



Behold, he cometh with the clouds, and every eye shall see him, and they also that pierced him. And all the tribes of the earth shall bewail themselves because of him. Even so.

Amen.

I am Alpha and Omega, the beginning and the end, saith the Lord God, who is, and who was, and who is to come, the Almighty.

Revelation 1:7–8

How to Invite the Holy Spirit to Fully Abide in You

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

Jesus Christ promised every one of us the Holy Spirit

Jesus taught us that if we love him, we must obey all of his commandments. Then, he will make his home in us, his Holy Spirit will abide in us, he will grant us whatever we ask for and he will manifest himself to us¹. This truth has been demonstrated throughout history in the lives of the saints. Jesus promised each one of us his Holy Spirit, without exception, meaning that we are all capable of being infilled with the gifts and fruits of the Holy Spirit. The gifts and subsequent fruits of the Spirit are acquired through Baptism and are strengthened through Confirmation and living the way of Christ. The gifts of the Holy Spirit as outlined in the Catechism of the Catholic Church, are listed in the table below, together with the opposing side effects of evil as a result of the Holy Spirit not abiding in a person.

Gifts of the Holy Spirit	Opposing side effects of demonic oppression or possession
Wisdom	Confusion
Understanding	Ignorance, blinded to the truth, intellectual dishonesty
Fortitude	Fear, faint-heartedness, apathy, laziness
Counsel	Imprudence, reckless judgement
Knowledge	Lack of faith, perspective and discernment
Piety	Disrespect, distrust and disobedience to God, godlessness
Fear of the Lord	Blasphemy, irreverence or indifference to God, attachment to sin and the world

¹ "Believe you not that I am in the Father, and the Father in me? Otherwise believe for the very works' sake. Amen, amen I say to you, he that believeth in me, the works that I do, he also shall do; and greater than these shall he do. Because I go to the Father: and whatsoever you shall ask the Father in my name, that will I do: that the Father may be glorified in the Son. If you shall ask me any thing in my name, that I will do. If you love me, keep my commandments. And I will ask the Father, and he shall give you another Paraclete, that he may abide with you for ever. The Spirit of truth, whom the world cannot receive, because it seeth him not, nor knoweth him: but you shall know him; because he shall abide with you, and shall be in you... He that hath my commandments, and keepeth them; he it is that loveth me. And he that loveth me, shall be loved of my Father: and I will love him, and will manifest myself to him." [John 14:11–18, 21]

The more we love God and the more he abides in us, so other gifts of the Spirit will come to the fore. These include healing, discernment, tongues, prophesy, visions and whatever other rare gifts God wishes to bestow on us, for the benefit of all, as he did on his saints. However, as with anything worthwhile, it takes time to acquire and strengthen these gifts. The more we trust and obey God, the more he trusts us with additional gifts and responsibility. The twelve fruits of the Holy Spirit are listed below, together with some of their evil opposites.

Fruits of the Holy Spirit	Opposing evil manifestations
Love	Hatred, unforgiveness
Joy	Depression, suicidal thoughts, worry
Peace	Anxiety, agitation, restlessness, disunity
Patience	Impatience, quick-temperadness
Kindness	Bitterness, not caring, lack of compassion, cruelty
Goodness	Wickedness, dishonesty, corruption, immorality
Generosity	Selfishness, greed
Gentleness	Aggression, violence, hardness of heart
Faithfulness	Infidelity, unfaithfulness, disloyalty, deceit
Modesty	Vanity, arrogance, pride
Self-control	Lack of control, addictions (alcoholism, drugs, gambling, gluttony and so on)
Chastity	Lust, promiscuity, fornication, adultery, masturbation

If we do not obey all of Christ's teachings, we do not truly love him and we will go astray because of our fallen nature, and our inclination to sin will increase. As we persist in sin and are unrepentant of it, so we give evil spirits authority to further oppress us. In time, they will possess us and manifest in us, replacing the loving gifts and fruits of the Holy Spirit with their opposite manifestations. However, if we purify and strengthen ourselves through regular Confession and make the effort to be 100 per cent obedient to Christ's teachings, so God's graces strengthen in us, our revulsion to sin grows and these evil spirits go in flight.

