

## **PRAYERS FOR FASTING**

**From the Book of Truth**

**Friday, March 22nd, 2013 @ 21:45**

*If you can accept this, you will, in atonement for the sins of mortal man, save millions of souls. I will grant Mercy to the most hardened sinners, in return for your gift of suffering.*

*Here is the Crusade Prayer for you if you wish to share My Cup of Suffering. Recite this, three times, when you can, but preferably during any time of fasting.*

**Crusade Prayer (103) To share the Cup of Suffering with Christ:**

*“I lay before You, dear Jesus, and at Your Feet to do what You will with me for the good of all.*

*Let me share Your Cup of Suffering.*

*Take this gift from me, so that You can save those poor souls who are lost and without hope.*

*Take me, in body, so I can share Your Pain.*

*Hold my heart in Your Sacred Hands and bring my soul in union with You.*

*Through my gift of suffering, I allow Your Divine Presence to embrace my soul, so that You can redeem all sinners and unite all God’s children forever and ever.*

*Amen.”*

*This sacrifice on your part, presented to Me, Jesus Christ, Redeemer of all humanity, will enable Me to pour My Great Mercy over the whole world.*

*More importantly, I will save even those who hate Me. Your prayers and sacrifice are their only saving grace, for without this, they would be destroyed by the evil one.*

**YOUR JESUS**

**“Importance of Fasting and Self Denial”**

**Monday, May 16th, 2011 @ 11:30**

*Children, you must understand that belief in My Existence is just part of your spiritual journey.*

*There is so much more you need to understand. It will only be through your denial of the pleasures of the flesh that you will truly be fulfilled. By virtue of the fact that Satan controls man through the temptations of the flesh so too should you deny him the access to those pleasures you may seek.*

*Fasting is one of the most powerful ways to rid your soul of Satan and his demons. So few people in the world can commit to this sacrifice, yet it is so simple and does not damage your health. One day of fasting a week will bring you special graces. By making small sacrifices in*

***honour of Me, your Divine Saviour, you will not only save souls, but you will become closer to Me. Other sacrifices where you denounce worldly goods will also bring you closer to My Sacred Heart.***

*Life, My children, should not be all about the pursuit of material things, if they are surplus to your real needs. By accepting simple needs and by devoting your time to Me, you will experience true contentment. Not only that, but for the first time in your life you will know the meaning of true freedom. Remember, Satan controls man through the desires of the flesh including food, clothes, sex, homes, cars, holidays, luxury living, music, alcohol and idolatry of famous people. By accepting that these are simply illusions, you will then understand that your time on Earth should not be wasted with such useless pursuits. Your time on Earth, children, is just part of your journey into eternity. Life of a different kind will continue for you after death.*

*Irrespective as to whether people believe in God the Eternal Father or not, their soul will still exist after death. Seek now the Light so that your soul will experience true happiness for eternity and an exalted place in Paradise. To achieve this level of spiritual sanctity please make sacrifices of the flesh while you are still alive on Earth. Offer, too, all your sufferings in your life for lost souls and you will reap the rewards waiting for you in the next life.*

**Your Loving Saviour**

**JESUS CHRIST**

**“Fasting is important for your souls”**

**Wednesday, February 22nd, 2012 @ 19:00**

Message received by Maria Divine Mercy during Adoration of the Holy Eucharist

*My dearly beloved daughter tell My children that this time of Lent is a time of quiet reflection, of personal sacrifice and an opportunity to pray for the mitigation of war in the world.*

*Emulate My fasting in the desert by making small sacrifices.*

*Fasting is important for your souls. It cleanses the spirit and gives Me great comfort.*

***You can save many souls by fasting just once a week.***

*This can be according to your desire. All that matters is that you offer up this day for souls.*

*Use this time to help Me in My battle for souls.*

*Reflect on My life on earth and the gift I bestowed, by My death on the cross, to provide all of My children with Eternal Life.*

*These few weeks of Lent must be used to prepare your souls and those of your brothers and sisters.*

*Please prepare for Holy Week and Easter by reciting this Crusade Prayer (34) My Gift of Fasting to Jesus:*

*“O My Jesus  
Help me in my own small way  
To imitate your life of sacrifice in order to save mankind  
Allow me to offer you the gift of fasting one day a week  
Throughout Lent to save all of humanity so that they can  
Enter the gates of the New Paradise on Earth  
I offer you dear Jesus My sacrifice  
With love and joy in my heart to show you the extent of my love  
Through this sacrifice I beg you for the salvation of every soul who may  
Have fallen from grace.  
Amen.”*

*Do not allow fear to cloud your hope of eternal salvation children. The purification will be swift.*

*You, My followers who accept the Seal of the Living God are blessed.*

*You must not worry.*

*You must be strong.*

*You must be hopeful and focus on Me at all times.*

*Only then will you rise and walk the thorny road without hesitation.*

*I will guide and lead you on your journey every step of the way.*

**YOUR BELOVED JESUS**