

## 24 PRAYER TO SAINT MICHAEL

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the Heavenly Host, by the power of God, cast into hell, Satan and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

## PRAY FOR THE INTENTIONS OF THE HOLY FATHER

- Our Father (See #6)
- Hail Mary (See #7)
- Glory Be (See #8)

## 25 PROPAGATION PRAYER

Blessed Virgin Mary, our cherished heavenly mother, you so much love God and us, your children, that you offer us to your Divine Son, Jesus on the Cross, for our Heavenly Father to forgive us and to obtain our salvation, so that all those who believe in Him do not perish but obtain eternal life.

With filial confidence, we pray to you, Virgin Mary, that with the Flame of Love of your Immaculate Heart, kindled by the Holy Spirit, you ignite in our languid hearts the fire of a perfect love for God and all of humanity, so that together with you, with one heart, we love God and our neighbour.

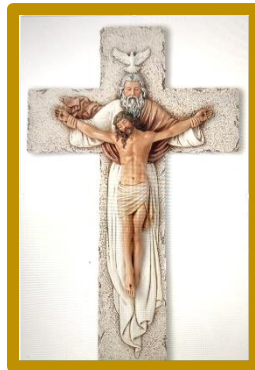
Help us to transmit this holy Flame to all the people of goodwill, so that the Flame of Love extinguishes the fire of hatred everywhere on earth and that Jesus, the Prince of Peace, be the King and the centre of all hearts in the Sacrament of His Love on the Throne of our altars. Amen



## 26 MEDITATION ON THE FIVE WOUNDS

This should be a meditation followed by the Sign of the Cross. There is no prayer for this in the Diary. We may say, for example: We offer ourselves to the Heavenly Father through the wounds of our Savior, Jesus Christ: *(in Meditation)*

- We kiss the wound of Your **Sacred Left Hand** Lord, with sorrow deep and true. ✕
- We kiss the wound of Your **Sacred Right Hand** Lord, with sorrow deep and true. ✕
- We kiss the wound of Your **Sacred Left Foot** Lord, with sorrow deep and true. ✕
- We kiss the wound of Your **Sacred Right Foot** Lord, with sorrow deep and true. ✕
- We kiss the wound of Your **Sacred Side** Lord, with sorrow deep and true. ✕



<https://www.flameoflove.info/prayer-cenacle-outline/>

## FLAME OF LOVE OF THE IMMACULATE HEART OF MARY HOLY ROSARY



## 1 MAKE THE SIGN OF THE CROSS

## 2 MEDITATION ON THE FIVE WOUNDS

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- We kiss the wound of Your **Sacred Right Foot** Lord, with sorrow deep and true. ✕
- We kiss the wound of Your **Sacred Side** Lord, with sorrow deep and true. ✕

## 3. PRAYER TO THE HOLY SPIRIT

Breathe in me, O Holy Spirit, **that my thoughts may all be holy.**  
Act in me, O Holy Spirit, **that my work, too, may be holy.**  
Draw my heart, O Holy Spirit, that I love but what is holy.  
Strengthen me, O Holy Spirit, **to defend all that is holy.**  
Guard me, then, O Holy Spirit, **that I always may be holy. Amen.**

## 4. SPIRITUAL READING

A Diary passage, Formation topic or passage of Scripture with optional discussion.

## 5. INTENTIONS

General and personal petitions

## ROSARY

## 6. THE APOSTLES' CREED

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

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

## 7. OUR FATHER

Our Father, Who art in heaven, hallowed be Thy name, Thy kingdom come; Thy will be done on earth as it is in heaven.

**Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.**

## 8. FOL HAIL MARY repeat 3 times.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus.

**Holy Mary, Mother of God, pray for us sinners; spread the effect of grace of Thy Flame of Love over all of humanity, now and at the hour of our death. Amen.**

## 9. GLORY BE

Glory be to the Father, and to the Son, and to the Holy Spirit:

**As it was in the beginning, is now, and ever shall be, world without end. Amen.**

## PRAYERS FOR EACH DECADE

### 10. MYSTERIES FOR THE DAY (See pages 3 - 6)

### 11. OUR FATHER (See #7)

### 12. FOL HAIL MARY repeat 10 times (See #8)

### 13. GLORY BE (See #9)

### 14. FATIMA PRAYER

O my Jesus, forgive us our sins. Save us from the fires of hell.