So how do we invite the Holy Spirit to fully abide in us?

Building a strong relationship with Christ allows the Holy Spirit to full abide in us and bring all of his gifts and fruits into our hearts. Below is a six-step process to send evil in flight and allow us to be more Christ-like...

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

Jesus taught us that the most important commandment of all is to love God with all our heart, mind and soul². If we love God by opening our hearts to him and do our best to obey him and not hurt him, our Father who is in heaven will deliver us from evil, his kingdom will come to us and we will acquire the graces to love as Christ did. Jesus Christ walked this earth and showed us how to live and conduct ourselves in every situation. He is the perfect example of love and obedience to his Father, our Father. At a first glance, it may seem like an impossible task to achieve the way of Christ. Quite the contrary – this is precisely what Satan wants people to think because he is powerless over

² "Master, which is the greatest commandment in the law? Jesus said to him: Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind. This is the greatest and the first commandment. And the second is like to this: Thou shalt love thy neighbour as thyself." [Matthew 22:36–38]

Christ's true followers³. On our own it is impossible task to become holy but we must not forget that Jesus Christ, through his loving sacrifice, has left us with the keys to heaven⁴. We just need to open our hearts to him, make the choice to be obey him (like little children should) and look at him with love and humility. He will then enter our hearts, his graces will flow through us, the fire of his love will begin to grow in us, and our mission on earth will become crystal clear. It is through Christ only that everything becomes possible, and without him, nothing is.⁵

We need to understand that God created us and he gave us everything. Everything but our free will belongs to God: a free will that God gave us out of love because we are made in his image. The moment we make a conscious decision to give our will to God, and to trust that his will is in our best interests, is the instant that we make the decision to truly love God. Giving our will to God is the start of our journey of finding true love, peace and joy in our hearts, because despite what happens to us, we will know it is all part of God's plan for us and whatever cross he is giving us to carry is for our own good. If we do the opposite, we are assuming that we are wiser than God and will never find the comfort we seek in our hearts – all we will find is a hardened heart with a false sense of security. Only God knows what is good for us, because he created us – no one else knows what is good for us, as evil would like to make us believe. The first step therefore in our healing is to take the leap of faith that God will take care of us no matter what this world throws at us, and then have the conviction and fortitude to follow his teachings and do his will in everything we do.

Step 2: Read the Bible

The next step in trying to love God is to make an effort to get to know him. Two thousand years ago, Christ showed us his way, his truth and life – important details of which have been recorded by his holy people, his visionaries, through the power of the Holy Spirit in the New Testament. What better teacher to show us how to live than God himself in the flesh? The Old Testament, which is also the Holy Spirit inspired Word of God through his prophets and visionaries, makes more sense within the context of Christ who fulfilled many of its prophesies. To better understand God's way and his salvation plan for us, I would recommend reading the New Testament first, followed by the Old Testament. The Bible in itself is the only book in the world whose prophesies have come true, barring the final ones for Christ's Second Coming⁶. The Bible is also scientifically, historically and spiritually accurate: new evidence continues to come to light proving the historical events outlined, while deliverances, healings and miracles as described in the Bible, have continued throughout the ages by those who love Christ, in particular, through testimonies of his canonised saints.

The Catholic Church produced the first Bible as we know it today and is its official publisher. The first English Bible, the Douay-Rheims, was translated from the Latin Vulgate⁷ of St Jerome in the service of the Catholic Church. Sadly, subsequent English translations have in some places being defiled. In

³ "And these signs shall follow them that believe: In my name they shall cast out devils: they shall speak with new tongues. They shall take up serpents; and if they shall drink any deadly thing, it shall not hurt them: they shall lay their hands upon the sick, and they shall recover." [Mark 16:17–18]

⁴ Jesus left behind his Catholic Church and its sacraments to help us to be closer to him. "And I say to thee: That thou art Peter; and upon this rock I will build my church, and the gates of hell shall not prevail against it. And I will give to thee the keys of the kingdom of heaven. And whatsoever thou shalt bind upon earth, it shall be bound also in heaven: and whatsoever thou shalt loose upon earth, it shall be loosed also in heaven." [Matthew 16:18–19]. In John 1:42 Jesus changed Simon's name to "Cephas", which means "Rock" in Aramaic. Jesus spoke Aramaic, which is also confirmed in Matthew 27:46 where he called out "Eli, Eli, lamma sabacthani" on the cross. In Matthew 16:18, Jesus was referring to building his Church on Peter, Cephas, the Rock, not a physical rock as some have incorrectly assumed. The confusion has arisen because of the differing grammatical structures of the various translations into different languages.

