

TRUE LIFE IN GOD

ECUMENICAL PRAYER MEETING

Guidelines



PUBLISHED BY
English Association of True Life in God
in association with
TLIG WT for Translations and Publications

First Printing, U.K., 2004

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INTERNATIONAL EDITION
Also includes Luminous Mysteries of the Rosary

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In relation to Vassula Rydén, H.E. Cardinal Joseph Ratzinger, stated (Guadalajara, Mexico 1996) “You may continue to promote her writings”; he requests only that one is discerning. He concluded by saying “Do not stifle the Spirit, do not despise prophesy, but test everything; hold on to what is good”.

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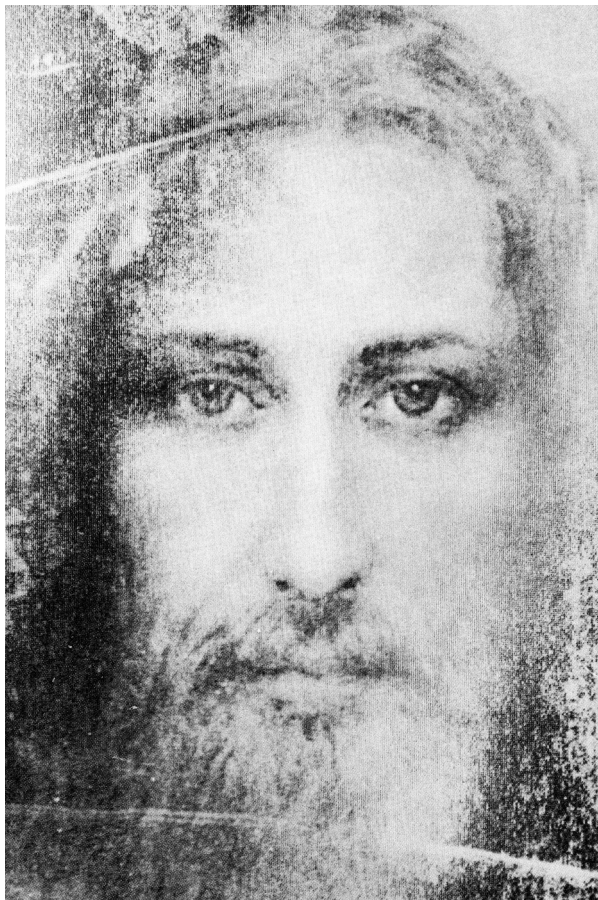
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CONTENTS

Jesus Christ (St. John Chrysostom)	1
Introduction	
The Trinitarian Spirituality of <i>True Life in God</i>	2
Jesus tells us how He would like us to pray	7
Guidance for the “laying on of hands”	7
Meditation from the Heavenly Father	9
Guidelines for <i>True Life in God</i> Prayer Meeting.....	11
Prayers from the Heart.....	12
Prayer to the Holy Spirit	12
Holy God	13
The Holy Rosary	
The Apostles Creed.....	13
Our Father	14
Hail Mary	14
Glory be.....	15
Prayer to St. Michael.....	15
The Joyful Mysteries.....	16
O my Jesus (Fatima prayer)	17
Jesus, my only love (TLIG prayer & music).....	17
The Luminous Mysteries.....	23
The Sorrowful Mysteries.....	30
The Glorious Mysteries.....	38
Hail Holy Queen (Salve Regina)	43
The Jesus Rosary	44
Hymns of Praise	44
Intercessory prayers	47

Bible reading	49
Reading from <i>True Life in God</i>	49
Healing Service	49
Prayers to the Holy Spirit	50
Spirit of the Living God (song)	53
Healing Prayers	54
Prayer for Healing and Deliverance.....	54
Prayers to the Holy Spirit for the Seven Gifts.....	55
Holy Spirit, Giver of Life.....	56
Thoxa Thoxa (A Hymn of Praise in Greek)	57
Consecration to the Sacred Heart	59
Additional Prayers	
Consecration to the Two Hearts	62
I elpis mou O Patir.....	64
Tin pasa elpida mou.....	64
Prayer for the Conversion of the World.....	64
Daily Prayers	
Novena to the Sacred Heart	65
St. Michael Prayer, Memorare of St. Bernard.....	67
Abbun Dbashmayo (Our Father in Aramaic).....	68
Vesper Hymn to the Son of God	69
Stations of the Cross	70
The Orthodox Rosary.....	83
The Catholic Rosary	85
Note to Reader	87
Distributors	88



JESUS CHRIST

I your father, I your spouse, I your home,
I your nurse, I your root, I your foundation.