**Lead all souls to Heaven, especially those who are in most need of Thy Mercy.**

## 15. UNITY PRAYER

*My Adored Jesus,*

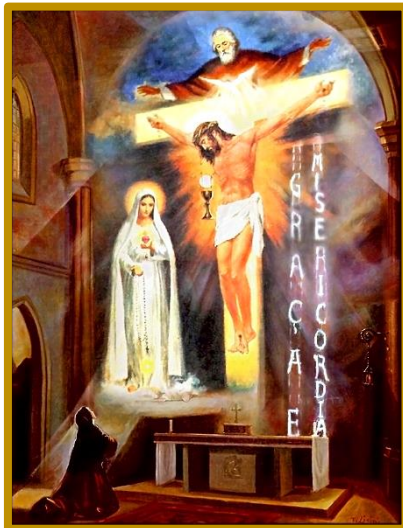
May our feet journey together.  
May our hands gather in unity.  
May our hearts beat in unison.  
May our souls be in harmony.  
May our thoughts be as one.  
May our ears listen to the silence together.  
May our glances profoundly penetrate each other.  
May our lips pray together to gain mercy from the Eternal Father.  
Amen

## 16. COME HOLY SPIRIT

Come Holy Spirit!  
**Come by means of the power of the Flame of Love of the Immaculate Heart of Mary.**

## 17. SING AVE MARIA

Ave, Ave, Ave Maria,  
**Ave, Ave, Ave Maria.**



*Final vision of Sister Lucia,  
Fatima visionary*

## PRAYERS AFTER ALL DECADES

### 18. HAIL HOLY QUEEN -SALVE REGINA

Hail, Holy Queen, Mother of Mercy.  
Hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

**Ÿ. Pray for us, O Holy Mother of God,  
R. That we may be made worthy of the promises of Christ.**

### 19. LET US PRAY:

O God, whose only begotten Son, by His Life, Death, and Resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that by meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

### 20. DIVINE ASSISTANCE

May the Divine Assistance remain always with us; and may the souls of the faithful departed through the mercy of God rest in peace. Amen.

### 21. PRAYERS FOR PARDON AND REPARATION

My God, I believe, I adore, I hope and I love You and beg pardon for those who do not believe, do not adore, do not hope and do not love You. (3x)

Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly and I offer You the Body, Blood, Soul and Divinity of Jesus Christ, present in the tabernacles of the earth, in reparation for the

outrages sacrileges and indifference by which He Himself is offended. And by the infinite merits of His Sacred Heart and those of the Immaculate Heart of Mary, I beg of You the conversion of poor sinners. (3x)

### 22. MY ADORED JESUS

We ask You to take us in spirit before Your Eucharistic Presence throughout the world. *(Pause for silent reflection)*

### 23. BLESSED LADY

Take us and place us where we belong in the Divine Fire. Help us dwell on your love for us. *(Pause for silent reflection)*

### 24. PRAYER TO SAINT JOSEPH

To you, O, Saint Joseph, do we come in our afflictions, and having implored the help of your most holy Spouse, we confidently invoke your patronage also.

Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by His Blood, and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ. O most loving father, ward off from us every contagion of error and corrupting influence. O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity. Shield too, each one of us by your constant protection, so that supported by your example and your aid, we may be able to live piously, to die in holiness and to obtain eternal happiness in heaven. Amen.

## GLORIOUS MYSTERIES

### 1<sup>st</sup> Glorious Mystery: The Resurrection of Jesus

*Fruit of the Mystery:*  
**A Strong Faith**

Through the power of Your Resurrection, grant us Lord the taste of life, and reach out to those who have lost its meaning.

**Virgin Mary:** "When those persons consecrated to God and the faithful keep the Monday fast, they will free a multitude of souls from purgatory each time they receive Communion during that week, at the very moment they receive the Holy Body of Our Lord Jesus Christ." (August 15, 1980)

### 2<sup>nd</sup> Glorious Mystery: The Ascension of Our Lord

*Fruit of the Mystery:*  
**The virtue of hope**

"Why are you standing here looking into the sky? Go out, proclaim the Good News." May we become, O Lord, authentic witnesses of Your Resurrection.

**Jesus:** "The Church and the whole world is in grave danger. Even with your strength, you cannot change this situation. The Most Holy Trinity alone can help you, through the concerted intercession of the Most Blessed Virgin, all the angels, all the saints, and those souls whom you have freed from purgatory." (August 15, 1980)

### 3<sup>rd</sup> Glorious Mystery: The Descent of the Holy Spirit

*Fruit of the Mystery:*  
**Zeal for the glory of God**

Send forth Your Spirit, Lord, and give us the audacity of Your true disciples.