⁵ "And Jesus beholding, said to them: With men this is impossible: but with God all things are possible." [Matthew 19:26]

⁶ Jesus' Second Coming is near. See www.alpha-omega.org.za where our Triune God and Mother Mary are talking through Jesus' chosen End of Times Messenger.

⁷ The Latin Vulgate was a direct translation by St Jerome from the original Hebrew and Greek texts.

particular, some protesters, such as Luther in the 1500s, went against the very word of God and changed the Bible in places to suit their misled campaigns against the very Church that Christ himself founded⁸. For this reason, before purchasing a Bible, ensure that the Catholic Church has authorised the publication with its imprimatur. Although in Old English, I would strongly recommend the Douay-Rheims for the serious reader. An online version can be found on www.drbo.org for quick reference.

Throughout the ages, many canonised saints received direct messages from God and our Blessed Mother Mary, fulfilling Christ's promise of manifesting himself to his holy people⁹. As a result of their confirmed holiness by the Catholic Church, which is the pillar and foundation to truth¹⁰, these messages can be taken as true and so add to the richness of understanding the Word of God. The most well-known New Testament visionary is St Paul, who wrote a large part of the Bible but never lived with Christ, while St John the Apostle was taken in vision when he wrote the book of Revelation.

Some holy people today also receive direct messages from God and Mother Mary, which is a rare gift, and serve as excellent resources to understand the living Word of God in his Bible and to strengthen one's faith. St Padre Pio, St Faustina and the three Fatima visionaries (Lúcia, Jacinta and Francisco) are good examples of twentieth-century messengers, while more recent ones within the Church include Vassula Ryden, Alan Ames¹¹ and Jesus' End of Times messenger Fernanda de Sequeira¹². It is important to note that God's true visionaries and messengers will always lead people to the Catholic Church (not away from it), its seven sacraments, praying the Rosary and praying for the salvation of souls of both the living and the dead. This is what Jesus Christ tells us through Fernanda about his false prophets, of which there are many today:

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

Authentic messages will never contradict the Word of God in the Bible and they will never contradict other authentic messages because God's word is absolute and non-contradictory. Indeed, you will know them by their fruits¹³: over and above their acts of love and charity and exhibiting many gifts and all the fruits of the Holy Spirit, "These signs shall follow them that believe: In my name they shall cast out devils: they shall speak with new tongues. They shall take up serpents; and if they shall drink any deadly thing, it shall not hurt them: they shall lay their hands upon the sick, and they shall recover."¹⁴

⁸ Instead of protesting and breaking up the Catholic Church, they should have helped to build and enrich the Church, as did all of Christ's saints.

⁹ "He that hath my commandments, and keepeth them; he it is that loveth me. And he that loveth me, shall be loved of my Father: and I will love him, and will manifest myself to him." [John 14:21]

¹⁰ "...the house of God, which is the church of the living God, the pillar and ground of the truth." [1 Timothy 3:15]

¹¹ See www.tlig.org and www.alanames.org

¹² See www.alpha-omega.org.za

¹³ Matthew 7:20

¹⁴ Mark 16:17-18

Step 3: Pray, pray, pray

Without prayer it is impossible to have a relationship with God. Prayer opens up a two-way communication with God in the depths of our minds and hearts. Prayer moves the heart of God and if done with a faithful heart, can move mountains. With God and prayer, everything is possible – and it is a true partnership with God where he is giving us the opportunity to shape the future with him, through his power. As St John Chrysostom said, “God governs the world, but prayer governs God.” The more we pray for others, by the power of God, we become responsible for evil going in flight and making this world a better place.

