



"I love you. I have forgiven you everything you have ever done against Me or against yourself. You are welcome in My arms and there is a place in My heart for you. If you make the smallest movement toward Me, you

will see Me act with great speed to pull you back into the safety of your Christian family. My child, will you answer your Jesus? It is My voice you hear calling out your name. Come to Me now. You will look back on your life someday and you will see this moment as very important for your eternity. Do not hesitate. Your time is over and Mine has begun. Fear nothing. Accept My joy and accept My light. In all quietness, turn your eyes to Mine." -Jesus in the *Volumes*. Visit

DirectionForOurTimes.com → [Free Library](#) to read more of Heaven's loving words to soldiers, prisoners, atheists, parents, those experiencing tragedy, stress, addiction, depression, and more.

Find more of these packets for free at liveandliveon.com

Messages of Mercy



Selected Quotes from Jesus, Mary, and the Saints

My Heart is ablaze for such love of you. Focus on My love for you and you will be set free of all worries. Focus on this feeling you experience in your chest, the love of God, so full for you! Preach the gospel in your being. Every moment, think of this burning, ardent love I have for you. Experience this feeling and you will run and not get weary, you will fly on eagle's wings. Your heart will love those you touch."

-Jesus via sofc.org → [Books](#) → [God's Blue Book 4](#)

"Jesus needs nearly nothing to flood mercy down upon a soul. So even if you have committed the most vile and constant sins, even if you feel that you are the most despised creature in the universe, you must cry out to Him. The truth is that He loves you. He is waiting for you and watches closely for your smallest opening to Him. Won't you try this, my friend? You have tried to make yourself feel better in other ways and you have been left in despair. Now try Jesus. I am praying for you right now, that you will allow the door of your soul to open, even the smallest bit." -St. Clare in "Heaven Speaks about Addictions"

Via DirectionForOurTimes.com

SELF-LOVE vs. HOLY LOVE

Self-Love vs. Holy Love (via holylive.org)

Greeltings! ☺ The following words are taken from primarily 3 sources. The first are the revelations given to „Anne“ a Lay Apostle in Ireland with the approval of her local bishop. In 2003, she began to receive „locutions“, or internal messages from God the Father, Jesus Christ, the Blessed Virgin Mary, and multiple saints. They speak so simply yet profoundly on many of the problems facing our modern world, such as Depression, Addiction, Suicide, and many more and carry many conversion graces (Jesus said the gained in the spread of these words will astound us, and Mary tells us they are of the most precious graces available to the world at this time, so please spread!). On November 29th, 2018 Direction for Our Times, Apostolate of the Canonical status as a private association of the faithful with a juridical personality. Other excerpts come from God’s Blue Books, as revealed to Rita Ring and carefully discerned by Father Edward Carter, SJ of Shepherds of Christ Ministers, the messages of Holy Love Ministers, and more. Enjoy and may God bless you in His infinite, intimate Love!

„At this moment, there is only you and I. I am looking
whose heart is frozen? My love pours out upon you.
My graces flow down to you. Open your heart, dear
soul. Ask Me to come to you. I am here. I am waiting to
love you. Do not freeze Me out any longer. Everything
is possible for Me. I can heal you and cure you in an
instant if you will let Me. Ask Me, dear child. You are
part of My family and My family aches to have you
back. I am calling you by name. Close your eyes and
listen to My Voice. I am asking that you say simply,
„Jesus, love me.“ I will take care of everything else.
You feel My presence now and you can rest in My love
as I transform your heart. No fear, dear child. All is well
when God is present, and truly, I am with you.“ - Jesus,

ROSARY MEDITATIONS- MARCH 1, 1995- Sorrowful Mysteries
(find the complete version of this Rosary and many others at
sofc.org→Books→Rosaries from the Hearts of Jesus and Mary)

1st Mystery- The Agony in the Garden

1. **Jesus:** Surrender! Surrender to Me as I surrendered to the Father in the Garden. I said to My Father, "Nevertheless, let your will be done, not mine." (Lk 22:42) As you are in your hearts troubled and anxious, I am there ever present to comfort you, to give you My peace. Let go, let go, let go! I am forever with you at every second, at every moment. I do not go! I forever remain in your hearts. Let go! As you live, so do I live in you!
2. **Jesus:** I knelt in the Garden in such agony! I saw before Me all that I would undergo, all the beatings, all the scourging. I knew the Father's Will. I complied with the Father's Will as I ask you to surrender totally to Me. Let go! Focus on Me! Do not focus on those things that are parading in your mind, but release your mind to the mysteries of heaven, to My Passion and My death!
3. **Jesus:** And My faithful ones, who came to comfort Me-they slept!
4. **Jesus:** Indifference! Ingratitude! Neglect! I saw before Me all those who would neglect Me and treat Me with indifference. How My Heart ached with pain to see the souls that I loved so dearly filled with such nonsense!
5. **Jesus:** My Heart, an endless furnace of divine love, of divine life, beating and burning for love of precious souls and they do not see! They have closed their eyes and plugged up their ears and I wait and long to be ever close to them! Spread My love throughout this world. You will be met with resistance on all sides. But I beg you this day to listen to My cry. I cry out to you to stand firm. I am calling you to stand up against the world.
6. **Jesus:** As one crying in the wilderness, prepare the way of the Lord. I cry out to you to go to the highways and byways. Shout from the rooftops that I am Lord and that I am in your midst this day. Prepare Me a way, for I am coming!
7. **Jesus:** I saw before Me all the souls that would be lost to eternal damnation despite all My sufferings. I call out to you this day to harken to My pleading to be about this world spreading My love. There are souls that are at stake, depending upon what you do with your lives. Will you spread My love? Will you be My mouthpiece to this world? I call out to you. You must stand strong and pray to the Spirit for He transforms you from fear to fearlessness. You are My apostles to go into this world and spread the love of My Most Sacred Heart!
8. **Jesus:** As I knelt in the Garden, as I suffered so many agonies in My Heart, I was comforted by the love that you show to Me this day.

On the Mercy of God

"Don't you know that because of My compassion a single act of perfect love atones for a whole lifetime? That one humble and tender look from you pierces My heart with love?"
-Jesus to Blessed Gabrielle Bossis, "He and I"

"Every fiber of My Heart desires to pour mercy upon the world. I search for the repentant heart which opens the way to My Mercy, but so few have sorrow for their sins. Many travel the road to perdition, thinking title, position or money merits their salvation. At their judgment, I look into the depths of their hearts. If they, at their last breath, turn to My Mercy, they are saved. Do not be discouraged by the numbers or types of sins you have committed. The greatest sinner deserves most My Mercy." -Jesus via holylove.org

"I am the Way, the Truth, and the Life. I am your Jesus of Mercy. I forgive every sin if you come to Me in Confession. The priest is My representative. You need the sacrament of confession. You need to come and lay your faults before Me. My mercy is so abundant! I give so freely to you who are sorry for your sins."

-Jesus in "Go to Confession" via God's Blue Book 3

"**Sinners must not be afraid. They must simply close their eyes and say, 'God, I have made mistakes. I'm sorry. I am Your child, though, and seek to be united to You.'** My child, all of heaven weeps for joy when even one soul makes this act of humility and love. How we rush in to assist this soul, and protect him from the attacks of the evil one. We nurture and guide this soul until he is back walking the path to Christ with confidence. Don't be afraid, dear souls. You will find no recriminations. Only love." -Our Blessed Mother Mary, in Volume 1 of "Anne", a Lay Apostle: Thoughts on Spirituality

"**Do not fear, please, if you have made mistakes. We are only concerned about today and this must be your approach also.** 3

1. **Jesus:** The blood that I shed when I was scourged was red! My Heart, which beats out of endless love for you, is a Heart that is red, beating with a burning fire for love of you. I call out to you to draw thirsting for your love. Let go of the little distractions you have this day that keep you from increased union with Me. Release yourself and be totally alone in deep union with Me. See only Me. Let go. Release yourself! I am here with You!
2. **Jesus:** Totally focus on Me!
3. **Jesus:** Release yourself from all the distractions in your heart. Be alone in deep union with Me!
4. **Jesus:** Just as I shed My blood for you as they scourged Me, My Heart creates this day in endless love.
5. **Jesus:** See them as they beat Me at the pillar. Hear the blows! This is the love that I have for you. This day will you be alone with Me and totally focus on only Me? Let yourself go. Be in a room where we are together in close union.
6. **Jesus:** And our hearts beat so closely, as one!
7. **Hail Mary ...**
8. **Jesus:** See Me at the pillar! See Me as I stand with the deepest love for all souls.
9. **Song:** Come unto Me all who are weary and find rest for your souls.
10. **Jesus:** I am with you in deep union despite the distractions and all that goes on around you. I am so closely connected with Me. Focus totally on My beating Heart and the love that I have for you. My Heart beats with deep love as I stand at the pillar and bleed dark red blood.

2nd Mystery Jesus is Scourged at the Pillar

9. **Hail Mary...**
10. **Jesus:** The world is blind and deaf! They have plugged up their ears and covered their eyes. You must go into this world. You must stand strong. You have a message of My love to give. I beg you to give this message to the world that is in much pain, that has covered its eyes and plugged up its ears. I beg you to spread this love in every corner of this world this day. You are apostles that I send into this world.

“Come back to Me now, My little lost soul, and I will lift all
your sins from you. Repent and throw yourself into My arms. I
will forgive you immediately. I have already done so. But in order
to heal and to be comfortable in heaven, you must repent and
make you as pure as if you had never sinned. My children, all in
heaven are awed at the scope of this promise. I want you to
consider that this is an opportunity you should take advantage
of. You will not have forever to do this. You do not have eternity
on this earth. You have made mistakes and left the path to
heaven. I implore you to return to Me now, before it is too late for
you. You must understand that your soul can be lost. If you
linger too long in mortal sin, My child, you will take to it as a
child takes to a bad habit. The time to return is now. I come to
you are to Me. Your gifts, strengths, and skills were given to you
so that you could further My kingdom on earth, as an obedient
and loving child looks after the interests of his father. But, for
some time now, you have not done that. You have looked after
your own interests, either through the slavery of addiction or
through the quest for worldly goods and sensual experiences.
My child, I know you feel this is your business and perhaps you
feel you only yourself. I tell you now that you are My child, I
love you, and I take it very personally when you hurt yourself. I
am telling you now to stop. Stop any behavior that is separating
you from Me. Are you unsure what those behaviors are? Come
to Me, here in the tabernacle, and I will tell you exactly which

Be sorry for your sins and walk away from them. Often, the evil one will attempt to keep you tied to past sins by reminding you of them and trying to persuade you that sinners cannot be true chosen souls. How ridiculous a notion! Look to the Bible for proof. Jesus came for sinners."

