause? (Catechism, 2368) • Participated in immoral techniques such as in vitro fertilization or artificial insemination? • Sterilized my sex organs for contraceptive purposes? • Deprived my

spouse of the marital right, without just cause? 7 • Claimed my own marital right without concern for my spouse? • Deliberately caused male climax outside of normal sexual intercourse? Masturbated? (Deliberate stimulation of one's own sexual organs for sexual pleasure outside of the conjugal act.) (Catechism, 2366) • Willfully entertained impure thoughts? • Purchased, viewed, or made use of pornography? • Watched or promoted movies and television that involve sex and nudity? • Listened to music or jokes that are harmful to purity? Read books that are immoral? • Committed adultery? (Sexual relations with someone who is married, or with someone other than my spouse.) • Committed incest? (Sexual relations with a relative closer than the third degree or an in-law.) • Committed fornication? (Sexual relations with someone of the opposite sex when the two are not married to one another or any others.) • Engaged in homosexual activity? (Sexual activity with someone of the same sex) • Committed rape? • Engaged in sexual foreplay (e.g., “petting”, or excessive touching) reserved for marriage? • Preyed upon children or youth for my sexual pleasure (pedophilia)? • Engaged in unnatural sexual activities (anything that is not inherently natural to the sexual act; e.g., sex toys, even in the context of marriage)? • Engaged in prostitution, or paid for the services of a prostitute? • Seduced someone, or allowed myself to be seduced? • Made uninvited and unwelcome sexual advances toward another? • Purposely dressed immodestly?

Seventh & Tenth Commandments : You shall not steal. You shall not covet your neighbor's goods

Have I... • Stolen? (Taken something that doesn't belong to me against the reasonable will of the owner.) • Envied others on account of their possessions? • Neglected to live in a spirit of Gospel poverty and simplicity? • Neglected to give generously to others in need? 8 • Not considered that God has provided me with money so that I might use it to benefit others, as well as for my own legitimate needs? • Allowed myself to be conformed to a consumer mentality (buy, buy buy, throw away, waste, spend, spend, spend)? • Neglected to practice the corporal works of mercy? • Deliberately defaced, destroyed or lost another's property? • Cheated on a test, taxes, sports, games, or in business? • Squandered money in compulsive gambling? • Make a false claim to an insurance company? • Paid my employees a living wage, or failed to give a full day's work for a full day's pay? • Failed to honor my part of a contract? • Failed to make good on a debt? • Overcharge someone, especially to take advantage of another's hardship or ignorance? • Misused natural resources?

Eighth Commandment : You shall not bear false witness against your neighbor

Have I... • Lied? • Knowingly and willfully deceived another? • Perjured myself under oath? • Gossiped? • Committed detraction? (Destroying a person's reputation by telling others about his faults for no good reason.) • Committed slander or calumny? (Telling lies about another person in order to destroy his reputation.) • Committed libel? (Writing lies about another person in order to destroy his reputation. Libel is in substance different from slander because the written word has a longer "life" of damage) • Been guilty of rash judgment? (Assuming the worst of another person based on circumstantial evidence.) • Failed to make reparation for a lie I told, or for harm done to a person's reputation? • Failed to speak out in defense of the Catholic Faith, the Church, or of another person? • Betrayed another's confidence through speech, deed, or in writing?



St. Faustina's visions of Hell, Purgatory and Heaven.

One day, I saw two roads. One was broad, covered with sand and flowers, full of joy, music and all sorts of pleasures. People walked along it, dancing and enjoying themselves. They reached the end without realizing it. And at the end of the road there was a horrible precipice; that is, the abyss of hell. The souls fell blindly into it; as they walked, so they fell. And their number was so great that it was impossible to count them. And I saw the other road, or rather, a path, for it was narrow and strewn with thorns and rocks; and the people who walked along it had tears in their eyes, and all kinds of suffering befell them. Some fell down upon the rocks, but stood up immediately and went on. At the end of the road there was a magnificent garden filled with all sorts of happiness, and all these souls entered there. At the very first instant they forgot all their sufferings. (Diary 153).