**Jesus:** "The Spirit of Love quite comparable to the first Pentecost,

flooding the earth with its power, that will be the great miracle drawing the attention of all humanity. All that is the effusion of the effect of grace of the Blessed Virgin's Flame of Love." (March 24, 1963)

### 4<sup>th</sup> Glorious Mystery: The Assumption of Mary into Heaven

*Fruit of the Mystery:*  
**The grace of a happy death**

"I am the Resurrection and the Life." May these words, Mary, maintain us in the hope and the certainty of an eternal tomorrow.

**Virgin Mary:** "Therefore, we have no right to wrap ourselves in silence but we also must remember that we are responsible for every spoken word. Therefore, we should walk and live in God's presence, pondering each word that we say. Our Father gave the gift of speech and you must make use of your gift. Do not be afraid to speak!" (July 26, 1971)

### 5<sup>th</sup> Glorious Mystery: The Coronation of Mary in Heaven

*Fruit of the Mystery:*  
**A greater love for Mary**

O Mary, crowned in glory, kindle us continually by the Flame of Love of your Immaculate Heart.

**Virgin Mary:** "I grant to all the grace to see the results of their labors on behalf of my Flame of Love: in each soul, in your country and in the entire world. You, who are laboring and making sacrifices for the prompt outpouring of my Flame of Love, you are going to get to see it." (July 11, 1975)

## JOYFUL MYSTERIES

### 1<sup>st</sup> Joyful Mystery: The Annunciation

*Fruit of the Mystery:*  
**The love of humility**

Grant us, Mary, by the graces of this mystery, a listening heart that responds to the call of the Lord with a loving yes joined to yours.

**Virgin Mary:** "I place a beam of light in your hands; it is the Flame of Love of my Heart. Add your love to this Flame and pass it on to others." (April 13, 1962)

### 2<sup>nd</sup> Joyful Mystery: The Visitation

*Fruit of the Mystery:*  
**Charity towards my neighbour**

Open our hearts, Mary, to give joyfully and without counting and in a gratuitousness of love, as you did at the Visitation.

**Virgin Mary:** "My little Carmelite, so many sins are committed in this country. Help me. Let us save the country." (April 13, 1962)

### 3<sup>rd</sup> Joyful Mystery: The Birth of Jesus

*Fruit of the Mystery:*  
**Love of God**

Mary, tenderness of the poor, make us discover the true wealth of the Kingdom, you who lived them at the birth of Jesus.

**Virgin Mary:** "With this Flame full of graces that I give you from my Heart, ignite all the hearts in the entire country. Let this Flame go from heart to heart. This is the miracle becoming the blaze whose dazzling light will blind Satan." (April 13, 1962)

### 4<sup>th</sup> Joyful Mystery: The Presentation in the Temple

*Fruit of the Mystery:*  
**A spirit of sacrifice**

Grant us, Mary, that we may recognize the Light of God in our lives, as Simeon did recognize it at the Presentation of Jesus.

**Virgin Mary:** "I extend the effect of grace of the Flame of Love of my heart over all the peoples and nations, not only over those living in the Holy Mother Church, but over all the souls marked with the sign of the blessed Cross of my Divine Son." (September 16, 1963)

### 5<sup>th</sup> Joyful Mystery: Jesus is Found in the Temple

*Fruit of the Mystery:*  
**Zeal for the glory of God**

Mary, who has welcomed in faith the mystery of the mission of your Son in the Temple, make us obedient to God's plan.

**Virgin Mary:** "I can no longer hold back my Flame of Love in my heart. Let it leap out into all of you... Those accepting the Flame of Love will be intoxicated by the abundance of graces and they will proclaim everywhere, as I said before, that such a torrent of grace has never been granted since the Word became Flesh." (November 7, 1963)



Flame of Love of the  
Immaculate Heart of  
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## LUMINOUS MYSTERIES

### 1<sup>st</sup> Luminous Mystery: The Baptism in the Jordan

#### *Fruit of the Mystery:*

#### *Living my Baptismal Promises*

O Mary, who kept everything in your Heart, make us attentive to God's presence and grateful for the privileged grace of our baptism.