Our Blessed Mother Mary, in Volume 1

On Food

"Eat simply. There is a problem with eating and drinking in today's world. There are those who are starving and those who are gorging. My friends, I loved food when I lived on earth. I loved it so much that I had to withdraw from it lest I became too attached to it. Food is for sustenance. You should eat simple foods, prepared at home, and not stress your body with too much food or too much drink. This is not how holy apostles live. Holy apostles consider what they need to sustain their bodies so they can serve each other in physical strength. There is a time for feasting, of course, and these feasts should be as generous as possible with great thanksgiving and joy. I am not saying that there should be no joy or that food should be dreary. Mealtime should be happy and cheerful. There should be prayers before meals and after meals. These prayers should not be long or drawn out. They should be simple and heartfelt, thanking heaven for providing for you on each day. What I am remarking upon is a distorted view of food and eating. If you are part of a family, there should be others assisting in the preparation and serving of meals.

Even if there is limited time, there should be some form of sitting together and ministering to one another with regard to each day's challenges or triumphs. If you are eating alone, this time of eating can be shared with heaven. It is heaven who is sustaining you, after

all, so it is only just that heaven be given some attention. Eating should create a pause in your day. It is a time for reflection, a break between one task and the next, between one portion of your day and another. It is a time to consider your duty and how you are doing in the performance of it. Eating in haste is yet another example of how the enemy keeps God's children so distracted that they cannot consider Him or His will. Eat simply."

-St. Padre Pio in "Heaven Speaks on Stress"

"God is able to communicate with your soul more effectively when you are not sated with too much food and drink. If you care too much for the things of this world, you cannot possibly care enough for the things of the next world, where material possessions mean nothing" "Can I ask that you take two days in each week and give up a little something that your body would like to have?" "Begin small, with little sacrifices." -St. Barnabas in Volume 5: Jesus the Redeemer

behaviors I refer to. You know already, as you read these words. You must not trade these behaviors for your eternal life, My child. You must not. That is the second part of the reason why I compel you to return to Me. The third reason you must change your behavior is because I need you. I am your God, the God of All, and truly I say to you, I need you. There are souls in your world that only you can save. You must be working for Me to save them, because I have to tell you how and you have to be listening. So please, little souls of My heart, come to Me now, because the first part of the reason compelling your return is that I love you and separation from you is making My heart ache with loneliness." -Jesus in Volume 2

"The LORD's acts of mercy are not exhausted, his compassion is not spent; They are renewed each morning." -Lam 3:22



"I promise that the soul that will venerate this image will not perish." (48)

"Tell aching mankind to snuggle close to My merciful Heart, and I will fill it with peace. Tell [all people], My daughter, that I am Love and Mercy itself." (1074)

"My mercy is greater than your sins and those of the entire world." (1485)

"The greater the sinner, the greater the right he has to My mercy." (723)

"The graces of My mercy are drawn by means of one vessel only, and that is — trust. The more a soul trusts, the more it will receive." (1578)

Jesus' words to Saint Faustina, in her Diary:
Divine Mercy in My Soul

God the Father has given the following prayer to Church leaders, as "a last alternative to Divine Justice in the face of the multitude of sin and error throughout the world." If enough make this consecration, He said we would gradually see governments change their policies, and finally the heart of the world will return to innocence! Please spread! ☺

Heavenly Father, I _____ (name) hereby consecrate the heart of this country _____ (name) to the United Hearts of the Holy Trinity in union with the Immaculate Heart of Mary.

Note: Our Lord has revealed that the spiritual journey of the United Hearts is the greatest gift given to humanity from God, outside of the Holy Eucharist! Learn more at maryrefugeofholylive.com



"...we wish you to set prayer goals and keep to them. Do not assistance." -Our Blessed Mother Mary, Volume 1

We hear a plea from you and we hasten to provide every slaves to your prayers, my dear little struggling souls. always, even if it is just a simple sentence, a simple thought, pray more, even when you do not feel like praying. Pray

God." -Jesus via holylive.org

also becomes beautiful in God's eyes and gives glory to gives glory to God. The soul that surrenders to prayer much, them in light. Thus arrayed, they bloom and their beauty Heaven. It nourishes the lilies and flowers. It royally clothes Think of prayer as a sunbeam. Its ray stretches down from

-Our Blessed Mother, Mary in Volume 1

children, to make prayer the constant in your life.

Double them. What is it I am asking of you? I am asking you, courage, if you pray often. Did you set your prayer goals? steady stream of grace and goodness, of confidence and prayer must be your lifeblood. We can provide you with a beyond anything you might imagine." -Jesus in Volume 2

as I reward each prayer, each glance, each petition even, only for the sake of repayment you should come to Me often, Me. I need you and so appreciate any fidelity offered to Me. If face, you will see clearly every happiness you have caused toward others who never seek Me. When you meet Me face to course, but also, your prayer allows Me to soften My Justice comforted, which allows Me to give you untold graces, of prayer, if only for a moment, I am consoled. My heart is itself." -St. Jean Vianney

"Prayer is the inner bath of Love into which the soul plunges

On Prayer

this Chamber the soul is consumed with the desire to love Me - to please Me. In this love the soul is taking a giant step beyond conformity to the Divine Will. In conforming to the Will of God there are still two wills - God's Will and the human will. The soul is making the effort to accept all things as from the Hand of God." "But in this most elite and intimate fifth Chamber of My Heart, the soul not only accepts, but loves God's Will for him. It is in this love that has been perfected in the greatest degree possible that the soul comes to union with the Divine Will. Few reach this fifth Chamber of My Heart." "See then that it is love that invites you into the first Chamber - the Immaculate Heart of My Mother. It is love that invites you into the second Chamber seeking greater purification and holiness. It is love that desires perfection in the virtues - the third Chamber. It is love that takes the soul into the fourth Chamber conforming the human will to the Divine. It is love which brings the soul into union with God in the fifth Chamber. It is the depth of the soul's surrender to love that determines his eternity."

"If love is the entrance to each Chamber of My Heart, please understand then, that it is only by a deeper surrender to love that the soul can be transported from one Chamber to another."

"In the first Chamber the soul must decide to love God more than sin. That is his salvation - the Heart of My Mother. In the second Chamber the soul loves God and neighbor even more and seeks holiness. In the third Chamber through a purer love the soul seeks perfection in every virtue. In the fourth Chamber

the purified soul, now more perfected in virtue, desires to conform his will to the Will of God. And those precious souls who reach the fifth Chamber of My Heart, live in union with God's Will. God lives in them and they in Him. My Father establishes His Kingdom within the hearts of those who enter the fifth Chamber of Our United Hearts." "Pray this prayer: Dear United Hearts of Jesus and Mary, I desire to surrender to Holy and Divine Love in all things, in all ways and in every present moment. Send me the grace so that I may do this. Help me as I try to respond to this grace. Be my protection and provision.

Take up Your Reign in my heart. Amen.

-Jesus via holylove.org

when you are praying. You may feel nothing on some days, but you must persevere and believe me when I tell you that on those days, when you feel nothing, you are saving as many souls through your smallest prayers as on the days when all of heaven seems open to you." -Our Blessed Mother Mary, Volume 1

"...please understand that your prayer life is the mortar that holds the bricks of virtue in place. Without mortar, bricks crumble and fall. Without prayers, virtues are replaced with weaknesses and sin."

-St. Thomas Aquinas via holylove.org

“Dear little children, Jesus has sent Me to ask of you extra prayers, as many prayers as you can offer, for such is the need of our Hearts. Every prayer you offer is already used up by My Son, whose Heart is greatly offended. Therefore, My little children, pray, pray, pray.” - Mother Mary via holylove.org

On Doing Little Things with Great Love

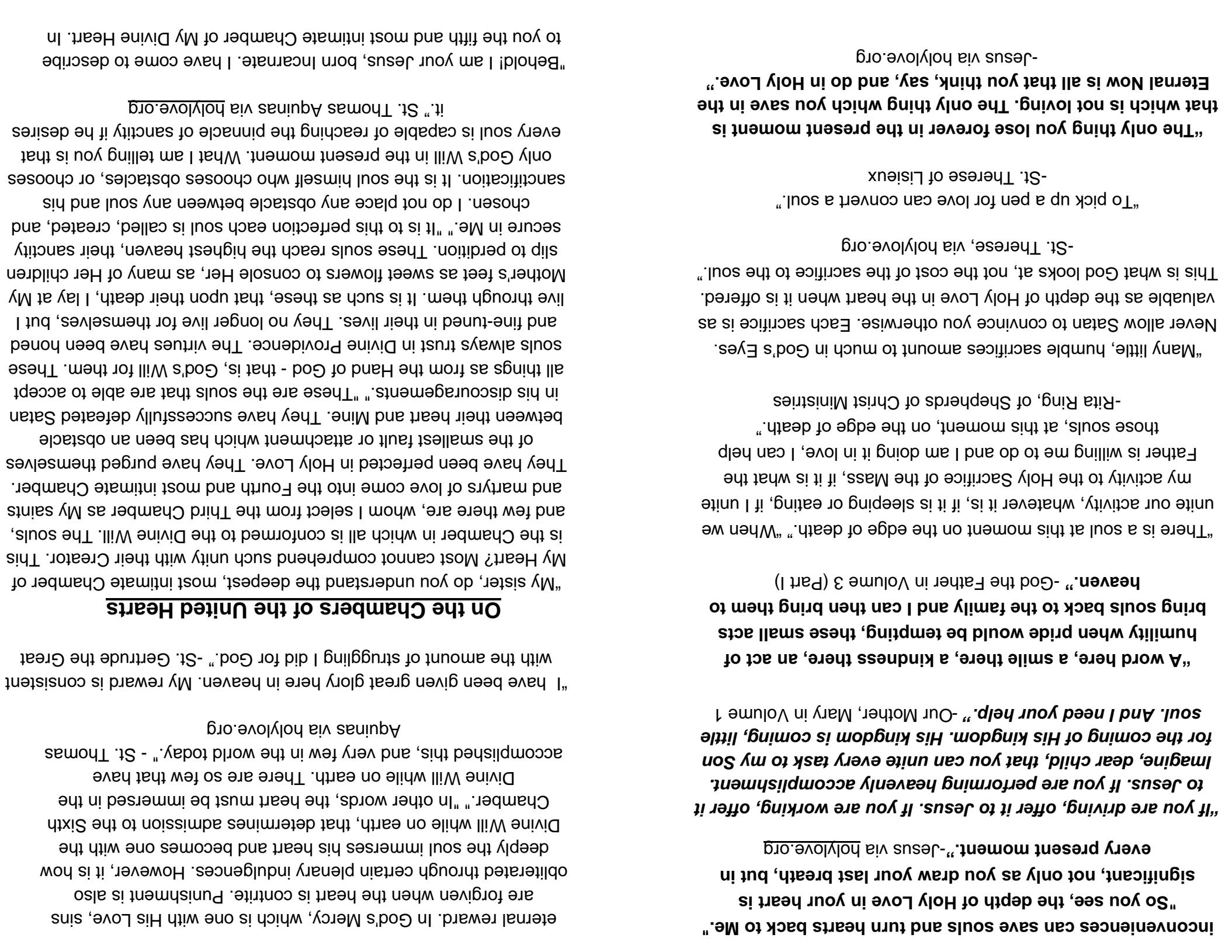
"Do everything with great love--everything, everything--whether it is the smallest prayer or the smallest act of kindness to another. Sometimes all you have to give is a smile. Give it with great love. Love is the force that can change the world." -St. Mother Teresa via holylove.org

“Every moment that you give Me in love, I return to you a hundredfold in this life and the next.”

