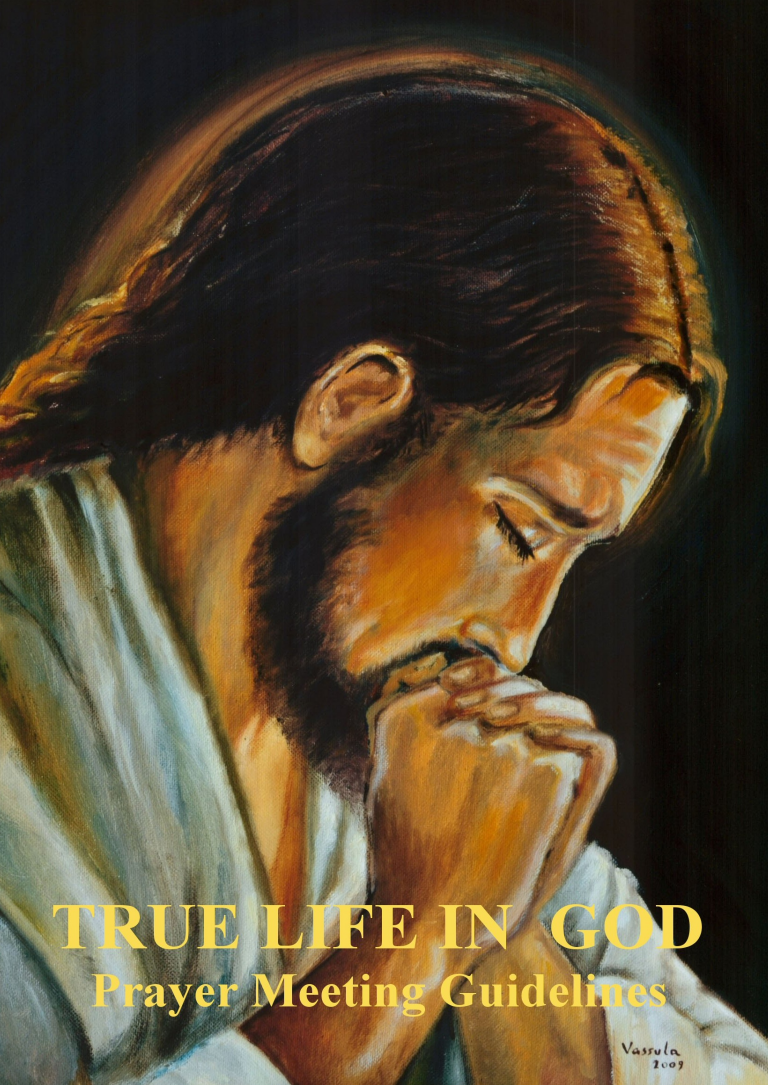

TRUE LIFE IN GOD

Prayer Meeting Guidelines

TRUE LIFE IN GOD

ECUMENICAL PRAYER MEETING

Guidelines

Cover photo painted by Vassula Rydén ©

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Note to the Reader

Punctuations in this book follows the original handwritten Messages where commas, semi-colons and colons are mostly used with lower case letters, except where the words refer to God or to St. Mary (Our Lady) or where occasionally they are used for emphasis.

Vassula says, *"I never understood why the text was punctuated in this manner until one day Sr. Anne Woods explained it in her book entitled Invitation to be One with Christ that the Old Testament in Hebrew was written in the same style"*.

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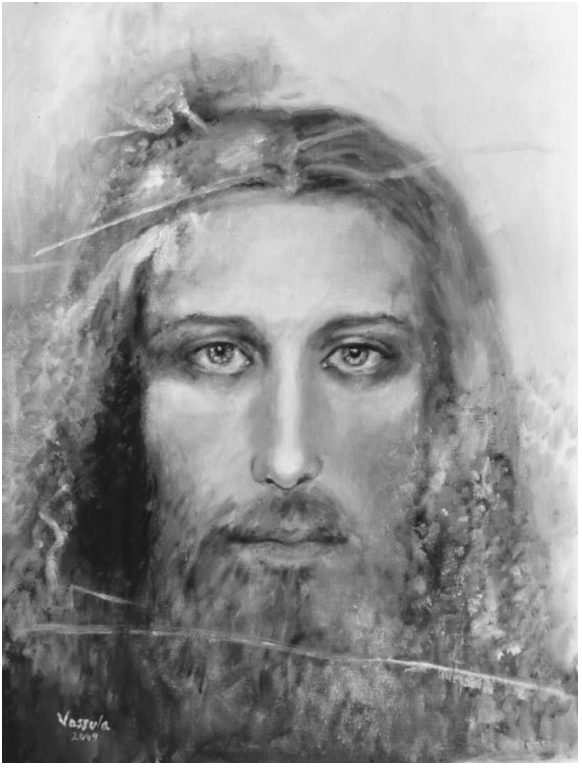

Vassula
2009

JESUS CHRIST

I your father, I your spouse,
I your home, I your nurse,
I your root, I your foundation.
Whatever your want, I will be.
You will lack nothing.
I will work for you.
For I came to serve and not to be served.
I will be your friend and your host,
your head and your brother,
your sister and your mother.
I will be everything.
Only be intimate with Me!
I will be poor for you, errant for you,
on the Cross for you,
in the Tomb for you.
Above I plead the Father for your sake,
on earth I became intercessor
to the Father for your sake.
You are everything for Me,
brother, co-heir, friend and member.
What more do you want?

St. John Chrysostom (TLIG, February 2, 1999)

INTRODUCTION

The Trinitarian Spirituality of True Life in God By Vassula Rydén

Jesus said: "without Me, you will live like the world, with Me you will live as in Heaven. Without Me, your traits will become those of the world, but with Me your traits will be Mine. Remain in Me, be rooted in Me; have Me as first and grant Me your time." (TLIG, May 20, 1994).

What is The Trinitarian Spirituality of True Life in God

First and foremost, ***True Life in God*** is to be eager to meet God and to get to know Him, the way He really is; it is to open ourselves and have a special and intimate relationship with Him. Without this intimacy, we cannot approach Him. He will be always remote, far away somewhere "up there" and from such a distance we cannot love Him. What He asks of us today is a dialogue with Him, a simple heart-to-heart conversation, including Him in our daily life, treating Him like our best friend, nevertheless never forgetting that He is Holy.

True Life in God is to learn to pray without ceasing. To pray without ceasing is to live in perfect union with God and in God, thus living daily the "we, us" that Jesus taught us. It is to learn to have this heart-to-heart conversation with God.

To be in constant prayer is the first commandment, for it is the fruit of our love for God, desiring to be with Him always. This love will gush out from our hearts into the hearts of our neighbors, loving them, which is the second commandment.

For this, we have to be willing to offer God our will daily and to abandon ourselves entirely to Him, so we can live with our feet on the ground and with our heart and our soul in heaven. Jesus does not like the lukewarm. He desires a sincere heart.

If we do not abandon ourselves entirely to God, it is as if we tied His Hands. His will cannot be done to us. We must root ourselves fully in Him. To be rooted in God means to become like Him, to imitate Jesus; it is to love God and to love our neighbor. We cannot speak about Peace and Unity without being rooted in God.

True Life in God is to expand God's Kingdom and make the Triune God known. It is to reveal the real images of God our Father so that our spirit will call out to Him "Abba!"

True Life in God is to put into practice the act of charity and love that delights God. Jesus said: **"In**

the day of Judgment you will be judged according to the measure of your love."

True Life in God is to be witnesses of the Most High, witnesses of God's Love, so as to tell the world that although they have forgotten God, God in His faithful Love and Mercy has never forgotten them and that even if we are the most wretched in the world, His Love for us has no end.

Our Eternal Father said: "My child, you are not Fatherless. I Am who I Am is your Father. You are not homeless. My Kingdom, My Splendour and the Truth are your home. You are not restrained from food, for I, with My own Hand, fill your mouth from My Mouth with My Word. My favour is upon you and so everything I do in these days is for the salvation of your generation." (TLIG, February 26, 1995).

True Life in God means to allow the Holy Spirit to transfigure our soul into a heaven, so that He becomes the Light of our eyes, the motive of our being, the movement of our heart, our laughter and our joy and the kingly adornment of our soul, our hymn to the Hymn and our amen to the Amen. We must die to our self and to our will and to our passions which obstruct Him from rendering our soul imperishable, full of grace, and into a heaven to glorify God.

True Life in God is to remain faithful to Mother Church and its Tradition. It is to offer God prayers from the heart, sacrifices, penance and fasting.

True Life in God is to become the child of the Mother of God since Her Immaculate Heart is never separated from the Sacred Heart of Jesus but is in perfect union with His.

True Life in God is to visit the Blessed Sacrament and be with Jesus. We should ask the Holy Spirit to grant us the Spirit of Piety to learn to adore the Divine Sacrament and to observe with fear what is real Flesh and real Food, what is real Blood and real Drink.

Jesus said: "lean on Me and I shall guide you to My Tabernacle where I am waiting for you day and night where I offer you Myself every day,... all that I need is love; love and adoration." (TLIG, June 1, 1989).

True Life in God is to pray for unity and for unifying the dates of Easter, since this is the great desire of our Lord Jesus Christ. We can be the first fruits of unity by assembling and praying together in one heart and one voice. Jesus said: **"I need humility and love, and the conversion of your hearts to be the foundation of your unity."**

Let the motto of True Life in God be:
"repay evil with love"

Because, as Jesus tells us: **Love is the root of the tree of virtues**. Without that root the tree has no virtue, no fruit. "The Heart of the Lord is Love and the heart of the Law is based on Love."

It is written: **"Do not judge."** The tongue is the worst of all! For the tongue that receives the Holy Communion is the same that judges, criticizes, blasphemes. So Jesus says: **"I would like you to fast, but also with your lips!"**

Jesus reveals to us how He would like us to pray: "I will ask My flowers this: flowers of Mine, I will ask you all to learn how to pray when you pray, pray from your heart, I need prayers that come from your heart and not from your lips; do not pray quickly, recollect yourselves and pray slower, looking at Me, I am Present, let your prayers reach Me;

learn to be in constant prayer, by this I do not mean to have you on your knees endless hours, no, but just in remembering My Presence, you will be in constant prayer; your minds will be lifted towards Me; all that you say, or do, or think will be for Me; I need devotion and fidelity, love Me without measure and desire Me;

I am your Saviour and Consoler, so come to Me without hesitating, I will console you all, I will give

you hope, so do not diminish your prayers and sacrifices, increase them by being in constant prayer" (TLIG, December 16, 1988).

"I Am;[1]

I am a God full of pity and My Heart can be touched; come and learn:

– in the morning sow your seed of love;

– at noon sow your seed of peace;

– in the evening sow your seed of reconciliation;

then go and collect your harvest and offer it to Me, your Father in Heaven, and I will tell you:

"in your graciousness, My child,
you have obtained your reward in heaven"

from above I call to you all: "come! come and make peace with Me, your God and you will have My Blessings; return to Me and you will live forever" (TLIG, June 18, 1994).