Pray without ceasing

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

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

Pray the Rosary daily: it is the weapon of our times

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

Praying the Rosary allows the Holy Spirit to talk to us in the depths of our minds and sends the devil in flight. It is the weapon of our times¹⁸. Satan and his demons are wandering the world seeking the ruin of souls, trying to lead people away from God and his true Church¹⁹. They also do their best to take people away from praying the Hail Mary²⁰ because they are terrified of Mary: her soul magnifies the Lord²¹ and no other can move the heart of God like his Blessed Mother Mary. Many claim to love Christ but ignore, or even blaspheme, his Mother, whom he honours according to his fourth commandment. In the Bible, Mary, like Jesus, was the only unbaptised person to be called “full of

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

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

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

¹⁸ “The Rosary is the ‘weapon’ for these times.” – St Padre Pio

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

²⁰ The prayer itself is an invocation of Holy Scriptures.

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

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

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

[\[Click here for more information on the Rosary\]](#)

Pray the Armour of God daily

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

[\[Click here for the Armour of God prayer\]](#)

Step 4: Go to Confession regularly and make reparation

God is love. God draws us into his heart by love, so much so that he humbled himself as a man and sent his Only Begotten Son to show us his way and to die for us and in atonement for our sins.

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

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

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

²⁵ “Put you on the armour of God, that you may be able to stand against the deceits of the devil. For our wrestling is not against flesh and blood; but against principalities and power, against the rulers of the world of this darkness, against the spirits of wickedness in the high places. Therefore take unto you the armour of God, that you may be able to resist in the evil day, and to stand in all things perfect. Stand therefore, having your loins girt about with truth, and having on the breastplate of justice. And your feet shod with the preparation of the gospel of peace: In all things taking the shield of faith, wherewith you may be able to extinguish all the fiery darts of the most wicked one. And take unto you the helmet of salvation, and the sword of the Spirit (which is the word of God). By all prayer and supplication praying at all times in the spirit; and in the same watching with all instance and supplication for all the saints.” [Ephesians 6:11–12]

Today, Jesus Christ suffers worse pains through his pierced Sacred Heart as a result of our sins. Every time we sin, we hurt him, and there are more people on the earth sinning today than ever before. To show Jesus that we love him, we can alleviate his suffering by making an effort to know what hurts him and to repent of our sins. Jesus wants us to have the humility to confess our sins in Confession through his Catholic priests, to whom he gave the authority to forgive sins²⁶. We must also make reparation for our sins, wherever possible, by making a genuine effort to fix what we have broken.

We must not forget that Jesus is a loving and merciful saviour, who is ready to forgive if we are genuinely sorry for what we have done and do our best, with his help, to not sin again. In Confession, we must not be embarrassed about repeating the same sins because every time we confess with a humble and contrite heart, Jesus gives us more graces and the strength to not repeat these sins. These sins will eventually stop as evil loses its grip on us. Satan hates the Sacrament of Confession the most because it is there that he and his demons lose their grip and their authority on people.

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

We must remember that in Confession, Jesus is not judging us, he is forgiving us. The priest is not judging either – he has authority from Jesus to forgive sins. Sadly, many chose to not repent, which not only hurts Jesus but they are also sentencing themselves to be judged in eternity. They forget that this results in a harsher purification in purgatory and a lesser reward in heaven. The grace to purify and earn a bigger reward in heaven was offered on earth by Christ himself, at the expense of his suffering, not ours.

[\[Click here for a comprehensive guide to examining your conscience\]](#)

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

The Holy Mass is Jesus' living sacrifice, where he gives us his living flesh, his Body and Blood, our daily bread, for the life of the world. In Jesus' words, "Unless you eat of the flesh of the Son of Man and drink his Blood, you will have no life in you." Jesus repeated himself to be clear about this fact to the Jews while he was teaching in the synagogue in Capernaum and to his disciples, knowing that some would betray him as a result of this statement²⁷.

²⁶ "For if thou confess with thy mouth the Lord Jesus, and believe in thy heart that God hath raised him up from the dead, thou shalt be saved. For, with the heart, we believe unto justice; but, with the mouth, confession is made unto salvation... If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just, to forgive us our sins, and to cleanse us from all iniquity. If we say that we have not sinned, we make him a liar, and his word is not in us... And the priest shall pray for him and for his sin before the Lord, and he shall have mercy on him, and the sin shall be forgiven... And I will give to thee the keys of the kingdom of heaven. And whatsoever thou shalt bind upon earth, it shall be bound also in heaven: and whatsoever thou shalt loose upon earth, it shall be loosed also in heaven... Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained." [Romans 10:9–10, 1 John 1:8–10, Leviticus 19:22, Matthew 16:19, John 20:21].