-Jesus via holylove.org

“...don’t lose a single minute of love; you will find it again eternalized.” -Jesus in "He and I"

“It matters - the disposition of the heart - in the very smallest of matters. If the smallest and most insignificant thing is given to Me with great love, it becomes great in My Eyes. This is how the boredom of routine can become a great vehicle of conversion for many. It is likewise how the smallest



can imagine. God has the day of your death already established. It will come. And you will be ready if you serve Christ. You will have no regrets. You would not want to surrender your body to Jesus and feel as though you missed the whole point of your life. Serve, my beloved friends. Serve. Serve Jesus. Serve each other. Serve strangers. Serve. The last shall be first. Do not seek to be bigger than your earthly companions. Do not seek earthly respect and homage. Seek only to serve and through your service you will perfect your precious soul, which will join me here. We will greet

you, you can be assured. We will rejoice in your coming and you will thank us for these words, particularly if you take them to your heart and let them change you. In these words you will find the greatest of wisdom. You will see that. You will not see the graces that flow from these words into your souls and through your actions for others. But you will discern the graces by a new reflective quiet. You will consider your eternity and what you would like to do to prepare for it. You have been given this day, or rather this moment. Do you know for certain that you will see the end of this day? You do not. Perhaps this moment, these next few moments, will be your last opportunity to claim something for Jesus. This is how you are

to live each day. In this way you will serve. You will not change immediately. Do not expect this. Remember that sanctification is a process. But you can immediately make the decision to change and begin the process. I am giving you good advice. A wise man accepts good counsel. Be wise. Serve." -St. Daniel in Volume 7: Greetings from Heaven

"I have come to further explain the reality of Heaven to you.

Everyone who enters Heaven is living in the Divine Will. Some need to suffer Purgatory in order to reach this goal. But the Sixth Chamber--ah yes, the Sixth Chamber--is reserved for the greatest saints." "Purgatory does not prepare souls for this Chamber, but stops just short of immersion in the Divine Will. The saints in the Sixth Chamber earned this coveted place while on earth. It is such a jewel of a Chamber that not even every saint is admitted to its sanctuary." "There are martyrs and other saints who are in the highest place in the Fifth Chamber--for there are certain priority levels within each Chamber--all according to merit. Yet, these saints, while standing very close to the Sixth Chamber, are not allowed entrance." "You cannot understand this unless you comprehend that every present moment counts towards your

The Power of Offering Your Day to God

If, upon arising, we give our day to God, He can use every moment of our day to help in bringing down grace upon ourselves and our families and in the salvation of the world! As St. Therese tells us: "Greetings dear brothers and sisters. I, Therese, send you words of encouragement. I am a great advocate to you all. While on earth I made it a point to be at the Lord's disposal in everything.

I awakened each day and gave Him my will so that each of my tasks could be used for heaven. You must begin to do this also. If many souls on earth begin to make this act each morning, Jesus

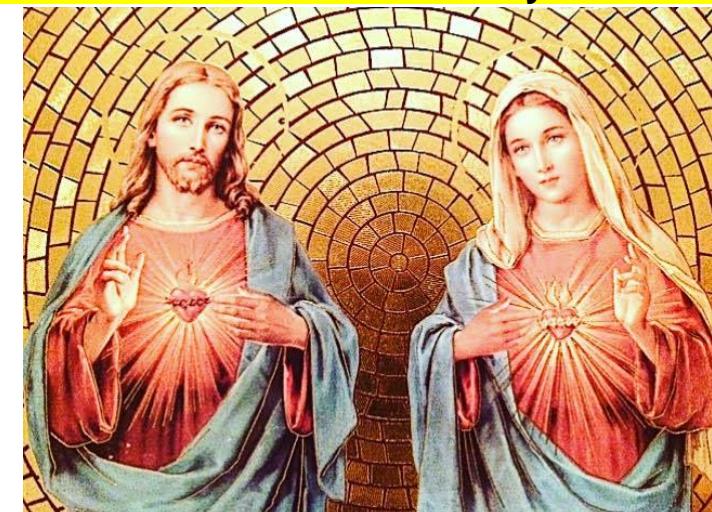
will have many graces available for souls."

Let us thank God for a new day upon arising and say:

Heavenly Father, I give You this day. I surrender every effort in thought, word, and deed and ask You to use all towards my salvation and the salvation of others.

Morning Offering:

O Jesus, through the Immaculate Heart of Mary, I offer You the prayers, works, joys and sufferings of this day, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and for the intentions of the Holy Father. Amen



“Your human minds cannot even comprehend My Divine Love! In your deepest meditation, you couldn’t begin to picture this? Let me continue. In heaven, there are vast forgothen, but incinerated. Can you imagine, dear ones? Do you begin to know and feel this love. This is your keep trying to know and feel this love. This is your salvation. This is what sets you free in a world of hate.”

“I would recreate the whole universe just to hear you say you love Me.”-Jesus to St. Teresa of Avila

“Jesus in God’s Blue Book 1

“Your faults, your sins, do not make the journey and are not only on earth, you create something that is divinely inspired, and this is what we want from you, it will endure in heaven, to be admired and explored by your brothers and sisters. Your spiritual relationships will also follow you to heaven. Every memory of your sins will be erased because you could not enjoy heaven if you were constantly annoyed by the memory of your mistakes. This is a mercy of God Himself and a good example of the character of your God. Please

“One single act of love on the part of man, one single act of charity, is so great in God’s eyes that He could not repay it even with the immeasurable gift of the entire Creation.”-St.

“...when we love God our heart expands, and we can give incomparably more tender love to those who are dear to us than when our love is selfish and barren.”-St. Therese

“For a single act of true love I am ready to forgive and forget a whole life of sins and crimes...”-Jesus to a soul with God, even if it’s full of mortal sins, and even before sacramental confession, as long as the will to confess is present.”-Lorenzo DeSales in “The Littlest Way of Love”

“An act of perfect love for God immediately reconciles the every act of perfect love, like every other supernatural action, arms us an increase in sanctifying grace, which, in its turn, increasingly affects our actions. In addition to that, it arms us a greater glory in heaven.”-Lorenzo DeSales in “The Littlest Way of Love”

“When you live for Christ, earth is a joyful place to be. When you serve Christ on earth and come to heaven? There are no words. I cannot convey it to you except to say that every one of your greatest, most beyond belief hopes for heaven will be satisfied and your experience here will so far exceed that expectation that you will not believe you ever harbored hopes so low. Imagine being able to fly with no assistance except your will. You could fly as high, as low, as fast, as slow, and as often as you liked. You could go anywhere. The wind on your face would fill you with rejoicing. You would laugh aloud for the joy of it. You would delight in the joy of others who also experienced this perfect ability. Imagine never feeling too cold or too hot. Always you feel perfectly balanced with the elements, unless you suddenly crave warmth or cold. Then it is there for your enjoyment. I am probably making a mistake by trying to convey to you the smallest portion of heaven because it is impossible. Yet I feel I must give you some idea of why you are to be selfless for a small time. Imagine being with the people you loved, but always with the most perfect understanding of each other. What adventures you will share. Dear brothers and sisters, why you are to be selfless for a small time. Yet I feel I must give you some idea of

“Our Blessed Mother Mary, Volume 3: The Blessed Mother of God’s Bishops and Priests
Speaks to Her Bishops and Priests

“...when we love God our heart expands, and we can give incomparably more tender love to those who are dear to us than when our love is selfish and barren.”-St. Therese

“For a single act of true love I am ready to forgive and forget a whole life of sins and crimes...”-Jesus to a soul with God, even if it’s full of mortal sins, and even before sacramental confession, as long as the will to confess is present.”-Lorenzo DeSales in “The Littlest Way of Love”

“An act of perfect love for God immediately reconciles the every act of perfect love, like every other supernatural action, arms us an increase in sanctifying grace, which, in its turn, increasingly affects our actions. In addition to that, it arms us a greater glory in heaven.”-Lorenzo DeSales in “The Littlest Way of Love”

“The Littlest Way of Love”

“Your human minds cannot even comprehend My Divine Love! In your deepest meditation, you couldn’t begin to know and feel this love. This is your keep trying to know and feel this love. This is your salvation. This is what sets you free in a world of hate.”

“I would recreate the whole universe just to hear you say you love Me.”-Jesus to St. Teresa of Avila

“Jesus in God’s Blue Book 1

“Your faults, your sins, do not make the journey and are not only on earth, you create something that is divinely inspired, and this is what we want from you, it will endure in heaven, to be admired and explored by your brothers and sisters. Your spiritual relationships will also follow you to heaven. Every memory of your sins will be erased because you could not enjoy heaven if you were constantly annoyed by the memory of your mistakes. This is a mercy of God Himself and a good example of the character of your God. Please

“One single act of love on the part of man, one single act of charity, is so great in God’s eyes that He could not repay it even with the immeasurable gift of the entire Creation.”-St.