Whatever your want, I will be.

You will lack nothing. I will work for you.

For I came to serve and not to be served.

I will be your friend and your host,
your head and your brother,
your sister and your mother. I will be everything.

Only be intimate with Me!

I will be poor for you, errant for you,
on the Cross for you,
in the Tomb for you.

Above I plead the Father for your sake,
on earth I became intercessor to the Father
for your sake.

You are everything for Me,
brother, co-heir, friend and member.
What more do you want?

— *St. John Chrysostom*

INTRODUCTION

The Trinitarian Spirituality of *True Life in God*

by Vassula Rydén
Rhodes, Greece, May 1997

Jesus said: “without Me you will live like
the world,
with Me you will live like in Heaven;
without Me your traits will become those
of the world,
but with Me your traits will be Mine;
remain in Me; rooted in Me,
never neglect your gift, have Me as first
and grant Me your time;” (20.5.94)

What is the Trinitarian Spirituality of *True Life in God*?

First and foremost, *True Life in God* is to be eager to meet God and to get to know Him, the way He really is; it is to open ourselves and have a special and intimate relationship with Him. Without this intimacy, we cannot approach Him. He will always be remote, far away somewhere “up there” and from such a distance we

cannot love Him. What He asks of us today is a dialogue with Him, a simple heart-to-heart conversation, including Him in our daily life, treating Him like our best friend, nevertheless never forgetting that He is Holy.

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

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

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

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

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

True Life in God is to put into practice the act of charity and love that delights God. Jesus said: "In the Day of Judgment you will be judged according to the measure of your love."

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

Our Eternal Father said, "... My child, you are not Fatherless; I Am who I Am is your Father; you are not homeless, My Kingdom, My Splendour and the Truth are your home; you are not restrained from food, for I, with My Own Hand fill your mouth from My Mouth with My Word; (...) My favour is upon you and so everything I do in these days is for the salvation of your generation;..." (26.2.95)

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

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

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

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

Jesus said: "...lean on Me and I shall guide you to My Tabernacle where I am waiting for you day and night, I offer you Myself every day,(...) all what I need is Love, Love and Adoration ..." (1.6.89)

True Life in God is to pray for unity and for unifying the dates of Easter, since this is the great desire of our Lord Jesus Christ. We can be the first fruits of unity by assembling and praying together in one heart and one voice.

Jesus said: "I need humility and love, and the conversion of your hearts to be the foundation of your unity."

Let the motto of *True Life in God* be:
Repay Evil With Love

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

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

Jesus tells us how He would like us to pray:

Jesus said: “I will ask you all to learn how to pray ♡ when you pray, pray from your heart, I need prayers that come from your heart and not from your lips; do not pray quickly, recollect yourselves and pray slower, looking at Me, **I am Present**, let your prayers reach Me; learn to be in constant prayer, by this I do not mean to have you on your knees endless hours, no, but just in remembering My Presence, you will be in constant prayer; your minds will be lifted towards Me; all that you say, or do, or think will be for Me ♡ I need devotion and fidelity, love Me without measure and desire Me;

I am your Saviour and Consoler, so come to Me without hesitating, I will console you all, I will give you hope, so do not diminish your prayers and sacrifices, increase them by being in constant prayer ...” (16.12.88)

Guidance for “laying on of hands”

Pope John Paul II has written in his book, *My Vocation*, that the ‘laying on of hands’ as practiced by the primitive church continues to be a genuine sign of the apostolic mission of the Church, passed on through the

Holy Spirit and demonstrated in Paul's disciple, Timothy.