[2]

[1] The Father answered

[2] Alpha and Omega are the first and last letters of the Greek alphabet. The letters X and P are another symbol for Christ.

1. We begin with THE SIGN OF THE CROSS:

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

2. PRAYER TO THE HOLY SPIRIT

O Heavenly King,
the Advocate the Spirit of Truth,
omnipresent and within everything,
the treasure of the simple hearted,
and the giver of life,
come, and pitch Your Tent within us,
cleanse us from our stains
and may Your holiness save our souls,
O Most Pure. Amen.

Orthodox Prayer

3. HOLY GOD

Recite three times:

Holy God, Holy Mighty One,
Holy Immortal One, Have Mercy on us

Orthodox Prayer

4. THE HOLY ROSARY

Four mysteries may be meditated on each day as follows:

Joyful Mysteries: Monday & Saturday - p. 12
Luminous Mysteries: Thursday - p. 19
Sorrowful Mysteries: Tuesday & Friday - p. 26
Glorious Mysteries: Wednesday & Sunday - p. 34

The Apostle's Creed

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, was born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead; on the third day He arose again; He ascended into heaven and is seated at the right Hand of God the Father Almighty; from thence He shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

On the first bead:
The Our Father

Our Father, who art in Heaven, Hallowed be Thy Name, Thy Kingdom come, Thy Will be done on earth as it is in Heaven;
give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

On the next three beads:
Hail Mary

Hail Mary, full of Grace the Lord is with Thee, blessed art Thou among women and blessed is the fruit of Thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

On the single bead:
Glory be

Glory be to the Father and to the Son and to the Holy Spirit as it was in the beginning, is now and ever shall be, world without end. Amen.

Prayer to St. Michael

St. Michael, the Archangel,
defend us in the Day of Battle,
be our safeguard against
the wickedness and snares of the devil.
May God rebuke him, we humbly pray.
And do thou, O Prince of the heavenly Host,
by the Power of God, cast into hell Satan,
and all the other evil spirits
who prowl through the world
seeking the ruin of souls. Amen.

[1]

[1] Vassula's drawing of St. Michael the Archangel

The Joyful Mysteries

1. The Annunciation

Scriptural Meditation:
The Angel Gabriel appears to Mary and announces that she will conceive by the power of the Holy Spirit and give birth to the Messiah, Jesus Christ (Lk. 1:26-38).

Meditation from True Life in God messages:
Jesus reveals: the Spirit with Me and the Father said: "Mary full of grace, We are with You; We will hide none of the secrets from You, Our Breath will be Your breath, pure emanation of Our Glory, Mary, Our image of Our Goodness, We give you Our Peace in Your Heart, in this perfect Heart I, the Son, shall triumph; Our Heart will be Your Heart, a burning furnace of divine love, Our Soul will be Your Soul,[1] an august treasure, a Paradise for Us; Our Spirit will be Your Spirit; yes, for anyone who is joined to Us is one spirit with Us;

this is the One whom We so highly favoured, the One whom so many reject and yet is the ointment of your eyes, the balm to your wounds, the merciful plea to the Eternal Father for your

[1] Soul should be understood as life, as in Lk. 9:24.

pleas; the intercessor and your advocate of your soul" (TLIG, March 20, 1996).

On the single bead:
Our Father

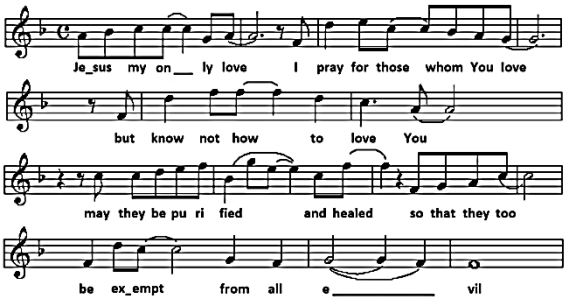
On the next ten beads:
Hail Mary

Recite:
Glory be

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those who are in most need of Your Mercy. Amen.[1]

Jesus, my only love, I pray for those whom You love, but know not how to love You, may they be purified and healed so that they too be exempt from all evil. Amen (TLIG, August 8, 1993).

[1] This prayer was requested by Our Lady of Fatima. On July 13, 1917 Mary appeared to the three shepherd children Lúcia, Francisco and Jacinta, showed them a vision of hell, and asked that this prayer be recited for the salvation of souls.



(music by Valia Zoppa)

2. The Visitation

Scriptural Meditation:
Mary visits her cousin Elizabeth who conceived John the Baptist in her old age. Mary remains with her for three months (Lk. 1:39-56).

Meditation from True Life in God messages:
Jesus reveals: "yet, My Vassula, Scripture never lies; Scripture says those words, 'Mother of my Lord'; Elizabeth, who was inspired by the Holy Spirit, spoke these words; write: 'Of all women You are the most Blessed, and Blessed is the Fruit of Your Womb; why should I be honoured with a visit from the Mother of My Lord?'... (TLIG, February 10, 1988)

I, God, became God-Man, you will see the Mother of your Saviour, Mother of the prophets... Mother of the disciples, Mother of charisms, Mother of Triumph, Mother of unlimited graces, Mother of unequalled Redemption; the Vineyard of the True Vine, the Path to the Path that leads everyone to Me, the Gate wide open to heaven for everyone to enter and have everlasting life" (TLIG, March 20, 1996).

Our Father
Hail Mary
Glory be
O, my Jesus
Jesus, my only love

3. The Birth of Jesus

Scriptural Meditation:
Jesus is born in Bethlehem (Lk. 2:1-20).

Meditation from True Life in God messages:
Jesus reveals: "that day I was conceived by the Holy Spirit in Her virginal Womb, all the demons were paralysed with fright while in heaven at the same time a great throng of the heavenly host were praising God and singing: 'Glory to God in the highest heaven, and peace to men who enjoy

His favour;' thus, I descended from heaven to heaven, from My throne to My throne" (March 20, 1996).

Our Father
Hail Mary
Glory be
O, my Jesus
Jesus, my only love,

4. The Presentation of the Child Jesus in the Temple

Scriptural Meditation:
Mary and Joseph, observing the Mosaic law, consecrate Jesus in the Temple (Lk. 2:22-38).

Meditation from True Life in God messages:
Jesus reveals: "I have been intensively teaching you all and with great compassion, My Law, renewing you with the Holy Spirit of Grace, even to repeating Myself invariably; I now teach, giving you instructions in the way of Holy Wisdom; it is not a new doctrine but the same one of the Bride,[1] in which you can rely on;

[1] The Church.

you all belong to My House; since I have bought My House with My Own Blood and I have shed every drop of My Blood for everyone... you are My House"[1] (TLIG, January 20, 2001).

Our Father
Hail Mary
Glory be
O, my Jesus
Jesus, my only love

5. The Finding of the Child Jesus in the Temple

Scriptural Meditation:
After three days of searching, Mary and Joseph find Jesus in the Temple amidst the doctors of the law. (Lk. 2:41-52).

Meditation from True Life in God messages:
Jesus reveals: "come, you who err still in this wilderness, saying: 'I have sought My Redeemer but have not found Him;' find Me, My beloved, in purity of heart, by loving Me without self-interest; find Me in holiness, in the abandonment I desire of you; find Me by observing My

[1] Heb. 3:6.

Commandments; find Me by replacing evil with love, find Me in simplicity of heart; sin no more; cease in doing evil; learn to do good; search for justice; help the oppressed; let this wilderness and this aridity exult; let your tepidness enflame into an ardent flame; relinquish your apathy and replace it by fervour; do all these things so that you may be able to say: 'I have sought my Redeemer and I have found Him, He was near me all the time but in my darkness I failed to see Him; O Glory be to God! Blessed be our Lord! how could I have been so blind?' I shall then remind you to keep and treasure My Principles, so that you may live" (TLIG, July 8, 1989).

Our Father
Hail Mary
Glory be
O, my Jesus
Jesus, my only love,

Conclude the Joyful Mysteries with the Hail Holy Queen - p. 42.

The Luminous Mysteries[1]

1. The Baptism of Jesus in the Jordan

Scriptural Meditation:
Christ is baptized in the waters of the Jordan (2 Cor. 5:21); the Spirit descends upon Him and the Father's voice is heard (Mt. 3:13-17).

Meditation from True Life in God messages:
The Holy Spirit speaks: "a baptism of Fire is coming upon you, creation! a baptism so longed for, to make all things new again; daughter, proclaim the Kingdom of God and let no one hinder you…[2] ask for the Fountain of Living Water, to come upon you like a Spring to refresh you!" (TLIG, July 17, 1996).

On the single bead:
Our Father

On the next ten beads:
Hail Mary

Recite:
Glory be

---

[1] cf. Apostolic Letter Rosarium Virginis Mariae, John Paul II, 16.10.2002
[2] The Holy Spirit.

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those who are in most need of Your Mercy. Amen.

Jesus, my only love, I pray for those whom You love, but know not how to love You, may they be purified and healed so that they too be exempt from all evil. Amen. (TLIG, August 8, 1993).

2. The Wedding Feast of Cana

Scriptural Meditation:
At the request of Mary, Jesus performs his first public miracle of changing water into wine (Jn. 2:1-12).

Meditation from True Life in God messages:
God the Father reveals: "has your Mother not interceded in Cana? these signs were performed so that your spirit may understand what your spirit rejects today;[1] this sign was meant for all ages to come; the Woman adorned with the sun, adorned with My Holy Spirit, thrice Holy and

[1] God is speaking only to those who reject our Blessed Mother and to those who do not give Her enough honour.

who fills the world, ranks as Mother of God" (TLIG, January 27, 1996).

Our Father
Hail Mary
Glory be
O My Jesus
Jesus, my only love

3. The Proclamation of the Kingdom

Scriptural Meditation: In these three years of His divine mission Jesus proclaims the word of God, performs miracles (Mk. 15:21-43), reveals beatitudes (Mt. 5:1-12), prophesies, exerts mastery over creation (Mt. 8:23-27) and institutes the Sacraments.

Meditation from True Life in God messages:
Jesus reveals: "I tell you solemnly, anyone who does not welcome the Kingdom of God like a little child will never enter it; seek Me in simplicity of heart and you shall find Me; do not put Me to the test and <u>you will see Me</u>, recognising My Omnipotency; do not stay aloof and cold to Our Calls; do not be deaf to Our Calls, hear Our supplications, open your ears and recognise the Shepherd's Call; if you are weak I shall lift you

and I shall carry you on My Shoulders; I am ready to blot out every sin of yours in My Purity and My Light" (April 12, 1990).

Our Blessed Mother: "God comes to you all, even to the most wretched; return to God and He will return to you; come and make your home in His Heart as He makes His in yours;

let it be known that without earnest prayers you will not be able to see the Kingdom of God; His reign on earth is at hand; remember, what God wants of you is a change of heart; do not be afraid to acknowledge your sins; live and practise the sacrament of confession" (TLIG, April 23, 1993).

