



WHAT OUR LORD & OUR LADY WANT US TO DO DAILY

First, *PRAY* for the *GRACE* to fast. We cannot do this on our own! Mary will obtain the grace for you.

Monday - "On Mondays, **pray** for the **Holy Souls**, offering a strict **fast on bread and water (until six)** and prayer during the night. Each time you fast you will **free a priest's soul from Purgatory**. Whoever practices this fast will themselves be freed within eight days after their death."

TUESDAY – "On Tuesday, **pray** for the **family** and **make spiritual communions** for each member. My Mother will take each under her protection. Offer night prayer for them. Invoke St. Joseph every day. He will help you."

WEDNESDAY – "On Wednesday, **pray** for **priestly vocations**. Many young men have these desires, but they do not meet anyone to help them to gain the goal. Your night vigil will gain abundant graces."

THURSDAY – "On Thursday, make **reparation to the Blessed Sacrament**. Offer the strict **fast (until six)** and night prayer for the twelve priests."

FRIDAY – "On Friday, immerse yourself in My Sacred Passion. During the day, meditate on the Way of the Cross. From noon to three adore My Sacred Wounds." (Note, this can be done even at work or school.) (**Fast** until I expired at three o'clock.)"

SATURDAY – "On Saturday, venerate My Mother in a special way. Seek the grace of a holy death for priests in their final agony. Priestly souls in heaven will intercede for you, and your Heavenly Mother will be waiting for your soul at the hour of death."

SUNDAY – "Concerning Sunday, the Redeemer gave no specific instructions."

Then on p.42 of the blue unabridged Flame of Love Diary, Mary asks us to attend more than one Mass on Sunday, if possible, and to pray at night vigil for the youth who received Baptism, but have no one to help them to grow in their faith.

-The Flame of Love of the Immaculate Heart of Mary Spiritual Diary of Elizabeth Kindelmann, Abridged, 5/10/62

To nourish and fan the Flame within you:

- *Join a Flame of Love Prayer Cenacle, for Our Lady asked us to join together and pray;*
- *Continue to read a few pages of the Flame of Love Diary daily;*
- *Help Mary in her Cause by spreading the Grace to humanity, starting with your family, friends, and parish.*

All of the above will increase the graces spread to you and humanity!

A Spiritual Communion

To Make For Each Member of Your Family

-Jesus asked for this in the *Flame of Love Diary (simplified version)*, p. 18:

“On Tuesday pray for the family and make Spiritual Communions for each member. My Mother will take each under her protection. Offer night prayer for them. Invoke St. Joseph. He will help you.”

My Jesus, help (name of family member) to believe deeply, that Thou art truly present in the Most Blessed Sacrament. Grant him/her to love Thee above all things and to long for thee in his/her soul. If he/she cannot now receive Thee sacramentally, please come at least spiritually into his/her heart. Inspire him/her to embrace Thee, and to unite himself/herself entirely to Thee. Never permit him/her to be separated from Thee. Amen.

Prayer To St. Joseph

+St. Joseph, protect our home. Pour forth heaven's blessings upon each member of our family. Remain in our midst. Help us to live in love, harmony, peace, joy, prayer and faith. May the wholesome fear of God strengthen us, that virtue may adorn what we do, and our way may lead to heaven. To you this day, I give the key to our dwelling place. Lock out all things that could do us harm. Lock my home and my loved ones in the hearts of Jesus and Mary. This I beg of you, that our days may be like your days in the holy home of Nazareth. Amen.

Divine Prayer of Reparation Given at Fatima

This prayer was given to us from God Himself through the angel who appeared to the three children at Fatima. Because of this, it is a perfect prayer to offer on Thursdays as Jesus requested through Elizabeth Kindelmann, in order to make reparation for the sins and offences committed against the Holy Eucharist:

Most Holy Trinity, Father, Son and Holy Spirit,
I adore Thee profoundly. I offer Thee the most precious Body,
Blood, Soul, and Divinity of Jesus Christ, present in all the
tabernacles of the world, in reparation for the outrages,
sacrileges, and indifference by which He Himself is offended.
And through the infinite merits of His Most Sacred Heart and the
Immaculate Heart of Mary, I beg of Thee the conversion of poor
sinners.

(To be said three times in a row)