Hell

"Today, I was led by an Angel to the chasms of hell. It is a place of great torture; how awesomely large and extensive it is! The kinds of tortures I saw: the first torture that constitutes hell is the loss of God; the second is perpetual remorse of conscience; the third is that one's condition will never change; the fourth is the fire that will penetrate the soul without destroying it, a terrible suffering, since it is a purely spiritual fire, lit by God's anger; the fifth torture is conditional darkness and a terrible suffocating smell, and despite the darkness, the devils and the souls of the damned see each other and all the evil, both of others and their own; the sixth torture is the constant company of satan, the seventh torture is

horrible despair, hatred of God, vile words, curses and blasphemies. These are the tortures suffered by all the damned together, but that is not the end of the sufferings. There are special tortures destined for particular souls. These are the torments of the senses. Each soul undergoes terrible and indescribable sufferings, related to the manner in which it has sinned. There are caverns and pits of torture where one form of agony differs from another. I would have died at the very sight of these tortures if the omnipotence of God had not supported me. Let the sinner know that he will be tortured throughout all eternity, in those senses which he made use of to sin. I am writing this at the command of God, so that no soul may find an excuse by saying there is no hell, or that nobody has ever been there, and so no one can say what it is like. I, sister Faustina, by the order of God, have visited the abysses of hell so that I might tell souls about it and testify to its existence. I cannot speak about it now; but I have received a command from God to leave it in writing. The devils were full of hatred for me, but they had to obey me at the command of God. What I have written is but a pale shadow of the things I saw. But I noticed one thing: that most of the souls there are those who disbelieved that there is a hell. When I came to, I could hardly recover from the fright. How terribly souls suffer there! Consequently, I pray even more fervently for the conversion of sinners. I incessantly plead God's mercy upon them. O my Jesus, I would rather be in agony until the end of the world, amidst the greatest sufferings, then offend You by the least sin." (Diary 741).

Purgatory

"I saw my Guardian Angel, who ordered me to follow him. In a moment I was in a misty place full of fire in which there was a great crowd of suffering souls. They were praying fervently, but to no avail, for themselves; only we can come to their aid. The flames, which were burning them, did not touch me at all. My Guardian Angel did not leave me for an instant. I asked these souls what their greatest suffering was. They answered me in one voice that their greatest torment was longing for God. I saw Our Lady visiting the souls in Purgatory. The souls call Her "The Star of the Sea". She brings them refreshment. I wanted to talk with them some more, but my Guardian Angel beckoned me to leave. We went out of that prison of suffering. [I heard an interior voice which said] 'My mercy does not want this, but justice demands it. Since that time, I am in closer communion with the suffering souls.'" (Diary, 20)

Heaven

"Today I was in heaven, in spirit, and I saw its unconceivable beauties and the happiness that

awaits us after death. I saw how all creatures give ceaseless praise and glory to God. I saw how great is happiness in God, which spreads to all creatures, making them happy; and then all the glory and praise which springs from this happiness returns to its source; and they enter into the depths of God, contemplating the inner life of God, the Father, the Son, and the Holy Spirit, whom they will never comprehend or fathom. This source of happiness is unchanging in its essence, but it is always new, gushing forth happiness for all creatures. Now I understand Saint Paul, who said, "Eye has not seen, nor has ear heard, nor has it entered into the heart of man what God has prepared for those who love him." And God has given me to understand that there is but one thing that is of infinite value in His eyes, and that is love of God; love, love and once again, love; and nothing can compare with a single act of pure love of God. Oh, with what inconceivable favors God gifts a soul that loves Him sincerely! Oh, how happy is the soul who already here on earth enjoys His special favors! And of such are the little and humble souls. The sight of this great majesty of God, which I came to understand more profoundly and which is worshipped by the heavenly spirits according to their degree of grace and the hierarchies into which they are divided, did not cause my soul to be stricken with terror or fear; no, no, not at all! My soul was filled with peace and love, and the more I come to know the greatness of God, the more joyful I become that He is as He is. And I rejoice immensely in His greatness and am delighted that I am so little because, since I am little, He carries me in His arms and holds me close to His Heart. O my God, how I pity those people who do not believe in eternal life; how I pray for them that a ray of mercy would envelop them too, and that God would clasp them to His fatherly bosom." (Diary 777).