Our Father
Hail Mary
Glory be
O My Jesus
Jesus, my only love

4. The Transfiguration of Jesus

Scriptural Meditation:
Jesus is transfigured in light and appears beside Moses and Elijah, who represent the unending

nature of respectively the law and the prophets (Lk. 9:28-36).

Meditation from True Life in God messages:
Jesus reveals: "yes, offer Me your prayers and I shall restore My House which is your House too; be loyal and this special favour will be granted to you; like in the transfiguration, I shall transfigure My Church to have all the radiant glory of Her youth, in Her bridal days; I will do all these things for the sake of My Holy Name, I shall unite you to demonstrate My Power" (TLIG, October 20, 1990).

"My Will shall be done on earth as it is in Heaven because you will be one, worshipping Me around one Tabernacle with love in your heart and a Fire burning inside you…

you shall be transfigured with the outpouring of My Spirit; to know how to forgive fully those who trespassed against you" (TLIG, December 19, 1990).

"I shall make out of each one of you a radiant city, I shall renew you entirely for this is the way I shall have you ready to wed My Holy Spirit" (TLIG, May 13, 1991)

Our Father
Hail Mary
Glory be
O My Jesus
Jesus, my only love

5. The Institution of the Eucharist

Scriptural Meditation:
Christ offers mankind His enduring presence through the transformation of his Body and Blood into bread and wine. (Jn. 13).

Meditation from True Life in God messages:
God the Father: "My Grace I reveal to you and salvation has been given to you through My Son, Jesus Christ; in order to set you free, He sacrificed Himself for you; in order for you to share a Divine Life, He constituted the Holy Eucharist to sanctify you and partake of His Body and Blood; you are not partaking any mere bread or wine, but you are partaking God Himself; if you would only reflect on this Mystery and understand it fully!

the Inaccessible God is Accessible to you, the Invisible God is visible to you, and ready to divinise you; He whose grandeur surpassess all angelic forces and all beings and all that has been

created, is at your disposal, creation! God Himself is being offered to you to give you back your divinity, divinising your soul to enter Eternal Life" (TLIG, June 30, 1999).

"I will re-erect My Eucharist in the houses[1] that have been despoiled of My Presence and they shall become holy" (TLIG, October 16, 2000).

Our Father
Hail Mary
Glory be
O My Jesus
Jesus, my only love

Conclude the Luminous Mysteries with the Hail Holy Queen - p. 42.

[1] The Lord means churches.

The Sorrowful Mysteries

1. The Agony of Jesus in the Garden

Scriptural Meditation:
Jesus prays in anguish in the Garden of Gethsemane (Mt. 26:36-46).

Meditation from True Life in God messages:
Jesus reveals: "O Gethsemane! what have you to unfold but fears, anguishes, betrayals and abandonments! Gethsemane you have depleted men from courage, you have suspended in your still air My agonies for all eternity.

Gethsemane, what have you to declare that was undeclared? you have witnessed in the stillness of Holiness, the betrayal of your God, you have witnessed Me;

the hour had come, Scriptures were to be fulfilled...

I Am All what came to pass and is to pass; I know their fears, I know their anguishes, I know their weaknesses, have I not witnessed all these frailties in Gethsemane?

daughter, when Love prayed in Gethsemane, a thousand devils were shaken, fearing demons took flight, the hour had come: Love was glorifying Love;

O Gethsemane, witness of the Betrayed, witness of the Forlorned, arise, witness, and testify; daughter, Judas betrayed Me, but how many more like Judas are betraying Me still; I knew instantly that his kiss would spread among many and for generations to come, this same kiss will be given to Me over and over again, renewing My sorrow, rending My Heart" (TLIG, May 16, 1987).

On the single bead:
Our Father

On the next ten beads:
Hail Mary

Recite:
Glory be

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those who are in most need of Your Mercy. Amen.

Jesus, my only love, I pray for those whom You love, but know not how to love You, may they be purified and healed so that they too be exempt from all evil. Amen. (TLIG, August 8, 1993).

2. The Scourging of Jesus at Pilate's Court

Scriptural Meditation:
Pilate sentences Jesus to death and hands Him over to be scourged (Mt. 27:11-26).

Meditation from True Life in God messages:
Jesus reveals: "having scourged Me they spat on Me and gave Me several hard blows on My head leaving Me dizzy, they kicked Me in My stomach leaving Me breathless and falling to the ground, moaning with pain; they took sport in Me kicking Me by turn, I was unrecognizable, My body was broken and so was My heart, My flesh which was ripped off, hung all over My body;

one of them picked Me up and dragged Me because My legs would not carry Me any longer" (TLIG, November 9, 1986).

Our Father
Hail Mary
Glory be
O, my Jesus
Jesus, my only love

3. Jesus is Crowned with Thorns

Scriptural Meditation:
The soldiers blindfold, mock and strike Jesus (Jn. 19:1-12).

Meditation from True Life in God messages:
Jesus reveals: "then they clothed Me with one of their robes, they hauled Me foreward, repeating their blows, hitting Me across My face, breaking My nose,[1] harassing Me, I listened to their insults, daughter; with such hatred and mockery their voices resounded, augmenting My cup; I listened to them saying, 'where are your friends mustering while their king is with us, are all Jews as treacherous as these ones? behold their king!' and they crowned Me with a woven crown of thorns, 'where are your Jews to hail you, You ARE king are you not? can you mimic one? laugh! do not cry, you are king are you not, behave like one then'" (TLIG, November 9, 1986).

"when My guards mocked Me by beating Me, blindfolding Me then striking Me in turn and asking Me: 'play the prophet, who hit you?' you will appear as the loser before the eyes of the world, as I, your Lord, appeared on My Cross; all these things will come on your way so that the

[1] The cartilage of the nose.

Father's words be accomplished" (TLIG, November 10, 1995).

Our Father
Hail Mary
Glory be
O, my Jesus
Jesus, my only love

4. Jesus Carries His Cross to Calvary.

Scriptural Meditation:
Exhausted and burdened with the heavy Cross, Jesus makes His way to Golgotha (Jn. 19:17-19).

Meditation from True Life in God messages:
Jesus reveals: "they tied up My feet with ropes and told Me to walk to where My cross was;

daughter, I could not go since they had My feet tied, so they hauled Me to the ground and dragged Me by My hair towards My cross, My pain was intolerable, parts of My flesh which hung from the scourging were ripped off;

they loosened the ropes off My feet and kicked Me to get up and lift My burden on My shoulders; I could not see where My cross was for My eyes were filled up with My blood which was streaking down My face from the thorns, which had

penetrated My head; so they lifted My cross and laid it on My shoulders, pushing Me towards the gates; daughter, O how heavy My cross was which I had to bear! I felt My way to the gates, led by the scourge behind Me; I tried to see My way through My blood which burned My eyes;

I then felt someone wiping My face; women in agony came forth washing My swollen face; I heard them weeping and mourning, I felt them; 'be blessed,' I uttered, "My blood will wash away all sins of mankind; behold, daughters, the time has come for your salvation';

I dragged Myself up; the crowds turned wild, I could see no friend around Me, no one was there to console Me, My agony seemed to grow and I fell on the ground; fearing that I would expire before the crucifixion, the soldiers ordered a man called Simon to bear My cross; daughter, it was not a gesture of kindness or of compassion; it was to save Me for the cross" (TLIG, November 9, 1986).

Our Father
Hail Mary
Glory be
O My Jesus
Jesus, my only love

5. Jesus is Crucified and Dies on the Cross.

Scriptural Meditation:
Jesus, in His unfathomable love for mankind, takes our sins upon Himself and dies on the Cross (Jn. 19:23-30).

Meditation from True Life in God messages:
Jesus concludes: "arriving on the Mount they thrust Me on the ground, tearing off Me My clothes, leaving Me naked for every eye to see Me, My wounds opening again and My Blood flowing out on the earth; the soldiers offered Me wine mixed with gall; I refused it for deep inside Me I had already the bitterness given to Me by My foes; they quickly nailed My wrists first, and after allowing the nails to set in My cross, they stretched My broken body and with violence pierced My feet through; daughter, O daughter, what pain, what agony, what torment of My soul, forsaken by My beloved ones, denied by Peter upon whom I would found My Church, denied by the rest of My friends, left all alone, abandoned to My foes, I wept, for My soul was filled with sorrow;

the soldiers erected My cross, setting it in the furrow; I gazed upon the crowds; from where I was hardly seeing, from My swollen eyes, I watched the world; I saw no friend among those

who mocked Me, no one was there to console Me, 'My God! My God! why have you forsaken Me?' forsaken by all those who loved Me;

My gaze fell on My Mother; I looked upon Her and Our hearts spoke, 'I am giving you My beloved children to be your children too, You are to be their Mother';

all was ending, salvation was near, I saw the heavens open and every angel stood erect, all stood in silence, 'My Father, into Your hands I commend My Spirit, I am with You now';

I, Jesus Christ, dictated you My agony;

bear[1] My Cross, Vassula, bear it for Me, My Cross cries out for Peace and Love; I will show you the Way for I love you, daughter" (TLIG, November 9, 1986).

Our Father
Hail Mary
Glory be
O My Jesus
Jesus, my only love

Conclude the Sorrowful Mysteries with the Hail Holy Queen - p. 42.

[1] First time Jesus talked about bearing His cross was on October 23, 1986.

The Glorious Mysteries

1. The Resurrection of Jesus

Scriptural Meditation:
The tomb is empty. Alleluia! (Jn. 20).

Meditation from True Life in God messages:
Jesus reveals: "I resurrected; shall we pray? I shall help you meditate, come" (TLIG, December 4, 1989).

I am the Resurrection and I will raise up all that I have written through your hand, so that everyone may believe that 'True Life in God' was not written by flesh but by the Spirit of Grace" (TLIG, November 10, 1995).

"Lord of lords, unction of our soul, Light thrice holy, You deified Your divine Body while on earth through Your Resurrection, turning It spiritual and incorruptible; You conquered all material things of the earth; You triumphed over Death; You created a Revelation[1] for all eternity; Lover of mankind, You are the living God who gave us Your Bride[2] in which She upholds the Truth and keeps it safe; ah, Light thrice holy, You were made visible in flesh, to show us the Father; the

[1] The Holy Bible.
[2] The Church.

Father who is in You and that You are in Him" (TLIG, December 31, 2000).

On the single bead:
Our Father

On the next ten beads:
Hail Mary

Recite:
Glory be

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those who are in most need of Your Mercy. Amen.

Jesus, my only love, I pray for those whom You love, but know not how to love You, may they be purified and healed so that they too be exempt from all evil. Amen (TLIG, August 8, 1993).

2. The Ascent of Jesus to Heaven

Scriptural Meditation:
Jesus ascends to the Father (Lk. 24:44-53).

Meditation from True Life in God messages:
Jesus reveals: "beware not to lose your concentration; come into the next mystery when I ascended to the Father; beloved, pray; amen" (TLIG, December 4, 1989).