²⁷ "I am the living bread which came down from heaven. If any man eat of this bread, he shall live for ever; and the bread that I will give, is my flesh, for the life of the world. The Jews therefore strove among themselves, saying: How can this man give us his flesh to eat? Then Jesus said to them: Amen, amen I say unto you: Except you eat the flesh of the Son of man, and drink his blood, you shall not have life in you. He that eateth my flesh, and drinketh my blood, hath everlasting life: and I will raise him up in the last day. For my flesh is meat indeed: and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, abideth in me, and I in him. As the living Father hath sent me, and I live by the Father; so he that eateth me, the same also shall live by me... Many therefore of his disciples, hearing it, said: This saying is hard, and who can hear it? But Jesus, knowing in himself, that his disciples murmured at this, said to them: Doth this scandalize you? If then you shall see the Son of man ascend up where he was before? It is the spirit that quickeneth: the flesh profiteth nothing. The

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

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

Many people do not realise the immense pain that they cause Jesus by having him unworthily: not only are they forcing Christ into an impure body but they are eating and drinking judgement upon themselves²⁹. The daily bread that we ask for in the Our Father prayer is the living Body of Christ, our Holy Communion, yet very few of us make the effort to go to Mass daily. Our Father God said to Alan Ames³⁰ that if all the Catholics today attended daily Mass, heaven would come to earth. Indeed, if we labour to have Christ's Body and Blood worthy of him, we will be sealed by the Father³¹ and will be protected from his wrath in the last days³².

The Holy Communion offered in Mass is the living Body of Christ. It is his living sacrifice that persists in eternity as a result of our ongoing sins, and will persist until the end of time.

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

Daily Masses are centred on the Gospel of the day, which rotates in three year cycles, and the living sacrifice of Jesus Christ. Holy Mass is the most powerful prayer one can offer to God for both the living and the dead. In Mass, we are still at the foot of the cross where Jesus is being re-crucified and is suffering horrific pains because of our sins³³. In Mass, we offer up our petitions, which our guardian angel takes to Jesus at the foot of his cross. The Triune God, together with Mother Mary and many angels and saints are at Mass every time it is celebrated³⁴, while souls in purgatory rely on Masses to be offered up for them so that they can be released into heaven³⁵.

In order to fully appreciate and understand this mystery, the bridge to heaven, we need to attend Catechism classes³⁶ and receive the sacraments of Confession and Holy Communion from an

words that I have spoken to you, are spirit and life. But there are some of you that believe not. For Jesus knew from the beginning, who they were that did not believe, and who he was, that would betray him." [John 6:51–57 and 61–65]

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

²⁹ "Therefore whosoever shall eat this bread, or drink the chalice of the Lord unworthily, shall be guilty of the body and of the blood of the Lord. But let a man prove himself: and so let him eat of that bread, and drink of the chalice. For he that eateth and drinketh unworthily, eateth and drinketh judgment to himself, not discerning the body of the Lord." [1 Corinthians 11:27–30]

³⁰ See "Heavenly Words Collection", Alan Ames: www.alanames.org

³¹ "Labour not for the meat which perisheth, but for that which endureth unto life everlasting, which the Son of man will give you. For him hath God, the Father, sealed." [John 6:27]

³² "And it was commanded them that they should not hurt the grass of the earth, nor any green thing, nor any tree: but only the men who have not the sign [seal] of God on their foreheads." [Revelation 9:4]

³³ "And are fallen away: to be renewed again to penance, crucifying again to themselves the Son of God, and making him a mockery." [Hebrews 6:6]

³⁴ Amongst other visionary confirmations, see the Catalina messages on www.michaeljournal.org/holymass.htm

³⁵ Besides praying for deceased relatives and friends, we must never neglect to pray for the abandoned souls in purgatory, those for whom no one prays. They will thank you in eternity for this love.