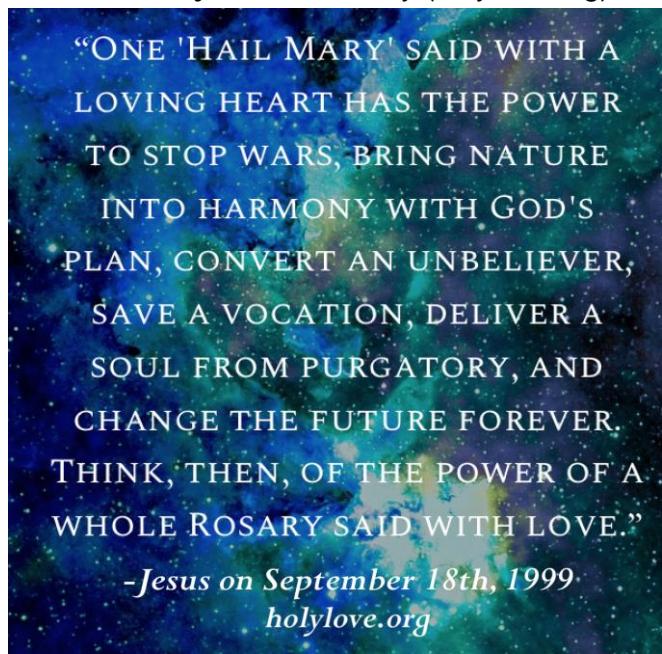
“...when we love God our heart expands, and we can give incomparably more tender love to those who are dear to us than when our love is selfish and barren.”-St. Therese

“For a single act of true love I am ready to forgive and forget a whole life of sins and crimes...”-Jesus to a soul with God, even if it’s full of mortal sins, and even before sacramental confession, as long as the will to confess is present.”-Lorenzo DeSales in “The Littlest Way of Love”

“An act of perfect love for God immediately reconciles the every act of perfect love, like every other supernatural action, arms us an increase in sanctifying grace, which, in its turn, increasingly affects our actions. In addition to that, it arms us a greater glory in heaven.”-Lorenzo DeSales in “The Littlest Way of Love”

“The Littlest Way of Love”

devoted to the Rosary. I encourage the downtrodden, protect the vulnerable, convert the unbeliever -all through My Rosary."-Mother Mary (holylive.org)



Will you give 1% of 1440 minutes each day to God? If so, pray the daily rosary in 15 minutes - 1% of 24 hours.

On Heaven

"Little souls, your best imaginative dream of heaven falls far short of the reality. Such happiness will be yours. And Jesus asks only that you say "yes" to Him and be willing to serve."

-Our Blessed Mother Mary, Volume 1

"Heaven awaits you, dear souls. You do not have to wait until after your death. Unity with Me is heaven, so you can experience a foretaste of heaven on the earth."

-Jesus, Volume 1: Thoughts on Spirituality

"Let me tell you about heaven so that you know and understand the glory of your destination. Heaven is filled with souls who love God. These souls, all filled with joy, explore every facet of the Divine. There is great knowledge to be had and anything you want to learn, you can learn. Imagine exulting in the accomplishments of all of the saints,

ACT OF LOVE

Jesus, Mary, I love you. Save souls!

(This 'Act of Love' includes all souls; the souls in purgatory, the innocent, the suffering, the sinful, the dying, and even your own poor soul. Do not lose time! Every 'Act of Love' means a soul. ... and repairs a thousand blasphemies!" Words of Our Lord to Sr. Maria Consolata Betrone, Poor Clare Capuchin (1930-1946)

Imprimatur: † M. Cardinal Fossati, Archbishop of Turin, Italy, October 1, 1949.

The following "updated" or **New ACT OF LOVE** partially replaces the already known prayer revealed by Jesus to Sister Consolata Betrone: "Jesus, Mary, I love you! Save souls!". Jesus now asks us to pray this, while USING the word THOUSAND, and promises the salvation not only of one but of a thousand souls! This is how He asks us to pray (at least once every day):

Jesus, Mary, I love you! Save priestly souls, Save souls, I beseech You, And grant me to repeat this ACT OF LOVE A THOUSAND TIMES With my every breath, My every heartbeat.

Imprimatur N. 26, Vicariatus Romae 29.11.2013

Jesus gave the above Act of Love" to Justine Klotz (1888-1984) and tells us it is a "nuclear part without equal" He has also said: "The Act of Love will conquer the world."

"How my Mother cried for the sake of souls! It is for Her that I established the Act of Love, so infinitely great for each soul, and forever." "Oh Child, I don't see your mistakes. Make an Act of Love and everything will be fine." "An ACT of LOVE amends for many thoughts." "Pray assiduously the ACT OF LOVE! It has to be like a clock that never stops. It helps wherever something is neglected . . . It is a gift of grace, to every soul in great proportion... My mother's victory..." "You don't know how the devil fears love.

HELP ME SAVE SOULS AND YOU ARE SAVED TOO! It is like a bell that rings out peace, because love also means atonement. MY LOVE IS ENGRAVED ONTO YOUR HEART." "Sin is fought against only through prayer. No one can free himself. "Awaken with this weapon (the act of love) and come to me with courage. I have promised much with it. It is a source of victory!"

“Mary is your mother. She will help you in everything. Begin to say the Rosary and be certain that you pray like a small child. Pray with trust and devotion, with confidence and love. Pray in the presence of the Eucharistic Christ. And then observe the changes in yourself. If you are already praying the Rosary, you understand what I am speaking about and you are nodding your head in agreement with these words. Either way, I am with you and intercede on your behalf.” -St. Dominic pray for my protection. Through these Rosaries I bind you to my Immaculate Heart. In this way, I keep you close to me and I can heaven to bind our apostles together all over the world. Through the Rosary, your hand is joined with the hand of each apostle on earth. Do you understand? The Rosary also creates an unbreakable bond with me, your heavenly mother. Through this pulled away. Pray the Rosary and I will keep you safe. I will help you to step over snares and walk around traps laid by the enemy. I will help you to heal. I will help you to see the world with the heavenly light that exposes sin, even when it is well concealed by those who wish to lead you away from me. I am your mother. I can only lead you to Jesus. That is my role.” -Mother Mary, in “It is through the Rosary Holy Love takes root in hearts and ignites personal holiness. When you pray the Rosary, surrounds you, the heavenly court defends and assists you. “My Rosary will defeat Satan and bring peace to hearts and so to the world. I hold special favor in My Heart for those who surround you upon its mysteries, I am with you. The angels meditate upon its mysteries. When you pray the Rosary, “Heaven Speaks to Young People”

“How did I treat you this day, you, very special soul, created by God? You are God’s precious child. Were you treated harshly when you were little, or has someone wronged you this very day, or are you sick and suffering? I do not know all the details of your life, but I do know you are a precious child of God and you are my brother.

How did I treat you this day? Did I think how much God loves you and wants you with Him forever in heaven? Did I think about your soul when I saw you hurting? I want to go to heaven and I want to be there with you. You are my brother and I love you.

I knew you were hurting today and I didn’t see your soul. I only listened to your angry words and tolerated you and walked away. I made myself right and thought about you with anger. I told others and felt more right and knew you were definitely wrong. I didn’t feel good inside. I knew you were suffering. Could I not have smiled and forgotten your anger and prayed for you? I knew you are my brother. I want to be in heaven with you. You needed God’s love today. Did I love you for Him or did I walk away?” Rita Ring Jesus in God’s Blue Book 1: “Give My Smiles to Your Brothers” See the responsibility of your smiles and gentleness.”

“What is My work? It is staying fixed in Me. It is smiling My smiles. It is being gentle. It is being kind. It is being as I am in the world.”-Jesus in God’s Blue Book 1
“I want My love to fill this world. I want to begin a worldwide endeavor which begins with each of you. Love each person with whom I place you today. The smaller, more powerless, and more damaged they are, the more I want them to see Christ shining out at them from YOUR eyes.”-Jesus in Volume 1



"Our Lady has only the choicest gifts and graces for you. She has been so maligned on earth and this grieves our Jesus terribly. Be one who defends this spotless heavenly mother. "Mary." Say her name throughout your day and she will nourish you as a mother nourishes an infant. I speak now as your brother, who wants only what is best for you. If you do not have a

devotion to this woman, I am beseeching you to seek one. Only holiness and peace come from the relationship with Mary. Only blessings and purity come from her. Joy and peace flow out from her to all she encounters. Families and vocations are restored. If you are in any way struggling today, seek Mary's help.

You will not be disappointed. If you are not struggling, be grateful to Mary because it is a given that she has helped you in the past. Jesus only blesses those who love His mother." -St. Dominic, in "Heaven Speaks to Consecrated Souls"

"My two titles Protectress of the Faith and Refuge of Holy Love belong together. When they are used together, My Heart pours graces into the world without hesitation, and with profound influence upon souls and situations." "Satan flees most quickly when these titles are used together. Calm is restored. Temptations pass and solutions present themselves. It is in the invocation of these two titles that the soul should then listen to his heart for I am there."

-The Blessed Mother, via holylove.org

Read more Letters from Heaven at liveandliveon.com

"Love each other as Jesus loves you. Jesus forgives and forgets. Jesus does not wait to catch you at a bad moment when you are not doing your best or when you are discouraged. Jesus encourages you and overlooks your flaws. Do this for others, most particularly the souls who are called to walk through your life with you. No judging, my friends. Judging is for Jesus. Put the best possible light on others and expect the best from them and you will not be disappointed. Love passionately in that if you are called to walk with someone, be loyal to him as Jesus is loyal to you. Look for ways to make him feel cherished and appreciated. Small acts of kindness can change someone's life. Heaven is promising the greatest graces for this time. Heaven speaks the truth, always, and will deliver these graces. Ask for great graces for each soul in your life, particularly that soul who is annoying to you or the soul you feel is failing you in some way. Ask heaven to surround him with grace and then love him."

-St. Padre Pio, in "Heaven Speaks On Stress"

On Forgiveness

"To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you." -C.S. Lewis

"Bitterness characterizes My enemy. Forgiveness characterizes Me. You, a beloved little child of God, seek to find peace in your heart. You will only find peace if you step into the stream of goodness¹³ This stream is like a river of grace with which I desire to bathe you, removing all pain and injury. What will remain in your soul is joy. This joy, this heavenly peace, will be obtained by accepting your flaws and accepting the flaws of others. You see, My friend, if you accept the flaws and sins of others, you will soften in attitude toward yourself. I love you. I accept you. I need you to accept yourself so that you will be at peace in My Kingdom and it is through forgiving others that you will find acceptance of your own humanity." -Jesus in Heaven Speaks to those Who Struggle to Forgive"

"Your difficulty in forgiving is understandable. I had to forgive those who crucified my Son. My love for Jesus is combined with my respect for Him and it was this way for me on earth.