"I will put My Love Law into the hearts of your nations and I shall never call their sins to mind; I shall remind them of My Sacrifice, I shall remind them of My Cross, I shall remind them that I am God; and you, you whom I sought and found, offer Me your heart and I shall receive it as blended incense; stay loyal to Me and yearn for all that is Me to efface all that is you; annihilate all that is you by absorbing all that is Me;

pray for the conversion of souls, pray for peace, love and unity; remember, My Love is Infinite, a Love no man can understand fully on earth;

I bless you, turn to Me and bless Me" (TLIG, July 20, 1990).

Our Father
Hail Mary
Glory be
O, my Jesus
Jesus, my only love

3. Pentecost

Scriptural Meditation:
The Holy Spirit descends upon the Apostles, empowers them to bear witness to the risen Christ and lay down their lives for Him (Acts 2:1-41).

Meditation from True Life in God messages:
Jesus reveals: "enter now into My third mystery, when My Holy Spirit descended like tongues of Fire; pray for the coming Pentecost, already your generation feels the pangs of Its birth; the night is almost over, dawn is soon to break, and when it does, evil who prowled with ease in the night shall flee at daybreak; yes, indeed, My Spirit of Grace shall be poured out on all mankind, and your generation shall be fed directly by Me; you shall be taught and guided by Me and even My saints and My angels from above shall meet you at each street-corner; I will shower upon you My Bread; rejoice and be glad! I, the Lord, am the Light of the world; let those who have ears hear; take courage, dawn is soon with you" (TLIG, December 4, 1989).

"who could give any soul such tranquillity and freedom, other than My Holy Spirit? who could lift your soul in the Divine other than My

benevolence and the ineffable condescension of My Love?" (August 7, 2002).

Our Father
Hail Mary
Glory be
O, my Jesus
Jesus, my only love,

4. The Assumption of the Blessed Virgin Mary

Scriptural Meditation:
"We shall not all fall asleep, but we will all be changed, in an instant, in the blink of an eye, at the last trumpet… the dead will be raised incorruptible, and we shall be changed… then the word that is written shall come about: 'Death is swallowed up in victory'" (1 Cor. 15:51-54).

Meditation from True Life in God messages:
Jesus reveals: "come, meditate… now comes the fourth mystery, My Beloved Mother's Assumption; be blessed and meditate…" (TLIG, December 4, 1989).

"Vassula, I wish you to draw two Hearts; yes, near each other, in fact united; encircle them with one wreath of thorns, yes; My Mother's

Immaculate Heart is united to Mine, I desire from each one of you the devotion Her Immaculate Heart deserves; you see, daughter, how Our Divine Hearts are covered by thorns from men who only show Us ingratitude, sacrilege, lack of love; it is the whole of their sins;

Vassula, I who am the Word love and respect Her; I desire you to approach My Mother and honour Her as I honour Her; I desire that every knee bends honouring Her, I desire you to pray the Rosary and Hail your Holy Mother, I want you to repair your sins, asking Her to teach you" (TLIG, January 25, 1988).

Our Father
Hail Mary
Glory be
O, my Jesus
Jesus, my only love

5. The Coronation of the Blessed Virgin Mary

Scriptural Meditation:
"A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars" (Rev. 12:1).

Meditation from True Life in God messages:
Jesus reveals: "blessed one, let us now enter into the fifth mystery where I, the Lord, crown My Mother and name Her Queen of Heaven; daughter, I desire you to contemplate upon this glorious mystery; come: every devotion given to My Mother pleases My Heart" (TLIG, December 4, 1989).

"She is the Queen of Heaven, She is My Mother and your Mother, the loveliest of women, beautiful as Heaven, radiant as My Glory, unique in Her Perfection, the Delight of My Soul; She is the Woman with the twelve stars on Her Head for a crown, the Vessel of My Glory, a Reflection of My Eternal Light; She is the One whose Presence in My Courts outshines all the constellations put together; She is the Vessel of the True Light, The Word, made flesh, and who lived among you; She is Grace in Grace, and the Sweetest Song of the psalmists; She is My Theme of Joy, My Honour and My Boast, She is the Gate to Heaven the One who shows Her children how to enter into My Kingdom, She is My Masterpiece, She is the Consoler of your Consoler, Co-Redemptress of your Redeemer, the Bride of My Holy Spirit" (TLIG, November 11, 1993).

"look, not only have I assigned Her as the Queen of My Angels and My creatures but I have

assigned Her to be My Throne; the Queen of heaven and earth is the Throne of the King of Kings, for I, the Lord of All, have placed Her as first in My Sacred Heart" (TLIG, March 20, 1996).

Our Father
Hail Mary
Glory be
O, my Jesus
Jesus, my only love

Conclude the Glorious Mysteries with the Hail Holy Queen - p. 42.

Concluding Prayer of the Holy Rosary

HAIL HOLY QUEEN – *SALVE REGINA*

Hail, Holy Queen,
Mother of Mercy,
our life, our sweetness and our hope.
To Thee do we cry,
poor banished children of Eve;
to Thee do we send up our sighs,
mourning and weeping
in this valley of tears.
Turn then, most gracious Advocate,
Thine eyes of mercy towards us,
and after this, our exile,
show unto us
the blessed fruit of Thy womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.
Pray for us, O Holy Mother of God,
that we may be made worthy
of the promises of Christ.
Amen.

5. THE JESUS ROSARY

Lord Jesus Christ, Son of God, have mercy on me, the sinner.

(Repeat 10 times)

Jesus reveals: "I tell you if anyone prays this Rosary[1] to Me, heaven will open to him and My Mercy shall save him; make your peace with Me, make your peace with Me, ask Me every day: **'Lord Jesus Christ, Son of God, have mercy on me the sinner'"** (TLIG, January 18, 1990).

[1] The Orthodox Rosary.

6. HYMNS OF PRAISE

One may join in any one of the following hymns

Rejoice – Give Thanks to the Lord

Give thanks to the Lord always,
and again I say, give thanks *(repeat)*
Give thanks, give thanks and again
I say, give thanks. *(repeat)*

Rejoice in the Lord always,
and again I say rejoice. *(repeat)*
Rejoice, rejoice, and again
I say, rejoice. *(repeat)*

Anglican Hymn

Christos Annesti!

Christ is Risen from the dead,
trampling on death by death,
and on those in the tomb, bestowing life!

(Repeat three times)

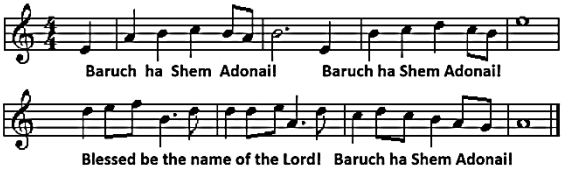
Orthodox Hymn

This hymn is sung in Church on Holy Saturday when the Priest brings out the Holy Light to the people, declaring the Resurrection of Jesus. Please also see the following *True Life in God* message:

Jesus says: "make Us known to the world and remind them that the Word of God is alive and active; proclaim a Resurrected Christ, supreme in every way and above all, and that He comes in your days to remind you of the Hope and the Promise;[1] proclaim a risen Christ, present at all times and among you but also within you; a risen Christ, rich in grace and esteemed more than sceptres and thrones" (TLIG, September 9, 1997).

[1] The renewal of the Church by the Holy Spirit.

Baruch Ha Shem



Baruch ha Shem Adonai! *(repeat)*
Blessed be the Name of the Lord!
Baruch ha Shem Adonai!

Baruch ha Shem Yahweh *(repeat)*
Blessed be the Name of the Lord!
Baruch ha Shem Yahweh!

Baruch ha Shem El Shaddai! *(repeat)*

Baruch ha Shem El Elyon! *(repeat)*

Baruch ha Shem Elohim! *(repeat)*

Baruch ha Shem Yeshuah! *(repeat)*
Blessed be the name of the Lord!
Baruch ha Shem Yeshuah!

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7. INTERCESSORY PRAYERS

With humility and love we turn our prayers to God and to the needs of His church.

Jesus prayed to the Father, *"May they be one as we are one."* That the leaders of the Christian Churches, following Jesus' words, may strive to attain Christian unity and proclaim the Gospel in word and deed. We pray to the Lord.

"Lord, hear our prayer"

That pastors of all Christian churches may fulfill Jesus' solemn request by celebrating one common date of Easter around one single altar and Tabernacle. We pray to the Lord.

"Lord, hear our prayer"

The Lord asked us to pray for the clergy. Let us pray for the Pope, the Patriarchs, Bishops, Priests and Ministers to discern His Most Holy Will. We pray to the Lord**.**

"Lord, hear our prayer"

For those who do not know God, or Jesus' Resurrection and victory over sin and death; may the Holy Spirit captivate their hearts and transform them into courageous witnesses who bear witness to a True Life in God. We pray to the Lord.

"Lord, hear our prayer"

Jesus proclaimed: *"I am the Light of the world. Whoever follows Me will have the light of life and never walk in darkness"* (Jn. 8:12). May all those who are walk in darkness come to know and experience the unconditional love of Jesus, the true light of the world. We pray to the Lord.

"Lord, hear our prayer."

That the power of the Risen Christ may free all those who are burdened, and heal all those who are in need of healing in mind, body and soul. We pray to the Lord.

"Lord, hear our prayer."

May God grant eternal rest to the souls that have gone before us marked with the sign of faith. We pray to the Lord.

"Lord, hear our prayer"

The petitions conclude with the following prayer:

A Prayer of Praise

VASSULA:

Glory be to God
in the highest heaven,
Glory be to Him who lifted my soul
from the entrails of this earth;
Glory be to the Light thrice Holy
in whose power
all things came to be;
Glory be to God, invincible,
incomparable in His Authority;
Glory be to the Immortal One
in whom we find immortality;
May Your Breath, Most Holy One,
which is pure emanation of Your Glory,
enliven us, renewing us
into one glorious Body.
Amen.

(TLIG, November 10, 1995)

8. BIBLE READING

We humbly beseech Jesus, who is present, to lead us to a passage of Sacred Scripture that will inspire us to better live a True Life in God.

9. READING FROM *TRUE LIFE IN GOD*

Prayer attendee, at random, will open the True Life in God message book and, all will listen to the reading, pause for a moment of silent reflection and, if a priest is present, welcome his scriptural reflections and those of others.

Note: It is a traditionally wholesome and pious practice to gather together, when possible, in the presence God's anointed, a priest, who may assist in the scriptural meditation.

10. HEALING SERVICE

Optional: One may here consider participating in a healing service to conclude a True Life in God prayer meeting. One begins by invoking the Holy Spirit in prayer or with a song, followed by silent meditation. One may choose from any one of the following prayers:

11. PRAYERS TO THE HOLY SPIRIT

Jesus: pray often to the Holy Spirit this prayer:

Come Holy Spirit,
come through the
powerful intercession
of the Immaculate Heart of Mary
Your Beloved Bride;
Amen;

with this prayer My Holy Spirit will haste and come upon you; pray for the effusion of My Holy Spirit to come upon you (TLIG, October 26, 1989).