³⁶ Every Catholic Church throughout the world hosts Catechism classes, so to become a Catholic is a matter of finding a local parish and making inquiries for conversion.

ordained priest before receiving the Body of Christ at Mass. Of course, the sacraments of Baptism and Confirmation are essential prerequisites.

As Christians who love God, realising that we are all sinners, we must help Jesus to build his Church and pray for his priests and followers. We must not abandon the Church in protest if priests or bishops make mistakes. They are under attack by the enemy because if there are no priests to consecrate hosts, there will be no more living sacrifice of Christ, which means that salvific graces will stop flowing to earth, many souls will be trapped in purgatory and we will starve eternally. However we have nothing to fear because Christ has given us his word that the gates of hell shall not prevail against his Church³⁷.

Our Triune God is also asking us today through his messengers, as has been the case since the beginning times through catechetical councils, saints and all of his popes³⁸, to receive the Body of Christ worthily in the mouth, not the hands: on the knees or by genuflecting, making the Sign of the Cross, receiving in the mouth, making the Sign of the Cross and respectfully bowing before departing. Besides receiving Communion on the hands being disrespectful, it makes it easier for Satanists to steal and sell Christ's Body at Mass for satanic rituals that cause Jesus immense pains. Priests are also being asked to exclusively hand out Communion, even if it takes longer to do so³⁹. We must have the humility to be obedient to God's call and to pray for this change in the Church.

"Wherever I go in the whole world, the thing that makes me the saddest is watching people receive Communion in the hand" [Blessed Mother Teresa]

Step 6: Fast and do works of mercy

Fasting is a powerful form of prayer, where we offer it up as a sacrifice in atonement for our sins. If fasting is done begrudgingly or for others to see, then it loses its value to God. Instead, it is a personal and secretive offering to the Father⁴⁰, sharing in Christ's sacrifice and allowing the Holy Spirit to strengthen in a person. Fasting is food for your soul and makes your prayers more powerful. The apostles fasted, prayed and laid hands on each other for God's graces to strengthen in them prior to going on missions⁴¹. Jesus also taught us the effectiveness of fasting in casting out demons in his name⁴².

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

God is not necessarily asking us to fast for forty days without any food or drink as Moses and Jesus did but we can, in our busy lives, make an effort to fast once, twice or even three times a week.

³⁷ "And I say to thee: That thou art Peter; and upon this rock I will build my church, and the gates of hell shall not prevail against it." [Matthew 16:18].

³⁸ For a comprehensive summary, see Charles Pritchard's letter to Bishops, priests, clergy and parishioners: "[We Must Humbly Implement Father God's Requests at Holy Mass](http://www.alpha-omega.org.za)", 1 August 2016, www.alpha-omega.org.za.

³⁹ This is waived only on special occasions such as visiting the sick where a priest is not able to be there.

⁴⁰ "And when you fast, be not as the hypocrites, sad. For they disfigure their faces, that they may appear unto men to fast. Amen I say to you, they have received their reward. But thou, when thou fastest anoint thy head, and wash thy face; that thou appear not to men to fast, but to thy Father who is in secret: and thy Father who seeth in secret, will repay thee." [Matthew 6:16-18]

⁴¹ "And as they were ministering to the Lord, and fasting, the Holy Ghost said to them: Separate me Saul and Barnabas, for the work whereunto I have taken them. Then they, fasting and praying, and imposing their hands upon them, sent them away." [Acts 13:2-3]

⁴² "And he said to them: This kind can go out by nothing, but by prayer and fasting." [Mark 9:28]

Jesus often used to call a fast for a day while on his missions with his apostles⁴³. If a person is unable to fast for medical reasons, then other forms of sacrificial love in making an effort to be more Christ-like have a similar effect: we have the Bible and thousands of saints throughout the ages to draw example from.

Works of mercy, which are an essential requirement in a Christian's life, include: feeding the hungry, giving drink to the thirsty, clothing the naked, sheltering the homeless, visiting the sick, visiting the imprisoned, burying the dead, instructing the ignorant, counselling the doubtful, admonishing sinners, bearing wrongs patiently, forgiving offences willingly, comforting the afflicted and praying for both the living and the dead.

⁴³ See "*Through the Eyes of Jesus*", Alan Ames: www.alanames.org