Many also underestimate the power of our heavenly mother. Be
assured that the enemy knows her power. Do not let your heavenly
mother be attacked without response. If you witness this, you must
speak out for her. This pleases every-one in heaven, but this pleases
Jesus in a special way. She is a loyal friend to you and a powerful
intercessor. There are many mercies and graces given to your world
today which would be absent but for Mary. We love her immensely.

“We must remind humanity that life comes from God and God
decides when the earthly sojourn will end. In the case of suicide,
often the person is being led by darkness. My mercy is complete.

On Suicide

to Forgive”
“Sustain you.” -St. Faustina, in “Heaven Speaks to Those Who Struggle
persist in bitterness. It is time to let it go. We will support you and
He can work. In other words, I am telling you that there is no reason to
regret in this and He tells the Father that, truly, this is a soul in which
that I can even allow such a process to begin.” The heart of Jesus
“Jesus, I am too angry, too hurt. You will have to heal me enough so
player. Do not think it makes you unworthy of the process. You say,
case you must ask Jesus to give you willingness. Jesus loves this
will begin His work. If you are not willing, I understand that, also. In that
to this process but willingness. Tell Jesus that you are willing and He
you do not accept forgiveness into your heart. You need bring nothing
are concerned with your growth today and your growth will be stunted if
and the ones who hurt you will have to deal with their own process. We
have ever done wrong. Be at peace. God will make all wrongs right
“Perhaps the evil committed against you far exceeds anything you

Who Struggle to Forgive”
“Same for you.” -The Blessed Mother, in “Heaven Speaks to those
God’s help. God placed forgiveness in me and He will do the
be ashamed to need God’s help in this process. I, also, needed
in the world without my Son. I am telling you that you should not
breathed forgiveness into me, that I was able to continue on
love. It was only through the grace of the Almighty God, who
My heart stopped as well, in terms of its ability to recover and
casi gated and slandered, my heart nearly broke. At His death,
exhibited. When He was crucified, and even before that, unjustice
Him fully. In His presence I could only melt with the love He
created. His love was perfect and perfectly selfless. Yes, I loved
humanity first, sacrificing everything for every human being ever

On Mother Mary

“My little servants must follow their mother. Our beautiful mother,
Mary, has been given the greatest power during this time. This is
My time but this is also Mary’s time. Her power comes to her
directly from the Throne of God.” -Jesus in Volume 10
Many also underestimate the power of our heavenly mother. Be
assured that the enemy knows her power. Do not let your heavenly
mother be attacked without response. If you witness this, you must
speak out for her. This pleases every-one in heaven, but this pleases
Jesus in a special way. She is a loyal friend to you and a powerful
intercessor. There are many mercies and graces given to your world
today which would be absent but for Mary. We love her immensely.

Note: Through the reception Our Lord in the most holy Eucharist is
reserved for practicing Catholics in a state of grace, anyone of any
faith can adore Him truly present in the Tabernacles around the
world. If you feel you may have any mortal sins on your
conscience, simply seek out a priest in a sacrament of Confession,
and afterward being absolved of all your sins, you will then be able
to receive Jesus in Holy Communion at Mass even every day, if
you so desire!

Focus on My love, My intense longing to be united with you. I
am God and I am truly in your breast. I am the King of Heaven
and Earth and I come and dwell in your heart with burning love.
What an event to behold! This is My union with you. God -
made-man comes and dwells in your heart! Oh, My child, with
what honor you are favored! Behold Him coming and being in
your body. God comes into your body! What holiness you
possess! Guard your temples for they hold the King of Glory.”
Jesus in God’s Blue Books (Esp God’s Blue Book 2: The Fire of
His Love)

day can compare to receiving the Son of God inside of your breast. I am the bread of life. I feed you with My very own flesh and blood. I nourish you. I give you all you need. Nothing on the face of this earth can compare to My presence."

Never run from Me after Communion. Be in intense union with Me. Take advantage of such a time. It is the most sacred moment of your life. You house God inside of you. Do not clutter your minds with worldly affairs. I know you far better than you know yourself. Come and be empty, only dwelling on My love for you. Savor these moments alone with Me. Close your eyes and melt into My arms. Think of nothing but My love. Sit and be still. This is the golden moment when our souls unite and we are one with each other. Come to Me, My beloved. I wait for you as the bridegroom of your soul.

I enter and you are speechless. Sit still and soak up all I give you. Just be. Experience My peace, My love, My healing. What you receive will be different at different times. Just be open and silent. Let Me work in you." -Jesus in God's Blue Book 2, "I Want You Holy"

I love you, My beloved, and I wait for My union with you. You are so precious to Me. Come and be with Me. I am so loving. No man can give you even a crumb, compared to this love of Mine. Work on your love affair with Me. I will shower you with such love as you will never ever know in your earthly hearts. Come to Me, My beloved. I wait for you, the bridegroom of your soul.

At the point of your reception of Me, do not focus on your unworthiness. Focus only on My love. Before Communion you can focus on your unworthiness. At the beginning of Mass you can ask forgiveness for your sins. But, at the actual Communion, think only of My love for you. Do not focus on others and your affairs. Focus on our union together. How intense, that you receive God within your breast! I come with My heart on fire and with such intense love for you, burning, burning to be with you in Communion. Make ready

Console others with the reality of the endless depth of God's mercy. Never fear for a soul who has died. Pray for them and do not forget them. But you must tell souls that they should never fear for the salvation of loved ones. Their prayers alone at times are sufficient for the heart of their loved one to turn to Me with remorse. My heart melts instantaneously and I take them to My breast, never to be parted. Mediate with happiness on the mercy of Jesus and the compassion of your heavenly comrades." -Jesus, in Volume 1

"I have many things to say to those considering this act of self-harm. I love you. I see your pain. I understand that you long for relief from your anguish. Please, bring your anguish to Me. I can help you. You are so valuable to the Kingdom and I need you to help bring Me to others.

"How?" you say, in your great interior grief. "How could I possibly be helpful to Jesus and to others?"

I will tell you. Your pain is the pain of many in the world today. Many souls feel your grief, your hopelessness. Many carry heavy crosses of illness and addiction, loneliness and hopelessness, rejection and anxiety. Many of My children look into their future and see only more grief and pain and this takes their courage from them. Dearest friend, you must not do this. Do not look into tomorrow and expect today's pain to be repeated. You are not certain of such an occurrence. You cannot be certain because I, God, could change your life during this day, today. You must remain in this day, in the present, because I have given you adequate grace to deal with your cross. It is only when you look into the future and think that your Jesus will send you no relief that you find life unmanageable. Understand this. Your life is only unmanageable if you put Me out of it. If you let Me into your heart, into your life, I will make it not only manageable, but joyful."

-Jesus, in "Heaven Speaks to Those Considering Suicide"

Tell all how I, Jesus, the Son of God, am truly present. I quiet their fears and fill them with My peace. I know them far more than they know themselves. Come to Me, My little, beloved ones. Come and receive your God. Nothing you do all

"If people come to Me, if they receive Me in Holy Communion, they are receiving God, fully present, into their breasts. Tell them to come with such reverence and devotion. Tell them to come with their hearts on fire. Tell them to receive Me and know that I am truly Jesus, the Son of God. Nothing can be more healing than receiving God in your breast. Nothing you ever do will compare to this union with God."

I am God and I come to you in Communion. Do you wait for Me, the bridegroom of your soul? Do you wait as one who is going to one's own wedding? This event far surpasses any wedding. It is you who are missing the significance here. I am here every Mass waiting, just for you. Get dressed, purify yourself, see the priest, go to confession, guard your tongue as the opening to your soul. Enter therein and you receive God, my child. Do you not comprehend this a little?"

Jesus in God's Blue Book: Your Bridegroom Waits

groom. Our meeting is with such love.
You enter My church, you walk My aisle. Your bridegroom awaits
you in Community. I am the bridegroom of your hearts. I come
with such love to enter your soul. I am He Who walks with you to
be united in Community. I am Jesus. I am your true Love. I wait
for you, My child. Please clean yourself up for My arrival! Think of
My coming the day before and eagerly await our union. This is the
greatest event of your life, union with God. Anticipate it with such
eagerness, as the wedding of our hearts. I await you, little ones. I
am God. What could this world ever give you that can be likened

“Ready yourself for My love. I am as a bridegroom awaiting his bride. So pure, so white, so untainted she appears, just for her loved one. Her ways are gentle and kind and she is a picture of holiness, dressed in a white gown. Dress your soul in a white gown for Me. Keep your soul clothed in a cloth of dignity, a white cloth untainted by any sin, pure as the bride who meets her

enemy, in the form of these powers, seeks the destruction of anything that is holy in you. The enemy seeks your soul. The Holy Spirit within you will object and warn you if you have been nourishing the Holy Spirit. Do not become involved with habits that remind you of fortune telling or healing. These habits are sinful. You will be held accountable. Speak out against them, warning your brothers and sisters. Christians in the world have become easy targets of the enemy's followers because they are lukewarm. Not My little apostles, though. You will know the truth and speak it loudly. Warn others, please. We are losing souls in this manner." -Jesus in Volume 5

“Children, when you are concerned about the many misleadings powers in your world today, ask this simple question, ‘Does the power for the alleged claim come from God the Father who sent His only Son into the world?’ If the answer is no, then the power is being obtained from the enemy. Does this sound confusing to you? It should not sound confusing, because it is clear, if you are still confused, it is because you do not want to relinquish some habit that has gotten hold of you. Be vigilant here, brothers and sisters. There are impostors everywhere and the impostors do not seek the good of your soul. The

On the Dangers of Psychics/”Healers”

“Do not be afraid. We, the saints in heaven, all had bad thoughts and temptations during our time on earth and we all at times failed to fight off temptations. The temptation to commit suicide is one where you must fight hard, with everything you have because of the nature of the consequence. If you take your life, you will not be able to go back and say, ‘Jesus, I want to do better and serve You now.’ You take away any second chances for yourself to convert to Jesus and try again. Dear friends, this is wrong for you. It is not the answer you are seeking.” -St. Margaret, in “Heaven Speaks to Those Considering Suicide” Note: If you or anyone you know of is struggling with suicidal thoughts, please contact the National Suicide Prevention Lifeline at (800-273-8255)



Those who come to spend time with Jesus are receptacles of this heavenly grace, which they bring into the world for Him." -St Thomas Aquinas, in Volume 7: "Greetings from Heaven"

Do you come to get your supplies from Me? When you visit Me at the tabernacle, I am full of intense love. I am bursting with My power to give in your soul. You sit, I dish it out in big, big scoops. My light becomes your inward flame, shining brightly for the world. You are given the light of life, a light shining in a dark world, a breath of warmth to a cold, cold heart. You are given interior healing. You are given the ability to be open to Me and to grow in your love of Me. What gifts I bestow to your weary soul!"