ΙΧθΥΣ[1]

[1] ΙΧθΥΣ - In Greek means *"Jesus Christ Son of God Savior"*

Jesus: let us pray:

Holy Spirit
descend upon us, renewing us,
fill our soul with Your Love,
rest in our tormented soul,
giving us Peace,
envelop us with Your wings
sheltering us from all evil,
humble us,
guide us in Your Light
to be able to see Your desires
and thus fulfil them, amen

(TLIG, March 26, 1988)

VASSULA:

Come, come to us Lord
and multiply Your Seal
Of Your Holy Spirit's Love
on our forehead, the seal of the Promise;
God, create a clean heart in us,
I know that You are
at the doorstep of every soul,
waiting for their response,
Your Eyes languishing
for their door to open;
Your Vineyards are flowering now,
my Lord,
and soon they will give enough fruit
to feed every desert;
the dead will not come to life unless
You breathe on them
arousing them with Your sweet fragrance;
for the sake of Your Love
let this land of ghosts come to life again.

(TLIG, May 23, 1990)

VASSULA:

Lord,
drench me with Your Holy Spirit;
come and invade me
with Your Holy Spirit,
so that the enemy finds
no space within me,
let Your Holy Spirit subside
in the very depths of my soul
to water it and load it with riches,
these of which are not of the world.
Blessed be God.

(TLIG, May 3, 1991)

VASSULA:

O Holy Spirit of Truth
descend upon us and be our Guide
and Holy Companion,
Holy Spirit of Love, come upon us
and teach us to be in the real
Love of God.
Remind us of the True Knowledge,
this knowledge
the Father had given us
but that we lost because of our sins,
Holy Spirit of Peace,
give us Your Peace,
a Peace the world cannot give;
make out of each one of us
vessels of Light
and 'peacemakers,
so that when we work for Peace,
we will be able to sow seeds
which will bear fruit in holiness.'[1]
Amen.

(TLIG, January 6, 1991)

[1] James 3:18

Holy Spirit, Giver of Life

JESUS: come, come you who say: "I cannot obtain redemption for I have not received the piety to enter into God's Kingdom;" ask from your heart for the Gift of Piety and you shall obtain it; say:

'Holy Spirit, Giver of Life,
Holy Spirit, Thrice Holy,
grant me that I, too, may grow in love
to know God and obtain His Kingdom;

grant me the Spirit of Piety
so that my spirit
grows in the principles of the Saints and that
my thoughts turn into Your Thoughts,
my acts into Your Acts
which are all pure and divine;

Holy Spirit of Piety, Friend of God,
teach me to reach perfection and control
over every part of myself which is so evil,
so that I may obtain Eternal Life;

Spirit of Piety,
ever so beautifully dressed, come to me
and dress my spirit

in purity that I, too,
may be pleasing in God's Eyes;

dress my soul with a living Spirit
to serve the Holy Trinity
with honour and grace;

let me die to my principles,
let me die to my partiality,
my tepidity, my lethargy and my ambitions;
come and revive me into Your Purity;

Supplier of the fruit of the Tree of Life,
Eternal Joy, grant me Your Spirit too
to be kin to the Holy Trinity
and an heir[1] to Your Kingdom;
let my tongue taste what is most pure
in the Light of God thrice Holy
and consume the One who said:
"I am the Bread of Life;"

Holy Spirit of Life, thrice Holy,
grant my spirit to attain perfections
in the Science of the Spirit of Piety;
to learn how to observe with fear
what is real Flesh and real Food,

[1] Could be heiress too.

what is real Blood and real Drink
so that I may live in the Father,
in the Son and in the Holy Spirit,
Trinitarian but One, in the unity of essence;

make my soul work for Your intentions
which are holy and redemptive,
most pleasing in Your Eyes;
by entering my soul, Your Spirit of Piety
will turn me into a devout
and fervent servant;

Starlight of my soul,
pass on to me the piety of your Saints
to keep Your Laws holy and graciously
show Yourself to my wretched soul
o remind me that incorruptibility
will bring me near the Trinitarian God
Most Powerful and Most Holy,
hence nothing impure will be able
to find its way in me, amen;' ic[1]

(TLIG, June 19, 1995)

[1] "ic" are initials found on Greek icons where Jesus is portrayed. IC is short for 'Jesus' ('ICTHUS').

Prayers to the Holy Spirit for the Seven Gifts

VASSULA:

My house
is in the Courts of Yahweh
and my spirit rejoices
in the brilliance
of His Majesty thrice holy.
It is in You that my soul moves,
fulfils and goes on trusting.
It is in You, Eternal Father,
that my spirit languishes,
desires and seeks the Truth.

Deprive me not, O Celestial Father
of the Seven Gifts of Your Spirit,
but send them to me,
to light my way
and illumine my spirit bathing me
in Your Divine
Trinitarian Holiness.

(TLIG, January 9, 1996)

JESUS:

Lord and Source of Life,
Divine and sumptuous action
of the Mystical Body of Christ
which is the Church,
Brightness of our soul,
Giver of Gifts,
Revealer of the Filial Mystery,
Visit our poor soul
so that You may enrich it
with Your gifts
and that we may be transfigured
in Your Goodness
and into Your Graciousness.
We ask You and beseech You,
to cover us
with Your Seven Gifts so
that our heart inflames
from Your ardent fire. Amen[1]

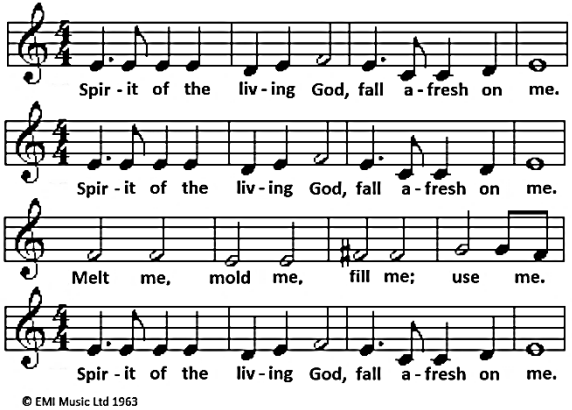
(TLIG, August 17, 1997)

[1] This message was given outside of the original handwritten notebook, Vassula received this prayer originally in French; Lausanne Prayer Group

Spirit of the Living God

Spirit of the living God, fall afresh on me.
Spirit of the living God, fall afresh on me.
Melt me, mould me, fill me, use me.
Spirit of the living God, fall afresh on me.

2nd verse: 'On Us' *3rd verse:* 'On All'



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12. HEALING PRAYER

Prayer for Healing and Deliverance

JESUS: come, just a small prayer;[1] say:

Blessed be Your Name,
O You who hear my prayer!
blessed are You, my Lord,
who removed my soul from the pit,
You have looked upon me
from the heights and humbled my soul
(from my mother's womb with fasting;)[2]
blessed be Your Graciousness
who drew me
in Your Heart
to save me and set me free;
God, You are my salvation,
my riches, my sight and my life,
You who daily enchant my soul
and rejoice my heart

[1] The way Jesus said "come, just a small prayer" was one of His typical ways of expression, after a short silence to change tone and attitude saying what followed with a rush as though we had to hurry and get going, and at the same time treating me as a weak child and He, taking a paternal attitude.
[2] (This sentence is for me only.)

with Your Presence,
allow Me to profit from Your Presence:
peace, integrity, love
and a spirit of forgiveness,
let every fibre of my heart
proclaim with love Your Glory;
hear my prayer
now that I am Your passing guest
in Your country and answer me; amen.

(TLIG, May 29, 1995)

Thoxa, Thoxa

"Glory to God, Glory to Christ, Glory to the Holy Spirit, Alleluia!"[1]

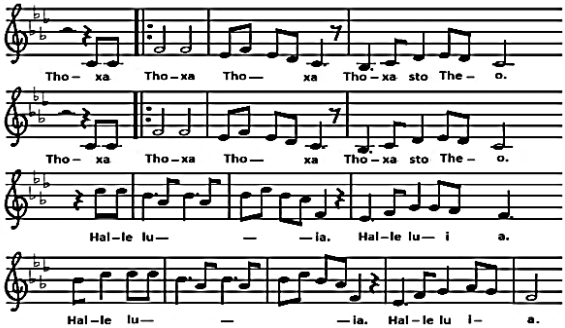
Thoxa, Thoxa, Thoxa, Thoxa sto Theo;
Thoxa, Thoxa, Thoxa, Thoxa sto Theo;
(Glory to God)
Alleluia, Alleluia, Alleluia, Alleluia

Thoxa, Thoxa, Thoxa, Thoxa sto Christo;
Thoxa, Thoxa, Thoxa, Thoxa sto Christo;
(Glory to Christ)
Alleluia, Alleluia, Alleluia, Alleluia.

Thoxa, Thoxa, Thoxa, Thoxa, sto Pnevma t'A-yi-o;
Thoxa, Thoxa, Thoxa, Thoxa, sto Pnevma t'A-yi-o;
(Glory to the Holy Spirit)
Alleluia, Alleluia, Alleluia, Alleluia.

Greek Pentecostal Hymn

[1] Here all may stand and join hands.


Tho – xa Tho – xa Tho — xa Tho – xa sto The – o.
Tho – xa Tho – xa Tho — xa Tho – xa sto The – o.
Hal – le lu— — — ia. Hal – le lu— i a.
Hal – le lu— — — ia. Hal – le lu l – a.

13. CONSECRATION TO THE SACRED HEART OF JESUS

Jesus: Vassula of My Sacred Heart, do you want to consecrate yourself entirely to Me?

Yes, my Lord, I want.

then say these words:"

"Sacred Heart of Jesus,
come and invade me completely
so that my motives
will be Your Motives,
my desires Your Desires,
my words Your Words,
my thoughts Your Thoughts,
then allow me to creep
in the deepest place of Your Sacred Heart;
annihilate me altogether;

I, Vassula,[1]
shall worship Your Sacred Heart
from the core of mine,
I promise to serve Your Sacred Heart

[1] When reciting the prayer replace Vassula's name with your name

with a fire inside me,
I shall, with zeal,
serve You more fervently than before;

I am weak
but I know that your Strength
shall sustain me;
do not allow me to lose sight of You,
nor allow my heart
to flutter elsewhere;

I, Vassula,
will look for Your Sacred Heart alone
and desire You alone;

Sacred Heart of Jesus,
make me dislike all that is contrary
to Your Holiness and to Your Will;
sift me through and through
and make sure that not one
rival remains within me;
from today,
tighten the bonds of Love
with which you have enlaced me,
and make my soul thirst for You
and my heart sick with love for You;

Sacred Heart of Jesus, do not wait,
come and consume my whole being
with the Flames of Your ardent Love;
whatever I will do from now on,
will be done merely
for Your Interests and Your Glory
and nothing for me;

I, Vassula,
consecrate my life for you
and from today am willing
to be the slave of Your Love,
the victim of Your Burning Desires
and of Your Passion,
the benefit of Your Church,
and the toy of Your Soul;

make my traits resemble
those of Your Crucifixion
through the bitterness I will encounter
in the deafness of souls,
and to see them fall;
give my soul its fill;

Sacred Heart of Jesus,
do not spare me from Your Cross,
like the Father had not spared You;

arrest my eyes,
my thoughts and my desires
to be captives of Your Sacred Heart;

unworthy, I am, and I deserve nothing,
but help me
to live my act of consecration
by being loyal,
invoking Your Holy Name untiringly;
make my spirit repulse
all that is not You;