The Holy Father states that for authenticity, the "laying on of hands" should be accompanied by prayer, meditation, and ardent petition to God for the gifts of the Holy Spirit: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and the Fear of the Lord. He quotes St. Thomas Aquinas who wrote that through the gifts of the Holy Spirit, a person's spirit becomes sensitive to the light of God, the light of real knowledge, and the inspiration of love. In Acts of the Apostles 8: 14-17, we encounter this event:

"When the Apostles in Jerusalem heard that Samaria had accepted the word of God, they sent Peter and John to them, and they went down there and prayed for the Samaritans to receive the Holy Spirit, for as yet He had not come down on any of them: they had only been baptized in the name of the Lord Jesus. Then they laid hands on them and they received the Holy Spirit."

Meditation from the Father

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

- in the morning sow your seed of love;
- at noon sow your seed of peace;
- in the evening sow your seed of
reconciliation;

then go and collect your harvest and offer it to Me,
your Father in Heaven, and I will tell you: “in your
graciousness, My child, you have obtained your reward
in heaven;”

from above I call to you all: “come! come and make
peace with Me, your God and you will have My
Blessings; return to Me and you will live forever;”

AΩ (18.6.94)

GUIDELINES

True Life in God Prayer Meeting

Because the Holy Spirit is our true Guide, prayer meeting structure should remain responsive to the needs of the participants and the urgings of the Spirit.

1) Prayers from the Heart/silent recollection . . .	12
2) Prayer to the Holy Spirit	12
3) Holy God	13
4) The Rosary	13
5) The Jesus Rosary	44
6) Hymns of Praise	44
7) Intercessory Prayers	47
8) Bible Reading	49
9) Reading from <i>True Life In God</i>	49
10) Healing Service	49
11) Spirit of the Living God (Song)	53
12) Healing Prayers	54
13) Thoxa Thoxa (A Hymn of Praise in Greek) . .	57
14) Consecration to the Sacred Heart	59

1. PRAYERS FROM THE HEART

We begin with silent recollection to bring ourselves into the awareness of God's Holy Presence. We re-invite Jesus into our hearts asking Him to unite our spirit with His Holy Spirit thus enabling us to truly pray from the heart.

In unison, we open our prayer meeting with the following prayers.

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

2. PRAYER TO THE HOLY SPIRIT

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

Amen.

— *Orthodox Prayer*

3. HOLY GOD

**Holy God, Holy Mighty One, Holy Immortal One,
Have mercy on us¹**

(say three times, making the sign of the Cross)

— *Orthodox Prayer*

¹ This prayer is used at the beginning of the Mass in the Orthodox Church and also to begin individual prayer. It has been used since the beginning of the Church.

4. THE HOLY ROSARY

Five mysteries are meditated while praying.

Monday & Saturday—Joyful Mysteries

Thursday—Luminous Mysteries

Tuesday & Friday—Sorrowful Mysteries

Wednesday & Sunday—Glorious Mysteries

Holding the Crucifix, begin with:

The Apostle's Creed

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate; was crucified, died and was buried. He descended to the

dead; on the third day He arose again; He ascended into heaven and is seated at the right Hand of God the Father Almighty; from thence He shall come to judge the living and the dead.

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

On the first bead:

The Our Father

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

On the next three beads: (for greater faith, hope & love)

Hail Mary

Hail Mary, full of Grace, the Lord is with Thee;
blessed art Thou among women and blessed
is the fruit of Thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners
now, and at the hour of our death. Amen.

On the single bead:

Glory be

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

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

Prayer to St Michael

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

Luminous Mysteries begin on page 23.
Sorrowful Mysteries begin on page 30.
Glorious Mysteries begin on page 38.