-Jesus in God's Blue Book

"You know that when you spend time in Adoration and contemplation of the living Christ, you walk in calm, trusting peace. You find it easier to complete mundane tasks and love flows easily from you because He has had ample opportunity to fill your soul with divine love." -St. Therese in Volume 7

"I understand that, each time we contemplate with desire and devotion the Host in which is hidden Christ's Eucharistic Body, we increase our merits in heaven and secure special joys to be ours later in the beatific vision of God.

—Saint Gertrude the Great (1256-1302)

The Eucharist (Communion)

Christ revealed to St. Gertrude the Great that each time one person receives Holy Communion, something good happens to every being in heaven, on earth, and in purgatory.

"Your children must be protected from entertainment or games that feature 'powers.'" -Jesus in Volume 2

On the Myth of Reincarnation

Indeed, some of My children are casual about their eternity because they believe they will have several attempts at life in this world. I tell you today, children, this is a Godless notion created and perpetuated by the evil one who would like to downplay the importance of what you do with this time. There is only one life allotted to each soul. There can be no question about that. Do not believe that you will come back to earth again for another chance. It is this life you are living that will determine your eternity. So, My children, now that We all understand the importance of this day, and this series of days allotted to you, let Us make a decision on how you will spend the remainder of your time. I would like you to help Me. I know exactly how many days are left before you appear before Me in the next life. I have special work that needs to be done. Indeed, I have special work for each one of these days remaining to you. If you will say "yes" to Me, I can rest more easily, knowing those tasks will be completed and souls, the certain number attached to your work, will be saved. Additionally, I will have the joy, the happiness of knowing that My immeasurable love for you is returned. My child, come to Me and do My work. You will find no greater joy on this earth. Ask My true followers. They know the ecstasy of feeling My smile in their soul. I want that for you. Let Me assure you that, in most cases, My work for you involves you remaining in your current role. I simply want you to be at peace. I want you to know you are loved. I want to be with you as you struggle and I want to keep you safe. You will experience your days differently when you unite them to Me. What formerly caused distress for you will be barely a ripple against the great peace I am offering. I can take even the smallest, humblest acts of love and obedience and use them to rescue a soul. So instead of merely surviving your time here, you will be using your days, already and always finite, to rescue souls who are

through these heavenly ports and we must have as many as possible. must ask Him what He requires of you. Graces flow down into the world this practice. There is something for you to do in this regard and you Eucharist. Then I ask that you consider how He is asking you to spread Look into your life and begin by making a decision to adore Jesus in the must spread Adoration throughout the world. I will help you to do this. Blessed Sacrament is our secret weapon. Brothers and sisters, we Jesus transmits many choice graces during Adoration. Adoration of the must spread Adoration throughout the world. I will help you to do this. Truly, the Tabernacle houses the Savior, our Redeemer and Creator.

of souls I invite now.” -Jesus in Volume 2

be crowds all through every day and every night. It is this crowd value of each and every visit that is made to Me here, there would enclose in each tabernacle. My dear ones, if you but knew the more enhanced way, I am going to show you the life that is comfort for every sorrow. Because I intend to lead My children in a the cure for every ill. I am the calm for every storm. I am the My children to have a living Christ in their midst. Such holiness is reside in tabernacles all over the world. I do this because I desire “I want to show My children the great devotion I have for them. I areas of the world. —“Anne”, a Lay Apostle, in Volume 8

person accepts His grace and lives a pious life, He can truly change also healing and preserving the person. In the best cases, where the their families and limit the damage this person does to others while most difficult cases, where an admirer is still sinful, He can preserve into their homes, work places, and peer groups. He said that in the souls, who then go back into the world, where His graces then flow

Teresa

be recorded in Heaven and retold for all of eternity.” -St. Mother “Every Holy Hour we make so pleases the Heart of Jesus that it will

-Jesus to a Benedictine monk in “In Simeon Jesus”

spent in My Eucharistic presence.”

In eternity, you will see the inestimable value of every moment

it. We are united and We can discuss everything. Often you cross, I will remove either the cross itself, or the weight from My child. And unless it is necessary for you to retain that heavy, you may ask Me for relief. I will not be offended by this, your humility and improvement. If you feel a cross is too “My yoke is easy and My burden is light. I allow crosses for in pain and contempt they suffer will be like Me also in glory. And those who resemble Me less “Those who are like Me in the pain and contempt they suffer brothers and sisters.” -Jesus in Volume 1

every life. Use it for your holiness and for the good of your inestimable. You must understand that suffering will occur in countless. The value of even a small thing offered to God is salvation of sinners, I could save countless souls, “See how willingly I accept this cross? If My children, even just My chosen ones, would accept their small crosses and say, I accept this cross in the name of Jesus Christ for the salvation for others. The more unpleasant the cross, the more merit and salvation obtained.” -Jesus in Volume 10

“All of your crosses, each one, obtain merit for your soul and comparison to the slightest suffering.” -St. Therese of Lisieux love You more for all eternity, I understand clearly that if You gave me the entire universe, with all its treasures, it would be nothing in

“When I think that, for a sorrow some with joy, I shall be able to

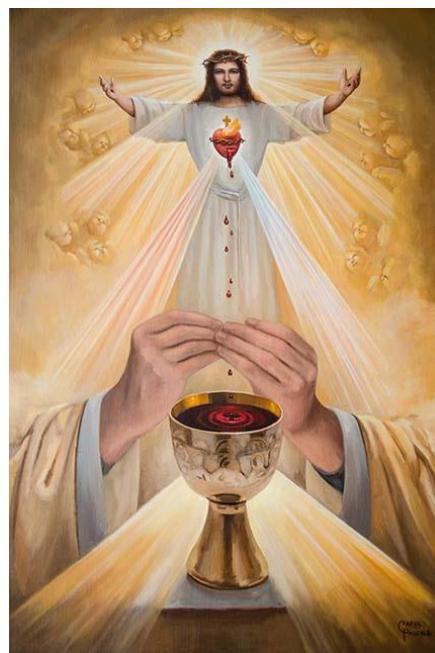
On Suffering

grace during this time as I continue to reveal My great secrets to have hope for every soul, My dear one. Rest in My tremendous living without Me and, in some cases, living against Me. We must

absorbed in His love and we know intensely how God loves. We are filled with love for God and for each other, for, in the oneness He is loving through us. He gives us lights into His loving capacity and we know His loving power in an intensity we did not know before." -Rita Ring, in the Mass Book

You go through motions. I want an on-fire love affair with you. I am waiting for our love. The Mass is the most glorious event. You need to love the Mass, love to pray it, love to sing it, love to be there, wait to go and look forward to it all day and anticipate our union in Communion with breathtaking feelings, "Oh, God comes to me! My ardent lover comes into My body!"

-Jesus in God's Blue Book 2



At the mass, bread and wine become the Body, Blood, Soul, and Divinity of Christ! (as portrayed by this Image, envisioned by Geraldine Miller and painted by Carol Pascal.) Learn more at eucharisticjesus.org and visit MassTimes.org to find Churches near you and their schedules for Mass, Adoration, & Confession!

The Eucharist (Adoration)

"The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth."

-St. Mother Teresa of Calcutta

"Never miss an opportunity to greet Me, to adore Me, to remain with Me, even if only for a moment, in the Sacrament of My love.

rail against your circumstances but do not come to Me to object. Of what use is complaining to others? They cannot lift your cross or even ease your burdens. Talk to Me and listen to others. In that way you will not fall into sins of the tongue, which do great damage in this world. I am here, waiting to listen to your every complaint. Every sorrow you suffer finds a warm, comfortable place in My heart and, truly, when you share sorrow with Me it is diminished." -Jesus in Volume 2

"When you feel the weight of the cross, smile, because it is then that you are most united with Me. I am with you, dear child."

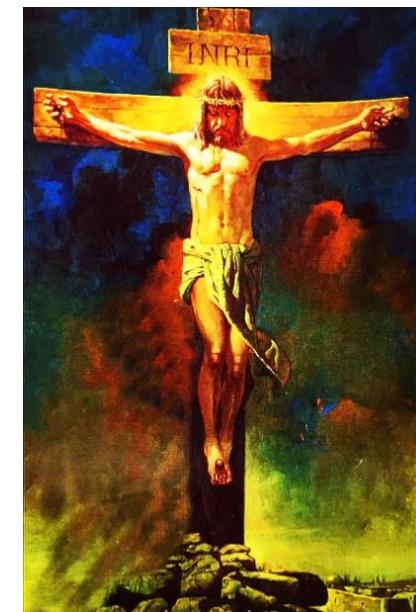
-Jesus in Volume 1

"You don't feel yesterday's cold any more and you can't yet feel the cold of tomorrow. So it's only a question of the present moment. And what is a moment of discomfort in exchange for the salvation of a soul that will praise me eternally?" -Jesus to Bl. Gabrielle Bossis, "He and I"

"You must begin to equate even your smallest crosses to so many souls rescued from darkness." -Jesus in Volume 10

"You will be a saint if you suffer with Jesus. And then you will be able to obtain powerful graces, also. You will say, "God, please help this person." God will do so when He sees that you are making the smallest effort to accept your suffering with Jesus. You have influence in your suffering. You have intercessory power, which means that if you ask for graces for another, God will grant them."

-St. Margaret in "Heaven Speaks to those Who Are Considering Suicide"



saved in this way."