Sacred Heart of Jesus,
make my soul bear
more than ever before,
the Marks of Your Body
for the conversion of souls;

I, Vassula,
voluntarily submit my will
to Your Will, now and forever;
amen"

(TLIG, January 26, 1992)

Consecration to the Two Hearts

VASSULA: *Lord, I ask if it is possible for You to dictate to me a Consecration to the Two Hearts, since You asked me to tell the Russians to consecrate their country to Your Two Hearts. Will You, Lord, do this so that I may send it to them?*

JESUS: My child, hesitant[1] you must not be with Me; yes, wholeheartedly, I shall give you one; write:"

designated in the prophecies of Your Word,
O Lord, we know, we trust and we believe
that the Triumph of Your Sacred Heart,
and the Immaculate Heart of Mary
is in the near future;

therefore, we humbly come
to consecrate ourselves, our families
and our country to Your Two Sacred Hearts;

we believe that
in consecrating our country to You,
nation will not lift sword against nation
and there will be no more training for war;

[1] I had hesitated to ask Him.

we believe that in consecrating our country
to Your Two Loving Hearts,
all human pride and arrogance,
all godlessness and hardening of the heart
be effaced, and that every evil
will be replaced with love and good things;

we believe that Your Two Holy Hearts
will not resist our sighs
now and our needs,
but in their Loving Flame
will hear us and come to us
to heal our deep wounds and bring us peace;

O Sacred Heart of Jesus
and Immaculate Heart of Mary,
blow on us a spark from Your Two Hearts
to flare up our heart, make out of our nation
the perfect Dwelling-Place of Your Holiness;
abide in us and we in You so that through
the Love of Your Two Hearts,
we may find Peace, Unity and Conversion;
amen;

(TLIG, September 21, 1993)

14. ADDITIONAL PRAYERS

I elpis mou O Patir[1]

My hope is the Father:
my refuge, the Son;
my protection, the Holy Spirit.
Holy Trinity, glory to You.

Orthodox Prayer

Tin pasa elpida mou[2]

My every hope I place in you,
Mother of God,
keep me under your protection.

Orthodox Prayer

[1] in Greek
[2] in Greek

Prayer for the Conversion of the World

OUR HOLY MOTHER: pray My little children, fervently for those souls who refuse to hear and refuse to see, pray to your Father who is in Heaven in this way:

JESUS: go out to the nations and teach them to pray to the Father this prayer:

Father all Merciful, let those who
hear and hear again yet never understand,
hear Your Voice this time and understand
that it is You, the Holy of Holies;
open the eyes of those who see and see,
yet never perceive,
to see with their eyes this time
Your Holy Face and Your Glory,
place Your Finger on their heart
so that their heart may open
and understand Your Faithfulness,
I pray and ask you all these things,
Righteous Father, so that all the nations
be converted and be healed
through the Wounds of Your Beloved Son,
Jesus Christ; amen;

(TLIG, May 15, 1990; July 8, 1990)

Prayers for Unity

JESUS: pray now with Me, My child, to the Father, repeat after Me this prayer:

Father, blessed be Your Name;
since Your Beloved Son,
Jesus Christ,
came to the world, not to condemn it,
but to save the world,
have Mercy upon us,
look at Your Son's Holy Wounds,
that are wide open now
and remember the price
He has paid for us, to redeem all of us,
remember His Sacred Wounds,
and the two Hearts
You Yourself united in Love
and who suffered together,
this One of the Immaculate Conception
and Your Beloved Son,

O Father,
remember His Promise now
and send us the Advocate, in full force,
the Holy Spirit of Truth,
to remind the world of the Truth

and of Your Son's docility,
humbleness, obedience and great Love,

Father, the time has come,
when the reign of division
cries out for Peace and Unity,
the time has come
that Your Son's wounded Body
cries out for Righteousness,
that of which the world has not known yet;
but through the
Immaculate Heart of Mary,
and the Sacred Heart of Jesus,
give us, Precious Father,
this Peace in our hearts,
and fulfil the Scriptures
by fulfilling Your Beloved Son's
Prayer to You:
that we may all be one,
one in the Divine Holy Trinity,
so that we worship and praise You
all, around one single Tabernacle, amen;

(TLIG, March 25, 1991)

JESUS: pupil, repeat after Me this prayer:

God, You who are full of Compassion,
let Your Face smile on us to unite us,
look down from heaven, look at our division
that reigns now in Your Church,
Your lambs, My Shepherd,
are perishing in great numbers
as they search to pasture to keep life in them;

listen to the groans of the Church;
this great Apostasy predicted
is robbing You of Your children,
bring to Your Church this Day of Glory
You once foretold so that we may all be one,

Lord, do not remain silent
and do not delay any more, come!
come, bring to us the Day once foretold,
make everyone hear Your Majestic Voice;
You are known to be Gracious, My God,
give me a hearing and answer me ...
I give You thanks for I know
that You have heard me; amen”

(TLIG, July 22, 1992)

JESUS: daughter of My choice, embellish My Church; be filled with everlasting peace and reveal Me in all Churches; show them the magnificence of My Works; tell them how ready I am to forgive them; let them pray to Me every morning this prayer and call out to Me:

‘Lord Jesus Christ,
send Your Light to come upon me,
to free me from all sins; show me Your Way,
the path that I must take;
here I am like a child
who needs shelter in his mother’s arms;
guide my steps to the Truth;
You are the Truth;
grant me Your Blessings to recover,
heal me with Your Love and Tenderness,
hear my sigh, O Lord and replenish my soul
leading my soul to the waters of Life;’ Amen

- and My answer will be:

'follow Me for I am the Way
the Truth and the Life; follow Me!

(TLIG, October 5, 2008)

JESUS: here is how you should pray:

"Yahweh, my God,
let my prayer reach you,
hear our cry of mercy and for help,
forgive those
who have no faith in You, my God,
and no trust either
in your power to save us;
do not blast the lights out of our days,
withering with it in a flash the earth;
but in Your Fatherly Compassion,
pity us, and forgive us;
do not allow the evil one to shed
our blood like water;
forgive our guilt, repress Your anger,
remembering our weakness;
hold back Your angels of disaster,
giving us one more chance
to prove ourselves
worthy of Your Kindness;
I put my trust in You; amen"

how gladly will I then receive this prayer; this prayer that will make Me relent! daughter, I will bless all those who will sincerely pray this prayer; let this prophecy be heard; 'the day and hour belong to Me, your God,' this is what you will tell to those who will ask you the time and hour of My Justice! Love loves you;

(TLIG, February 13, 2016)

15. DAILY PRAYERS

Three Daily Prayers

Daily prayers recommend, by Jesus, to pray. [1]

Novena of Confidence to the Sacred Heart

O Lord, Jesus Christ
To Your Most Sacred Heart,
I confide this intention...

(Here mention your request)

Only look upon me
Then do what Your Heart inspires...
Let Your Sacred Heart decide...
I count on It... I trust in It...
I throw myself on Its Mercy...

Lord Jesus! You will not fail me,
Sacred Heart of Jesus, I trust in Thee.
Sacred Heart of Jesus,
I believe in Thy love for me.
Sacred Heart of Jesus,
Thy Kingdom Come.

[1] See the message of May 4, 1988 for the three daily prayers recommended by Jesus to Vassula to pray.

O Sacred Heart of Jesus,
I have asked for many favours,
but I earnestly implore this one.
Take it, place it in Thy Sacred Heart.
When the Eternal Father sees it covered
with Thy Precious Blood,
He will not refuse it.
It will no longer be my prayer
but Thine, O Jesus.

O Sacred Heart of Jesus,
I place my trust in Thee,
Let me never be confounded.
Amen.

Prayer to St. Michael the Archangel

St. Michael the Archangel,
defend us in the day of battle,
be our safeguard against the wickedness
and snares of the devil.
May God rebuke him, we humbly pray,
and do thou, O Prince of the Heavenly Host,
by the Power of God, cast into hell Satan
and all the other evil spirits,
who prowl through the world
seeking the ruin of souls. Amen.

The Memorare of St. Bernard

Remember, O Most Gracious Virgin Mary
that never was it known
that anyone who fled to Thy protection,
implored Thy help and sought
Thy intercession, was left unaided.
Inspired with this confidence,
I fly unto Thee, O Virgin of virgins, my Mother!
to Thee I come, before Thee I stand,
sinful and sorrowful.
O Mother of the Word Incarnate!
despise not my petitions, But in Thy Mercy,
hear and answer me. Amen.

A Prayer of Repentance and Deliverance

JESUS: let them repent before Me with these words: [1]

Lord, you have endured me
all these years with my sins,
but nonetheless You pitied me;
I was led astray in every way,
but now I will sin no more;
I have wronged You
and I have been unjust;
I will be so, no more;
I renounce sin, I renounce the Devil,
I renounce iniquity that stains my soul;
free my soul from all
that is against Your holiness;
I entreat You, Lord,

[1] Vassula writes: "Jesus Christ dictated to me this prayer which is a prayer of repentance, healing and deliverance. He said that this 'exorcism prayer' is needed for our times so evil.
People do not know how to totally repudiate Satan in their prayers, who is controlling them, blinding them and giving them a lot of suffering, either through illness or by making them captives. Jesus also says that a lot of people worship false gods (idols).
This prayer will be very effective if prayed with the heart and sincerity."

to rescue me from all evil;
Come Jesus now, come now
and abide in my heart;
forgive me, Lord, and allow me
to rest in You, for You are my Shield,
my Redeemer and my Light
and in You do I trust;
from today I will bless You Lord at all times;
I repudiate evil
and all other gods and idols,
for You are the Most High over the world,
far transcending all other gods;
by Your mighty arm,
rescue me from ill health,
rescue me from being a captive,
rescue me from trouble
and defeat my enemy the Devil;
come quickly to my help O Saviour!
Amen

I, God, love you, beloved; we, us? I Am'"

(TLIG, November 13, 2006)

JESUS: address Me, Vassula in this way:

'Tender Father,
lash not Your wrath on this generation,
lest they perish altogether,
lash not on Your flock distress
and anguish; for the waters
will run dry and nature will wither,
all will succumb at Your wrath
leaving no trace behind them,
the heat of Your Breath will put
aflame the earth turning it into a waste!
from the horizon a star will be seen;
the night will be ravaged and ashes
will fall as snow in winter covering
Your people like ghosts;
take Mercy on us, God, and do
not assess us harshly;
remember the hearts that rejoice
in You and You in them!
remember Your faithful
and let not Your Hand fall on us with force,
but, rather in Your Mercy lift us and
place Your precepts in every heart; Amen'

(TLIG, November 28, 2009)

16. ABBUN DBASHMAYO
(Our Father in Aramaic)

Abbun dbashmayo,
netquadash shmokh,
titeh malkutock; nehweh sebyonokh,
aykano dbashmayo of baro
hab lan lahmo
dsunquonan yawmono
washbuq lan hawbayn wahtohayn
aykano dofhnan shbaqn lhayobayn.
wlo telan lnesyuno elo fason men bisho;
metul dilokhi malkuto
whaylo wteshbuhto lolan olmin.
Amen.

