

# Elements of Devotion to the Flame of Love of the Immaculate Heart of Mary

## Fasts

### A Word About Sacrifices

- Sacrifices are a big part of the devotion and key to both saving souls and opening our lives to grace
- Perspective is critical:
  - Christians don't ask what do I have to do – that's the Old Covenant rooted in obligation
  - Christians ask what can I do – the New Covenant rooted in love
  - Not “Am I doing enough?” but “How much can I love?”
  - Works in three ways:
    - Accommodating our limitations without guilt
    - The sky's the limit for what we can do with God's grace
    - It continually builds our honesty and freedom
      - Saint Francis did not want a rule for the Franciscans but just the goal of live the gospel
      - P7: Jesus: “I do not force you. You have your free will; only if you want it.”

## Flame of Love Fast Guidelines

- p292: While fasting, we can eat bread abundantly and drink water. We can put salt on the bread. We can take vitamins, medicines and whatever is necessary to our condition. However, we should not enjoy it.
  - Tip: Find healthy bread – not cheap sandwich bread
- Mary: “Whoever usually keeps the fast, it suffices to keep it until 6:00 p.m. In this case, they should recite this very day five decades of the Rosary for the souls.”
- Pretty wimpy by comparison!
- But we must live within our limitations
  - Saint Francis and the struggling friar – Fred’s story – diabetic blowing kidneys
  - Honesty builds our love; Wisdom guides our love

## The Monday Fast

- p166: Today is my fast day for the priestly souls. The Savior has asked me to fast each Monday on bread and water to free a priest soul from purgatory. Although the fast weakens me, I can do my housework and help with the children.
- p214: The Reward For the Monday Fast - May 18, 1964 – Monday of Pentecost
  - Jesus: “Since I see your firm determination to which you are faithful even on feast days, I have prepared a happy event for you. Today, from midnight on, at every hour the soul of a priest suffering in purgatory will be released.”
  - The Lord Jesus said this because, at His request, I fast on bread and water on Monday. I do not skip the fast even when it is a feast day. I am happy to keep the strict fast on Mondays because He promised that, by fasting on Monday, one priestly soul would come into the divine Presence. When I heard that one soul each hour would be freed, my soul was overwhelmed with the suffering that these souls still endure before coming into the divine Presence. This suffering only lasted one or two minutes, but I almost collapsed from these sorrows.
  - After Communion, the Lord permitted me to experience the freeing of one soul. My feelings went from one extreme to another. After experiencing the depths of suffering, I was overwhelmed with the sublime joy of that soul who arrived in the divine Presence. The state of my soul, trembling from this rapture of graces, made me feel freed for hours from the force of the earth’s gravitational pull.

## The Monday Fast

- p83: This is a day of fast I am offering for the souls in purgatory, especially the souls of priests. . . . He flooded my mind with the following words:
  - Jesus: “Because you are appeasing My intense desire for souls, My little one, I will tell you about your reward. Thanks to your fast, from now on the soul of a priest will be freed from purgatory within eight days of his death. And anyone who observes this fast will obtain this grace for a suffering soul.”
  - These words were filled with such mercy and majesty that I cried because we can so effectively help the souls suffering in purgatory. My heart rejoiced when He told me of this new and great grace.
- p84: The Lord Jesus asked me to write especially about how we can help souls.
  - Jesus: “By observing the fast I ask for, priests will be freed from purgatory on the eighth day after their death.”

## The Monday Fast

- p291: Both the Lord Jesus and the Blessed Virgin took turns speaking. The Blessed Virgin’s words sounded in my soul with firm, but loving power. She asked the clergy, the consecrated religious and the faithful Christians of the whole world, to fast on bread and water on Mondays when they are able to do so.
  - 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.”
  - According to the message of the Blessed Virgin:
  - Mary: “When priests observe the Monday fast, in all the Holy Masses that they celebrate that week, at the moment of Consecration, they will free an innumerable number of souls from purgatory.
  - 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.”
- Wow! Are we willing to do that for another – to gather in unity with Jesus?

## The Thursday and Friday Fasts

- p98: While He was speaking to me, I got out my little lunch. On Thursday and Friday, at the Lord's request, I eat only bread and water, and I offer it for the twelve priests and to make reparation to the Lord. Meanwhile, the Lord sat – in a spiritual way – next to me and said:
  - Jesus: “Oh, how this pleases Me. So few times have I enjoyed participating in such an intimate banquet. The souls that make reparation and faithfully follow My desires are so few.”
  - Jesus: “May our souls be in harmony. In this way, our hands will gather in unity.”
- p84: Mary: “My little one, Thursdays and Fridays should be considered as great days of grace. Those who offer reparation to my Divine Son on these days will receive a great grace. During the hours of reparation, the power of Satan will weaken to the degree that those making reparation pray for sinners. Nothing flashy is required”

## It Is Always Love

- Fasting must never become spiritual gymnastics
  - It is always love guided by wisdom
- p193 - The following short conversation took place last Thursday. The days before, I had pain in my ear and throat, accompanied by a fever. I could take no solid food. And precisely on Thursday, I observed a day of strict fast (only bread and water). When the Lord Jesus saw my painful efforts, He said:
  - Jesus: “Since the two of us have been so exhausted, let us eat something hot.”
  - I prepared some hot soup and felt much better. While I was eating, He praised me using few words but much feeling.
  - Jesus: “Is it not true that we now have both gained new strength? I also suffer with you.”
- Neither must we make excuses – honesty builds love

## Next Steps

- Begin fasting as you can
- Fasting is nothing new – it has always been a path to grace
  - Now that path to grace is desperately needed to turn back Satan's attack
- See fasting as a way to live the The Unity Prayer
  - Seek deep union with Jesus by allowing Him to pour our lives out for the salvation of others
- Continue the Flame of Love Hail Mary and Rosary
  - Pour out our time for others to blind Satan and release souls from Purgatory
- The five-fold Sign of the Cross – joining our minds to His suffering
- Offering our work, sacrifices, fasts, Masses, and Adoration for the blinding of Satan and the salvation of souls