**Jesus:** "Look at Me. Always look into My eyes because in this new battle that Satan wants to wage against you, the look of My eyes will blind him." (January 14, 1963)

### 2<sup>nd</sup> Luminous Mystery: The Wedding at Cana

#### *Fruit of the Mystery:*

#### *Doing whatever Jesus says.*

O Mary, Virgin of Cana, ask Jesus to change our hearts so that we may live ever more in the great freedom of God's children.

**Virgin Mary:** "Throughout the day, you should offer me your daily chores for the glory of God. Such offering, made in a state of grace, also contributes to blind Satan." (November 30, 1962)

### 3<sup>rd</sup> Luminous Mystery: The Proclamation of the Kingdom

#### *Fruit of the Mystery:*

#### *Seeking God's forgiveness*

By your unceasing prayer, Mary, obtain for us to be authentic witnesses of the Good News of Jesus Christ.

**Jesus:** "Speech is a gift of God, and one day, we must give an account of our words. Through words, souls communicate with one another. Also through words, people get to know us." (July 26, 1971)

### 4<sup>th</sup> Luminous Mystery: The Transfiguration of Jesus

#### *Fruit of the Mystery:*

#### *Becoming a new person in Christ*

May our lives be transformed by the Holy Spirit, and may your Flame of Love, Mary, warm our hearts like those of children.

**Virgin Mary:** "Sacrifice and prayer! These are your instruments. The goal is to bring about the powerful work of Salvation. Oh, if your desires reach the throne of the heavenly Father, the results will be abundant." (July 22, 1963)

### 5<sup>th</sup> Luminous Mystery: The Institution of The Holy Eucharist

#### *Fruit of the Mystery:*

#### *Active participation at Mass*

O Mary, Virgin of Contemplation, help us to increase our intimacy with Jesus in the Eucharist, the Bread of Life of every day.

**Virgin Mary:** "The participation in the Holy Mass is what helps the most to blind Satan. Tormented and breathing out terrible vengeance, he wages a ferocious battle for souls since he feels the impending coming of his blindness." (November 22, 1962)



## SORROWFUL MYSTERIES

### 1<sup>st</sup> Sorrowful Mystery: The Agony in the Garden

#### *Fruit of the Mystery:*

#### *True repentance for my sins*

"My Father, if it is possible, let this cup pass Me by, nevertheless, let it be as You, not I, would have it." With you, Mary, may it become our prayer in our trials.

**Jesus:** "My table is always set, without interruption. I, the Master, have sacrificed everything! I give Myself." (January 16, 1964)

### 2<sup>nd</sup> Sorrowful Mystery: The Scourging at the Pillar

#### *Fruit of the Mystery:*

#### *A spirit of mortification*

May our suffering, united to the scourging of Jesus, become a prayer of offering to the world, with you, Mary.

**Jesus:** "After receiving My Precious Blood, examine your souls and become aware of the exhilaration that the power of My Precious Blood brings about in you. Do not be so insensitive. Let not routine lead you to my holy table, but rather the fervor of sacrificial charity, which ignites through contact with My love. Through Me – inasmuch as you remain united to Me – it will burn sin out of your souls." (January 16, 1964)

### 3<sup>rd</sup> Sorrowful Mystery: The Crowning with Thorns

#### *Fruit of the Mystery:*

#### *Moral courage*

May the thorns of our heart make the garden of our life blossom in faith with you, Mary.

**Jesus:** "With all the love of your heart, immerse yourself in My sorrowful Passion. When you arise in the morning, recall what was awaiting Me the entire day after the terrible torments of that night." (April 10, 1962)

### 4<sup>th</sup> Sorrowful Mystery: Jesus Carries the Cross

#### *Fruit of the Mystery:*

#### *The virtue of patience*

May our daily cross be enlightened by the sorrowful Cross of Jesus, which has become glorious by His Resurrection.

**Jesus:** "During your daily tasks, you do not even think of Me within your souls. This hurts Me and I suffer so much. When you say: 'Lord, I am not worthy that You enter my house.' do not turn your backs on Me, make yourselves worthy and dispose your hearts for constant union with Me." (April 17, 1962)

### 5<sup>th</sup> Sorrowful Mystery: The Crucifixion

#### *Fruit of the Mystery:*

#### *The grace of final perseverance*

May the loving words uttered by Jesus on the Cross become seeds of life, love and forgiveness in all hearts.

**Jesus:** "You see why I say, 'Do not leave Me alone!' Let Me give you abundant graces which are stored up in the immeasurable love of My Heart." (February 10, 1963)