17. PRAYER TO GOD THROUGH VASSULA

Eternal Father, Unique and Perfect,
Source of Sublime Love, You graciously revealed
in these End Times Your "Love Hymn"[1]
through Your secretary[2]
"Vassula of the Sacred Heart."[3]
We believe that she unceasingly intercedes for us
and for the shepherds of Your Church
to celebrate one date of Easter around one Altar.
May her "offering of life"[4] glorify Your Name
so that Your words may "be written
thousands of times till the End of Times."[5]
Father of all Wisdom,
sanctify us with Your Holy Spirit,
and divinize us through the intercession
of the Sacred and Immaculate
Hearts of Jesus and Mary, our only refuge.
Through the intercession of Vassula,
grant us the grace of love and humility,
so that our traits may become Your traits,
and we may all unite in praising
You O Most Holy Trinity now and forever.
Amen.

[1] Jesus refers to the True Life in God prophetic revelations as His "Love Hymn" (True Life in God May 15, 1992; January 28, 1997; May 6, 1997; May 31, 2003).
[2] Jesus refers to Vassula as his "My secretary" (Ibid., March 16, 1988). He also refers to her as "Vassula of Jesus' Passion" (Ibid., March 2, 1993) and "Victim-of-Love" (Ibid., April 9, 1988).
[3] Jesus refers to Vassula as, "Vassula of My Sacred Heart" (Ibid., September 18, 1990). She writes in the footnote, "Here, I was just thinking that probably I am the first Orthodox called: 'Vassula of the Sacred Heart'."
[4] "The offering of life" as a new case in the beatification and canonization process. This offering of life is distinguished from the particular cases of martyrdom and heroic virtue, based on the criteria for the beatification of a Servant of God, i.e., a "free and voluntary offer of life and heroic acceptance" – for the sake of charity – of a certain and non-lengthy death, showing "a connection between the offering of life and premature death"; the exercise, at least of an ordinary level, of the virtues before the offering of life and up until the moment of death; the usual requirement of a confirmed miracle (Apostolic Letter, *Maiorem Hac Delictionem,* Pope Francis, Libreria Editrice Vaticana, July 11, 2017).
[5] Ibid., April 9, 1988.

Prayer to Vassula for Healing

Vassula of the Sacred Heart[1],
your love for God and charity for His children
obtained for you the rewards of God.
I beseech you to present before God
the grace that I now humbly implore
(present your petition...).
Flower[2] of the Most High,
grant me the grace of deliverance
from all afflictions of mind, body and soul.
With Jesus' blessing I shall be healed.
Whisper my cry into the ears of sweet Jesus
who embraced you in His Arms,[3]
so that in hearing your plea,
He may grant me His blessing.
I am forever grateful to you for having heard
and answered my petition.
Amen.[4]

Nota bene: Upon reading the above two prayers composed by Fr. J. L. Iannuzzi of private devotion, Archbishop F. Toppo replied, *"The prayers are good."*

[1] TLIG September 18, 1990.
[2] Ibid., November 14 1987; December 12, 1987;
[3] Ibid., February 12, 2000.
The majority of Church-qualified Catholic theologians teach that it is a wholesome and pious practice for all Christians to pray "for" and "to" the souls of the deceased, even before their hoped-for ecclesial canonization. Consider the following work that bears the official Magisterial seals of approval entitled, "An Unpublished Manuscript on Purgatory," that states on pp. 9 and 20: *"Those in Heaven for whom prayers are said on earth can apply those prayers to the souls they wish to benefit. It is a very consoling thought for those in the other world to know that their relatives and friends on earth do not forget them, even though they have no further need of prayers. In return, they are not ungrateful... God often accords more graces through the intercession of these suffering souls [in purgatory] than through the prayers of the saints."*
[4] In thanksgiving, one is asked to go to Sacramental Confession and receive Holy Communion

18. VESPER HYMN TO THE SON OF GOD (Fos Ilaron) [1]

Radiant Light of the holy glory
of the Immortal, Heavenly,
Holy and blessed Father,
Jesus Christ.

Now that we have come
to the setting of the sun
and have seen the evening light,
we praise God:
Father, Son and Holy Spirit.

It is meet[2] at all times to praise Thee
with happy voices,
O Son of God and Giver of Life.
Therefore the world glorifies Thee.

[1] In Greek Orthodox Hymn
[2] Worthy

19. THE STATIONS OF THE CROSS
Meditations from True Life in God

"I am God, creature, be at My Stations, desire Me only at every Station, I stand at every Station, I will be at the Stations of My Cross and I want you there, I want you to kneel at My Stations."

"*Lord, I don't know what You mean! What stations?*" (TLIG, May 29, 1987).[1]

1. Jesus is Condemned to Death

(Mt. 27:26; Mk. 15:15; Jn. 19:16)

Verse: *We adore You, O Christ, and we praise You.*
Response: *Because, by Your Holy Cross, You have redeemed the world.*

"soon, and that is <u>your</u> soon, when you will be covered by your own blood, I, as Judge then, will remind you of the blood you were carrying on your hands for having prohibited so many to receive My graces through this Reminder of My Word; you are as the Romans, crowning Me with thorns daily; are you going to say then as Pilate: 'I am innocent of this blood' and wash your hands in perfumed water? you refuse to accept the antidote to death, you refuse to acknowledge My Word given by My

[1] We Orthodox do not say the Stations of the Cross.

Holy Spirit in your days and take My Word instead frivolously" (TLIG, January 19, 1995).

Our Father
Hail Mary
Glory Be

2. Jesus Takes up His Cross

(Jn. 19:17)

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

"they tied up My feet with ropes and told Me to walk to where My cross was;

daughter, I could not go since they had My feet tied, so they hauled Me to the ground and dragged Me by My hair towards My cross, My pain was intolerable, parts of My flesh which hung from the scourging were ripped off;

they loosened the ropes off My feet and kicked Me to get up and lift My burden on my shoulders; I could not see where My cross was for My eyes were filled up with My blood which was streaking down My face from the thorns, which had penetrated My head; so they lifted My cross and laid it on My shoulders, pushing Me towards the gates; daughter, O how heavy My cross was which I had to bear! I felt My way to the gates, led by the scourge behind

Me, I tried to see My way through My blood which burned My eyes" (TLIG, November 9, 1986).

Our Father
Hail Mary
Glory Be

3. Jesus Falls the First Time

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

"I dragged Myself up; the crowds turned wild, I could see no friend around Me, no one was there to console Me, My agony seemed to grow and I fell on the ground" (TLIG, November 9, 1986).

Our Father
Hail Mary
Glory Be

4. Jesus Meets His Holy Mother

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

"I came in this Holy Heart, image and likeness to My Sacred Heart, to become God-Man so that I follow Her steps[1] and that later on She follows Mine;[2] I have said that She and I shared everything all the way to the Cross;

Our union was so intimately perfect that We did not need speech, for the sole utterance was in Our Heart; My words and My thoughts did not need to be carried to Her in My absence; in the supreme power of My Holy Spirit, everything was known to Her; in Her virginal Heart everything was known to Her, since She possessed God and God possessed Her; in this way Her daily nourishment was the Will of the Eternal Father" (TLIG, March 20, 1996).

Our Father
Hail Mary
Glory Be

5. Simon the Cyrene Helps Jesus Carry His Cross

(Mt. 27:32; Mk. 15:21; Lk. 23:26)

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

[1] When Jesus was a child following His Mother.
[2] I understood that Mary followed Jesus in His Mission.

"fearing that I would expire before the crucifixion, the soldiers ordered a man called Simon to bear My cross; daughter, it was not a gesture of kindness or of compassion, it was to save Me for the cross;

bear My Cross, Vassula, bear it for Me; My Cross cries out for Peace and Love; I will show you the Way for I love you daughter" (TLIG, November 9, 1986).

Our Father
Hail Mary
Glory Be

6. St. Veronica Wipes the Face of Jesus

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

"I allowed them to crown Me with a crown of thorns, I allowed them to mock Me, and to spit on My Holy Face" (TLIG, March 3, 1989).

"I then felt someone wiping My face; women in agony came forth washing My swollen face" (TLIG, November 9, 1986).

"Vassula, yes, look into My Face. to have seen Me, consoles Me, tell them, that it takes so little, to console Me; come and praise Me, loving Me"

Vassula writes: “I had the picture of the Holy Shroud in front of me; and I was looking at it, when Jesus wrote that message” (TLIG, June 7, 1987).

“My Sacred Heart is broken from the lack of love and by the immense number of your era’s sins, sins that have pierced My Heart and blushed Heaven, sins that defiled My Sanctuary and profaned My Holy Name; yet, if you only knew how I am ready to forgive your era‘s crimes by just one kind look at Me, a moment‘s regret, a sigh of hesitation, a slight reconsideration; a smile at My Holy Face and I shall forgive and forget, I shall not even look at My Wounds, I will efface from My sight all your iniquities and sins, had you one mere moment of regret; and all Heaven would celebrate at your gesture, for your smile and your kind look will be received like incense by Me, and that slight moment of regret will be heard like a new song by Me” (TLIG, August 29, 1989).

Our Father
Hail Mary
Glory Be

7. Jesus Falls the Second Time

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

"if they have but faults and sins let them give them to Me and I will purify them, I will unburden them, I will forgive them, I will not blame them, I will only love them; I love all those who fall and come to Me asking for forgiveness, I love them still more; I will never reject them even if they fall millions of times, I will be there to forgive them and wash in My Blood their iniquities never will I weary in pardoning them for I am a God of Love and Mercy, I am full of pity for the weak" (January 30, 1987).

"come nearer to Me; sanctify yourself; I love you, and I will sustain your falls, I will not see you lost; a flower needs to be watered and fertilised to maintain its beauty; I am your Devout Keeper;

I love you" (TLIG, May 15, 1987).

Our Father
Hail Mary
Glory Be

8. Jesus Comforts the Women of Jerusalem

(Lk. 23:27-31)

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

"women in agony came forth washing My swollen face, I heard them weeping and mourning, I felt them; 'be blessed,' I uttered, 'My blood will wash

away all sins of mankind; behold daughters, the time has come for your salvation'" (TLIG, November 9, 1986).

"alas! for those who would still be carrying their sin, coiled inside them as with child, when My Day comes!" (TLIG, June 2, 1991).

"then all the earthly rulers, the governors and the commanders, the rich people and the men of influence, the whole population, slaves and citizens, will take to the mountains to hide in caves and among the rocks; they will say to the mountains and the rocks, 'Fall on us and hide us away from the One who sits on the Throne and from the anger of the Lamb'" (TLIG, March 3, 1992).

Our Father
Hail Mary
Glory Be

9. Jesus Falls the Third Time

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

"My remnant, My myrrh, My love, what will I not do for you! My Heart fills with compassion for your misery, and your falls; I the Lord will help you - never feel abandoned or unloved" (TLIG, May 31, 1987).