*"Many souls, many vocations, many marriages will be
you do not remember, and use them to save souls."*

Then I will take even the smallest crosses, even the ones

*with love, all my past crosses.
Jesus, I give to You*

*"...every insult, every illness—even as an instant, if
you were baptised at the time—every inconvenience,
every embarrassment can now be given to Me as a gift!
This increases and strengthens the arsenal of weapons I
will use against evil in the world. All you need do is say:
"With love, all my past crosses.*

redeptive graces for souls who travel the road to perdition."
forever, you can give to Me all that you suffered in the past as
"While it is true that once past, the present moment is gone

Offering of Past Crosses

*"Those of you who suffer illness should be especially aware of your
ability to console the Savior. He will never leave you. He will use
each pain, each limitation, each frustration as a balm to His
wounds if you allow Him. Imagine being able to apply a beautiful
healing balm to the wounds of the Savior. Truly, you can, by
uniting hardships for heaven."—St. Julie in Volume 7*

*Jesus in God's Blue Book 2: "Only Jesus Can Warm You"
because My love will be your shield."*
chosen you, My little one. The fires will not engulf you
each child. I am God. I am all powerful. I am mighty and I have
alone. Feel Me as your personal lover. I can be this way with
with the most ardent heart on fire for love of you and you
lessons. I am giving you strength in this trial. Know I love you
great love. It is in your trials that you are taught My mighty
"Accept all that will befall you now as I send these trials out of
weakness and pain in your body when you are sick. My
compassionate gaze, so filled with love and understanding,
rests upon you every minute of every day. I forgive you any
sins even before these sins are committed. But you must
admit to your sins and ask for forgiveness. My child, do not think
you have been abandoned. I say with divine solemnity, I am

*So, begin to focus on the fact that every minute of every day,
with you.*

*weakness and pain in your body when you are sick. My
human unkindness when you experience it. I feel the
experience. I am there when you are hurt. I feel the sting of
carry this love out to others. We share in an intense carry that we are
such an intimate sharing in His divine love that we carry His love out to
the world. In this union we know His love to an intense degree and we
act of loving. He, Who is Love, gives Himself to us and we are*

*"We learn how to love in the Mass, for we unite to God. He gives us
those rules over the law of God." - Jesus in Volume 1*

*those who dared to make their own rules, and superimpose
Me, I will ask you if you completed these duties. Woe be to
attend to your religious duties. When you die, and you face
ask you to pray at home on the Sabbath. I asked you to
speak this way, I am calling out to you in firmness. I did not
another sign of The Great Disobedience. My children who
say they can pray at home. But alas, they do not. This is yet
"Many of My children have stopped visiting churches. They
now, and structured prayer."*

*"If I am not calling you to daily mass and adoration, I will
tell you when I want you to pray. I prefer prayer in a church*

*praising Me. Truly, each church is filled with angels." - Jesus
beings of light pay rapt attention and take such joy in
in the heavenly companionship of his fellow angels. These
you, of course, and is so grateful for the opportunity to rest
with thousands of angels. Your guardian angel goes with
"When you attend Mass you are praying and worshipping*

On the Eucharist (Mass)

your Jesus is present." - Jesus in Volume 2

*So, begin to focus on the fact that every minute of every day,
with you.*

*weakness and pain in your body when you are sick. My
human unkindness when you experience it. I feel the
experience. I am there when you are hurt. I feel the sting of
carry this love out to others. We share in an intense carry that we are*

Ascend the ladder to trust in the Lord. You develop trust a step at a time. Trust must be developed by you. Pray that you will learn all the lessons on trust I am sending you.

You are so favored, My little sweet one. I love you. I love you. I love you. Come to Me weary and leave carefree. Only I can take a burdened heart and give it rest. Do not go to your brothers and complain. Keep reading My letters to you."

"The only way you can experience Me more is to let go of the world more. In this bustling world, My peace reigns. It is in the quiet of your heart. It is within you and you can stay connected at every moment. You never have to lose this peace no matter what goes on around you. You can be a pillar of peace because I am peace. I am joy. I died in peace and dignity. My peace was not shattered even to death. You can experience this peace if you stay in Me. It is My gift I give you. Remember I was at peace at My death. You are being strengthened in your trials. You are

growing in My peace. You are learning not to shatter to anything, that if you stay rooted in Me I never leave you and you remain at peace though the earth be shaking. For I am He Who lives in you. You can have this same consistency, but you must stay so connected to Me every minute, every second. Breathe in Jesus, out fear. Look at My face. It is there for you. Look and see Me, I am your rock. You will not falter or fall on your face. Your heart is rooted in My peace and My love. It is consistent, it is everlasting, it is intense and it is My gift to My children who remain fixed in Me. I love you." -Jesus in God's Blue Book 1

"My children, I am with you. You have heard Me say that many times before. Perhaps I have said it so often that you do not really hear it. Today, I want you to both hear these words and understand them. I am with you. Does that mean I watch you from heaven, hoping all goes well with you? Does it mean I gaze out over My whole world, seeing only the large events? No. I am with you. I am with YOU, My child. That means I see the world from your eyes. I walk your walks and I experience what you

On Slowing Down/Finding Silence

"Be prayerful and silent as often as possible. In this way we can help Jesus to fill you with peace." -St. Anthony in Volume 7

"I want to speak directly to souls at this time. Many souls are crying out for Me. They think I do not hear. It is they who do not hear. They are not listening for My voice, which must be heard in the silence of their heart. A soul who does not put himself in a quiet state will not hear Me." -Jesus, in Volume 1

"I would encourage souls to remove noise from their lives.

Turn off the televisions. Turn off the radios. Many conversations are better avoided. In this new silence they will find their heart recollected. In their recollected heart they will find Me, who has been waiting for them." -Jesus, in Volume 1

"Jesus is concerned about the fastness of today's world. It provides distraction and causes the spirit to move constantly, never pausing and recollecting itself. This is why so many of our children struggle with anxiety. Remember that anxiety never comes from God and is a sure sign that something is amiss in the way you are living. We seek to change this now."

You chosen ones are the beginning of our movement of silence, peace, and love. What you feel in your heart right now is my gift to you. Be joyful, my little ones. Your mother is with you and loves you immeasurably." -The Blessed Mother,

Volume 1

"My children rely too often on the thoughts of others. Children, you must think for yourself. The opinions of others are often flawed and have a worldly origin. Of what use is that to you? I want you to spend your time quietly, as much as possible. Do not discuss every aspect of your life. It is not necessary and often leaves you distracted and upset. Your energy is wasted in this way and there is that much less remaining for prayer. Focus

On Atheism

servicing Me in your day. Before you speak, ask yourself if you not to be led astray. Silence is necessary now, as we have said. Uselss conversations add to the constant din of noise that leaves the spirit no peace. You will not understand what I need from you, dear children, unless you are quiet and thoughtful. Also, this quietness encourages My Spirit to rest within you, and you will feel that presence. You will then speak with authority and correctness. And you will begin to offer opinions and counsel that have value and direction, instead of merely adding to the noise of this present world.”

On Atheism

Jesus in Volume 1

Perhaps you cite scientific evidence that claims to supplant God’s existence. When you die in your body and you come before Me, Jesus Christ, you will be dazzled by the extent of what humanity does not know. The body of knowledge on earth at this time, while exciting for you, is minuscule when seen against the light of the full truth that you will be allowed to explore in heaven. I bless all science of good will. God has been merciful in the extreme through science. Many men have studied science and been brought to a profound respect for the Creator through the knowledge they have gained. They will continue this study in heaven, of course, and be blessed even more. Additionally, many men who study science have served their family, humanity, through their cooperation, blesses humanity. It is arrogance on the part of mankind to believe that they have discovered anything that I did not wish for them to discover. You, as one of God’s created ones, must come to accept that those using science to subvert Godly principles are working against the Creator.

On Fear...and Trust!

"When I felt fear, I began to praise God. In this way I turned the fear into a prayer and trained myself to allow Jesus to eradicate my fears.

He always did." -St. Gertrude, Volume 7

"Do you see that God brings everything to the good. When you believe that with your whole heart and you will have peace. It is truth. I am God's chosen servant and I speak only the Truth. You will be like me, speaking Truth in your world. God will bring good from everything." -St. Daniel in Volume 7

"Receive every life experience as something directly from the hands of our Jesus and you will not object. Try that today. Each situation that occurs in your life is directly from Jesus. He wants to teach you something. He wants to introduce you to someone's suffering, perhaps to encourage you to become more prayerful. He wants to draw you further into His heart, or perhaps He wants to teach you patience." -St. Julie in Volume 7: Greetings from Heaven

"All has been foreseen, dear children. I want you to say "no" to anxiety and distress. My children can rest peacefully in my arms these days, as Jesus fulfills His plan for the salvation of the world. How happy you will be to have participated. Jesus is granting you great graces by asking for your help. I know you will not disappoint Him. All you need to do to serve Him is be at peace and listen to His voice in prayer. Be still, little ones, and know that He is God. All else, all details, will flow naturally from that one directive. Do you hear the voice of your mother, little one? I am appealing to your heart and beg you to trust me and live my words. These are serious times, but I am with you and will quiet all of your fears. Be at peace now, and spend your time with Jesus in your heart." -Mother Mary, in Volume 1

"To be able to be in the midst of adversity and struggle and say, 'God's hand is here and He knows what is happening; I will let

accountable for any damage done to the Kingdom of God. I am merciful to those who repent and I will be merciful to you. I speak to you today, not to condemn, but to save. I am with you. Do not reject Me." -Jesus in "Heaven Speaks to those Who Have Rejected God"

"You will be facing the one, the only, and the true God and attempting to tell Him that He does not exist. How do you think this will go for you? It will not go well, dear soul, and that is why I am speaking to you now. I want you to divert from this path that leads to damnation. You are choosing against Me now and I am asking you to stop. I love you. There are many Christians in this world who love you and My love will flow through them to you. I want you for My Kingdom. I need you to serve Me. You are capable of the highest goodness. You are capable of bringing many souls to heaven for Me. Some of My greatest friends were far worse sinners than you. Please come back to Me. I love you and I can heal you and cure you. My forgiveness is yours. That hardly needs to be said. The greater difficulty will be in persuading you to forgive yourself but I am God and that would be only a small miracle for Me to perform. I will do that for you. I will make of you another Jesus, walking the earth in love. Do you want this? Can you picture it? Now, do not wait any longer. I shower you with graces. Lift your precious face to the heavens and feel My love as I beseech you to turn away from sin and follow Me." -Jesus in "Jesus Speaks to Sinners"