"today I am asking those who refuse this revelation this question, 'is it against My Law in your era to save My creation from falling by My Providential Works of today?' Vassula, I am Jesus and Jesus means Saviour" (TLIG, January 2, 1988).

Our Father
Hail Mary
Glory Be

10. Jesus is Stripped of His Garments

(Mt. 27:35; Mk. 15:24; Lk. 23:34; Jn. 19:23-24)

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

"arriving on the Mount they thrust Me on the ground tearing off Me My clothes, leaving Me naked for every eye to see Me, My wounds opening again and My Blood flowing out on the earth; the soldiers offered Me wine mixed with gall, I refused it for deep inside Me I had already the bitterness given to Me by My foes" (TLIG, November 9, 1986).

"your clothes, My child, will roll in your blood, and this, too, will be the evidence that you come from Me; you were born for this and your acceptance delights Me because through your sufferings I will save many" (TLIG, October 25, 1995).

Our Father
Hail Mary
Glory Be

11. Jesus is Nailed to the Cross

(Mt. 27:35; Mk. 15:25-26; Lk. 23:33-38; Jn. 19:18)

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

"they quickly nailed My wrists first, and after allowing the nails to set in My cross, they stretched My broken body and with violence pierced My feet through; daughter, O daughter, what pain, what agony, what torment of My soul, forsaken by My beloved ones, denied by Peter upon whom I would found My Church, denied by the rest of My friends, left all alone, abandoned to My foes, I wept, for My soul was filled with sorrow" (TLIG, November 9, 1986).

"I have allowed them to crucify Me, all out of Love for you;

O children of The Crucified! how could you forget all that I have done for you? Wisdom had descended to be taken by force and by law, I was despised and rejected by men to bear your sufferings, I was nailed to the Wood to free you, I allowed them to pierce Me, and deliver you; I accepted a most painful death, so that your soul

may live and be able to share My Kingdom; I let My Blood run out into Rivers, so that you may obtain Eternal Life ; for your sake, I allowed Myself to be taken for a sinner" (TLIG, March, 1989).

"how could you not love one another? how could you honour Me when you select and reject;[1]

I was not nailed on the Cross for only the just" (My Angel Daniel, November 21, 1986).

Our Father
Hail Mary
Glory Be

12. Jesus Dies on the Cross

(Mt. 27:46-50; Mk. 15:33-37; Lk. 23:44-46; Jn. 19:30)

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

"the soldiers erected My cross setting it in the furrow;

I gazed upon the crowds; from where I was hardly seeing, from My swollen eyes, I watched the world; I saw no friend among those who mocked Me, no one was there to console Me, 'My God! My God! why have you forsaken Me?' forsaken by all those who loved Me; My gaze fell on My Mother, I

[1] His Teachings. The Traditions of the Church.

looked upon Her and our hearts spoke: 'I am giving you My beloved children to be your children too, You are to be their Mother'" (TLIG, November 9, 1986).

"remember when I was on the Cross? what were the words I said? I said that She is your Mother too; She loves you and cares for you; Abba gives to whom He pleases; accept what God is giving you" (My Angel Daniel, October 4, 1986).

"I cried out from My Cross, It was My last loud cry I gave when I was in flesh, a cry full of sufferings, pains, and bitterness resounding from the depths of My Soul, piercing the heights in Heaven; it shook the earth's foundations and tore in half the hearts of those who loved Me, as it ripped the veil in the Temple; it aroused devout followers of Mine, as it aroused the dead from their graves, overthrowing the earth that covered them, as it overthrew Evil;

Great thunder shook the very Heavens above and every angel trembling fell prostrate and worshipped Me in total silence; My Mother, standing nearby, on hearing My cry, fell to the ground on Her knees and covered Her face weeping, carrying that last cry with Her to the day of Her dormition; She suffered" (TLIG, April 29, 1987).

"all was ending, salvation was near; I saw the heavens open and every angel stood erect, all stood in silence; 'My Father, into Your hands I commend

My Spirit, I am with You now'" (TLIG, November 9, 1986).

"I am embittered; suffering still from many iniquities of the world; wickedness, lawlessness and egoism; My Cry is growing louder every day; I was left alone on My Cross, alone to bear the sins of the world on My shoulders; alone to suffer, alone to die, shedding My Blood which covered the entire world, redeeming you, My beloved ones;

that same Cry is now on earth like an echo of the past, am I living in the shadows of the past? was My Sacrifice in vain? how can you not hear then My Cry from the Cross? why do you shut your ears and dispel It?" (TLIG, April 29, 1987).

Our Father
Hail Mary
Glory Be

13. Jesus is taken down from the Cross

(Mt. 27:59; Mk. 15:46; Lk. 23:53; Jn. 19:40)

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

Our Holy Mother says:
"Vassula, never lose courage; I am beside you; enter into Jesus Wounds, enter into My Sorrowful Heart and feel My sorrow, feel how I weep;

I come to many,[1] I show them My Heart, I give signs by letting My Images shed tears, I appear at various places, but My children's hearts are covered by a thick crust, a layer of disbelief, they ridicule those who believe, the Word of God means nothing to them, the calls of God are ignored, they pay little heed on Our warnings, no one wants to listen to revelations given by God and spoken from His Mouth; your era's faith has vanished, swept away by intolerance, perversion, cruelty and ignominy, how sorrowful My Immaculate Heart is, My Hand can no longer keep God's Arm from falling upon you" (TLIG, August 6, 1988).

Our Father
Hail Mary
Glory Be

14. Jesus is Laid in the Sepulchre

(Mt. 27:60; Mk. 15:46; Lk. 23:53; Jn. 19:41-42)

V: *We adore You, O Christ, and we praise You.*
R: *Because, by Your Holy Cross, You have redeemed the world.*

"and you My child who read Me or hear Me, you whom I visited your grave and made My Breath

[1] Appearing.

enter you, I tell you: follow the marks of My Blood I leave behind for you as a sign...

come, My child, you who hear Me or read Me, I have shown My Love for you again in this testimony; do not say that I am too far away to love for at this very instant My Eyes are upon you with a special tenderness and an affection you can never understand fully; had I to return just for your sake alone to redeem you, without the slightest hesitation I would come and repeat My Passion, for your sake alone! now do you believe Me when I tell you that a man can have no greater love than to lay down his life for his friends?

I am telling you all this so that you may find your peace in My Sacred Heart, so that you may find true life in Me, so that you may find true love and rest in Me your God; I know that you are weak, My child, but your weakness attracts My Omnipotence...

I say: peace be with you! I am the Victim of Love who speaks to you, I am He who gave you this testimony of Love as a reminder of My Love; absorb Me and allow Me to invade you; feel how My Heart yearns for a return of love! do not resist Me, come to Me as you are, come and drink the flow of My Heart and you shall thirst for more; oh so many of you wandered away from the Truth and went this way and that; the Truth is LOVE; I am the Truth; be witnesses for the Truth; receive the Holy Spirit of Truth, receive the Holy Spirit of Grace;

I bless you all, leaving My Sigh of Love on your foreheads; be one under My Holy Name" (TLIG, October 22, 1990).

Our Father
Hail Mary
Glory Be

ΙΧθΥΣ

HOW TO SAY THE HOLY ROSARY[1]

"The more rain falls on the earth, the softer it makes it; similarly, Christ's Holy Name gladdens the earth of our heart the more we call upon it."

St. Hesychios the Priest

The Jesus prayer, a prayer of the heart rooted in the Byzantine tradition. *"Lord Jesus Christ Son of God, have mercy on me the sinner,"* is often prayed using a prayer rope or chord ('komboskini' in Greek; 'vervitsa' or 'chotki' in Russian) consisting of 33, 50, 100, 103 or 300 knots or beads. It is usually made of black wool and are marked off at intervals by wooden, glass or metal beads. Sometimes long ropes are used, which are decorated with a cross and tassel. The tassel, in certain customs, was used to wipe one's tears.

Using a prayer rope is simple enough: one says the 'Jesus prayer' on each knot,

[1] Orthodox prayer

"Lord Jesus Christ, Son of God, have mercy on me, a sinner".

On the cross one says: "*Most Holy Mother of God, save us.*"

To Orthodox Christians, the usual reverent posture for prayer is standing. Thus the prayer rope may be said standing with bows or prostrations, or by making the Sign of the Cross. The custom of repeating this distinctive prayer was developed in Orthodox monasteries.

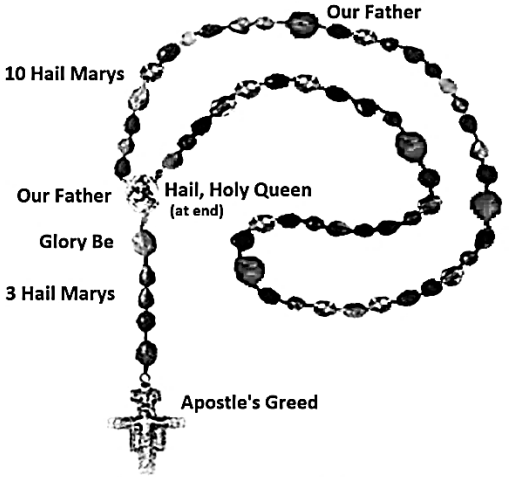
The Jesus Rosary is on page 43 of the Prayer Meeting Guidelines.

"I tell you if anyone prays this Rosary to Me, heaven will open to him and My Mercy shall save him" (TLIG, January 18, 1990).

HOW TO SAY THE HOLY ROSARY

"With the Rosary, the Christian people sit at the school of Mary and is led to contemplate the beauty on the face of Christ and to experience the depths of His love. Through the Rosary the faithful receive abundant grace, as though from the very hands of the Mother of the Redeemer."

Apostolic Letter Rosarium Virginis Mariae,
St. John Paul II, October 16, 2002



Bless yourself with the Cross to begin and end the Rosary.

The Rosary is made up of "decades." A decade is one "Our Father", followed by ten "Hail Mary's", then a

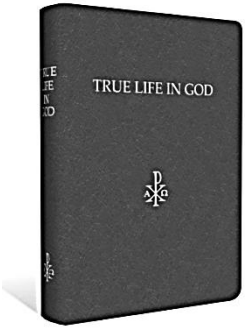
“Glory Be”. These may be followed by additional prayers, such as, “O My Jesus” (Fatima prayer) and “Jesus, My Only Love” (TLIG, August 8, 1993).

“please Me by praying the Holy Rosary, feel the Mysteries, see them through your Holy Mother’s Eyes” (TLIG, June 4, 1988).

“every prayer should come from the heart, you have to feel what you say, so take your time by meditating every Mystery” (TLIG, November 21, 1988).

For a complete set of The True Life in God Books

The complete True Life in God Messages, received by Vassula Rydén between 1986 and 2021 are available in two volumes. They are published in the original English and various other languages.



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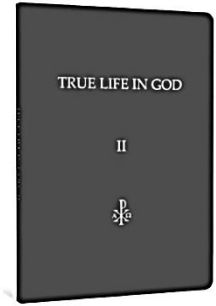

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