On the Virtue of Modesty

"I am very distressed at the way my Son's name is being spoken today. Children, Jesus is your God. There is no other. The seriousness of the misuse of His name should make you quake in fear. There will be a reckoning for these grave sins, committed so flippantly in today's world. And I must tell you that a large part of the problem with this kind of talk is the damage it does with regard to the conversion of others. You do not see this, but to have the name of Jesus

“My smallest children do not know Me. In times past, much emphasis was placed on the religious formation of the young. In this way, all grew to adulthood with clearly formed ideas about who I was and why it was best to serve Me. They were also warned about the dangers of drifting away from Me and turning to the world for pleasure and gratification. Children are defenseless now. They do not have the knowledge necessary to protect them. selves from the call of the world and the call to sin. They are tossed about by those who would like to see their souls lost. Because of this spiritual ignorance and lack of preparation, My children wander aimlessly. They are without a compass, so to speak, and feel an emptiness that they cannot fill. The effort to fill this emptiness must do better. I realize that many of these parents must do better. I realize that many of these parents themselves have not had the proper formation and I will take that into account when they are judged. That is why it is necessary for My chosen ones to evangelize. The Good News must be shared with all souls. What is the message? My children? I want you to tell souls everywhere that Jesus loves them. It is very simple. I love them.” -Jesus in Volume 1

love you are destined to experience in the next world. I will enable you, by degrees, to experience My love, which is genuine, and this is the goal and purpose of your time here in the world. Study Me, child. Study Me, and you will learn. You will see your relationships changing. You will see your view of the world changing. You will learn that much of what is called love in this Age of Dis-obedience is really exploitation, and not even remotely similar to love. I will open your eyes to a greater degree, and then to a greater degree again, and again, until you see with My eyes. At that time, you will begin to see the need for this change I am bringing about. The more you can see, My small child, the more you will burn to help Me. So work hard on your spiritual duties, little soul, that I may teach you about love. -Jesus in Volume 1

My dear children, remember that your feelings do not constitute your actions any more than your body guides your soul. The soul must have dominion over its body or great difficulty will ensue. Today we must talk about purity. My children, lack of purity is a very significant problem in your world. I search for purity and only find it in rare pockets. Because the tolerance for impurity is so profound, we are going to have to work very hard on this problem. Purity must be restored to every aspect of existence on earth. First, I speak of purity of dress. Do not dress in such a way as to indicate that you will behave sinfully. Dress as though you are a servant of Mine and seek My will. It is never My will to dress in clothes that lead others astray. Children, you know what I am referring to and I want this to stop. Modesty must be restored. Use these words often in your speech to remind people that purity and modesty are to be valued and not be considered a valid excuse for either behaving impurely or leading others to impurity. I hold each soul accountable for actions committed knowingly. Parents, guide your children in these matters and set positive examples. Children, obey your parents in these matters and know that I am with you always. We will work together and together we will overcome impurity with a dedicated and determined soul.

tossed around like the most common of curse words, brings down all manner of darkness to your world. You must delight the angels of heaven, children, not the angels of darkness. Be one who will not tolerate it. I know that it offends you, as it offends me. Pray often that this will cease, children. We cannot have this anymore. Remember that all foul language is wasted language. It does nothing to further our work and often works against our work. You would not readily or willingly pull against the coming of the kingdom of your God, dear child. So do not use foul language, because however inadvertently, that is what you are doing. Use everything to give glory to my Son, including your beautiful language.” -Mother Mary, in Volume 1

On Life and the Family

"We have to help our sisters to understand that there is a little life nestled in their womb, a life sent by God Himself. To think any differently is to become a plaything of the devil. There must be no discussion about this point in the sense that you must never allow yourself to consider, even for a moment, that a pregnancy does not equal a life, a person, a divine plan.

Do not back away from this fact, this irrefutable truth. I want to speak to women who have had abortions and allowed their children to be taken from them in this way. Dear woman, if you think you have committed a graver sin than I, you are wrong. Jesus loves me tenderly and I am a close friend to the Savior. And yet, I would repel you if you knew how I had lived a part of my life. We are all the same in that we are all sinners.

Nobody in heaven looks at anyone else with anything but love and understanding. This is because we all understand that given the right set of earthly circumstances, we could make grave mistakes such as you did.

Your circumstances contributed to your decision. I know this. Jesus knows this. All of heaven knows this. You must accept this, too. If you were in different circumstances, it is likely you would have made a different decision. But it is over and Jesus makes all things new. Let Him make your soul new and you will give Him far greater joy than you gave Him sorrow. I would not tell you something if it were not true. If you return to Jesus with your heart and ask Him for forgiveness, you will have forgiveness and He will forget your sins. He has certainly forgotten mine."

-St. Mary Magdalene, in Heaven Speaks on Abortion

'My dear ones, if you follow Me, you will learn about genuine love, which offers untold fruits and opportunities for growth.

Marriage, for example, and I speak of a sacramental union, sanctioned and maintained by Me, provides great opportunity to learn about love, because it is a constant merging of one will to another. This demands sacrifice and compromise. You must give, give, and give to experience the Sacrament of Marriage. Your world, which has distorted love, sees giving as a weakness, unless you are guaranteed to get in return. Children, this is ridiculous. If you must be assured you will get something in return, you are not giving, but buying, or procuring. Giving must be pure and if you use your time on earth properly, giving and learning about heavenly things, I will teach you to love, and prepare you for the pure grade of

purposeful outcry. I am with you and will and always, for your obedience and service to Me. Your every effort will be preserved and rewarded. When your sins are presented to Me, I will turn My head away. That is what comes from your effort to serve Me. Be at peace now and do not let past sins of impurity disturb you. All is forgiven and My memory is short when it comes to My servants."

-Jesus in Volume 2: "Conversations with the Eucharistic Heart of Jesus"

"Children of the world, you must reacquire God's purity. Purity does not seek out impure entertainment. Purity flees from such things. In your world today God's children are surrounded by filth and have become so accustomed to the presence of filth that most do not object to this constant flow. It would be helpful for your soul and the development of the virtues you need, to begin rejecting everything that is impure or suggests impurity. Certainly in some cases your entertainment will have to change, but children, in many cases, you spend far too much time with entertaining yourselves and far too little time with prayer and considering Jesus and His will for you. Sit in silence and you will walk away consoled, reconciled, and at peace. If you spend that same time in consideration of entertainment that is not suitable to be shown in heaven, then you walk away, further from Jesus, further from His will, and nearly in a trance of darkness because your mind has just spent time with someone who does not serve God." -St. Anne in Volume 5: Jesus the Redeemer

"...if you have fallen victim to the modern deception that sinful physical intimacy is acceptable, you are not alone. Many holy souls have also made these mistakes. But here is God's promise to you. Confess your sins. Pour them all out where they cannot hurt you and He, Jesus, will take them away. They will be cast into the fires of His Sacred Heart and they will be incinerated and gone forever. Jesus will grant you complete healing. Be patient and let Him do this for you. Your purity will be returned to you and your beautiful sexuality will be restored to its original state. Remember that I told you that heaven speaks with great authority? Well, you can be assured that this promise comes from the throne of God. Walk in joy, dear sister of mine, because Jesus loves you."

-St Mary Magdalene in "Heaven Speaks on Abortion"

child of God. Amen.

child of God. Help me to love myself as a
love God. Help me to love my neighbor as a
much and I give you my heart. Help me to
Dear Mary, my holy mother, I love you so

Consecration to Mary

Immaculate heart of our mother Mary.

Perfection itself? We must go through the pure, sinless
do we, fallen, sinful human beings, unite with He Who is
Holiness is simply intimacy, or union with Christ. Yet how



child of God. Amen.

child of God. Help me to love myself as a
love God. Help me to love my neighbor as a
much and I give You my heart. Help me to
Dear Sacred Heart of Jesus, I love You so

Consecration to Jesus

peace in the world.

were consecrated to Jesus and Mary, there would not be
20th century, and said that until a sufficient number of hearts
to 3 young children in Fatima, Portugal at the beginning of the
comprise with the world. Compromise is causing souls to be
lost. If you, My chosen souls, respond to Me in a half-hearded,
lukewarm way, we will never save the souls who are being battered
about the world like so many members from a fire. No. We must do
better now. I want you to turn your eyes up to heaven and pledge
your allegiance to My Father, who is all love. He will accept your
pledge and consider you as soldiers of the light. Only then can
we commence this rescue mission. Consider that there are many
souls destined to be saved by you, through your sacrifices and
loyalty to Me. Child of My heart, those souls will be lost. You will
grieve them and mourn your lack of faith and diligence. I do not
want to frighten My children but I must convey to you the
and you will live forever in the love that surrounds Me. You may
say fearfully, "Lord, what can I do? I am only one person."

You? Truly, the graces at Your disposal are countless. Your "Yes"
respond to Me wholeheartedly so that I can save many through
you, to assist you in the preparation for the coming of God's
seriousses of these times. We are releasing countless graces
now, to assist you in the preparation for the coming of God's
Kingdom. Be counted as a follower of Christ during these times
and you will live forever in the love that surrounds Me. You may
say fearfully, "Lord, what can I do? I am only one person."

you, as I am calling You. I am looking for quietness. I am looking
the saving of many souls who are being called from the darkness
to Me today unleashes all manner of graces and sets into motion
your help. Do not turn your back on Me, dear one, for I love you
understand that it is I, your Jesus, your God, who is asking for
have placed you. Move with confidence through your days and
in the world, little children, and I intend to use you right where I
and pray. I am not calling you from the world. It is I who put you
for a calm defense of God. I am looking for consistent service

to the fullest possible extent. Amen.

grace of obeying Your every direction
You my life, my work and my heart. In turn, give me the

Allegiance Prayer

"And wish to save you." -Jesus in Volume 1

your help. Do not turn your back on Me, dear one, for I love you
understand that it is I, your Jesus, your God, who is asking for
have placed you. Move with confidence through your days and
in the world, little children, and I intend to use you right where I
and pray. I am not calling you from the world. It is I who put you
for a calm defense of God. I am looking for consistent service

now, as I am calling You. I am looking for quietness. I am looking
the saving of many souls who are being called from the darkness
to Me today unleashes all manner of graces and sets into motion

you, to Me wholeheartedly so that I can save many through
you, and this is the truth, then how important is it that you
remember that there is no price for one soul. If one soul is worth

say fearfully, "Lord, what can I do? I am only one person."

and you will live forever in the love that surrounds Me. You may
say fearfully, "Lord, what can I do? I am only one person."

"Children, you must understand that you can no longer

The Importance of Your "Yes"