The Joyful Mysteries

1. The Annunciation

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

Meditation from True Life in God messages:

Jesus says: "...the Spirit with Me and the Father said: 'Mary full of grace, We are with You; We will hide none of the secrets from You, Our Breath will be Your breath, pure emanation of Our Glory, Mary Our image of Our Goodness, We give you Our Peace in Your Heart, in this perfect Heart I, the Son shall triumph; Our Heart will be Your Heart, a burning furnace of divine love, Our Soul¹ will be Your Soul (...) Our Spirit will be Your Spirit; yes, for anyone who is joined to Us is one spirit with Us ♡ (...) this is the One whom We so highly favoured'..."(25.3.96)

¹ Soul should be understood as life as in Lk 9:24

On the single bead:

Our Father...

On the next ten beads:

Hail Mary...

Recite each prayer once:

Glory be...

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

Jesus, my only love, I pray for those whom You love, but know not how to love You, may they be purified and healed so that they too be exempt from all evil; amen. (8.8.93)

Jesus, my only love
music by Valia Zoppa

F C F B \flat F
Je-sus my on-ly love I pray for those whom You love
C B \flat F
and know not how to love You
B \flat C Dm
may they be pu-ri-fied and healed so that they too
B \flat m7 F B \flat /F F Csus4 C7 F
be ex-empt from all e-vil

2. The Visitation

Scripture Meditation: Mary visits her cousin Elizabeth (Mother of John the Baptist) who conceived in her old age. Mary stays with her three months.
(Lk.1:39-56)

Meditation from True Life in God messages:

Jesus says: "...your whole being will be lifted and your heart will be exulted and in rapture when your eyes will be unveiled to see the Blessed Heart of the blessed hearts, the Most Holy of saints, the Incomparable Heart, burning with unlimited love, a fire alight and so bright; then, My friend, you will understand what Virtue is, and how in this Virtuous Virginal Heart, I, God, became God-Man, you will see the Mother of your Saviour, Mother of the prophets..." (25.3.96)

Our Father

Ten Hail Marys

Glory be

O, my Jesus

Jesus, my only love

3. The Birth of Jesus

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

Meditation from True Life in God messages:

Jesus says: “it is in that Heart, in that Abyss of grace, I exercised My power ♡ the Author of heaven and earth, the Author of grace found His heaven in heaven, His grace in grace, to come in the condition of a slave; I came to Prodigious Humility¹ to serve and not to be served; I, the Redeemer of all mankind, the promised Messiah, came to the perfect image of My Sacred Heart to share the sorrows, the joys, the sufferings, the martyrdom, the wonders, the betrayals, the agonies, the scourging, the piercing, and the crucifixion; together Our Hearts atoned; ...” (25.3.96)

¹ Our Blessed Mother

Our Father

Ten Hail Marys

Glory be

O, my Jesus

Jesus, my only love,

4. The Presentation of the Child Jesus in the Temple

Scripture Meditation: Jesus as first-born male is consecrated to the Lord in the temple of Jerusalem.

(Lk.2:22-38)

Meditation from True Life in God messages:

Jesus says: “today, I am looking down from heaven to count the clean hearts:

– what am I to say? was My Sacrifice in vain? My Spirit is broken ... I sacrificed Myself for you in order to set you free from all wickedness and to purify a people so that it could be My very Own and would have no ambition except to do good;

I have done everything so that you could be justified by grace and become heirs to My Kingdom; I have been intensively teaching you all and with great compassion, My Law, renewing you with the Holy Spirit of Grace, even to repeating Myself invariably; I now teach, giving you instructions in the way of Holy Wisdom; it is not a new doctrine but the same one of the Bride,¹ in which you can rely on;

you all belong to My House; since I have bought My House with My Own Blood and I have shed every drop of My Blood for **everyone** ... you are My House²... ” (20.1.01)

¹ The Church

² Heb. 3:6

Our Father

Ten Hail Marys

Glory be

O, my Jesus

Jesus, my only love

5. The Finding of the Child Jesus in the Temple

Scripture Meditation: Mary and Joseph find Jesus in the Temple after searching for Him for three days. (Lk.2:41-52)

Meditation from True Life in God messages:

Jesus says: “come, you who err still in this wilderness, saying:

‘I have sought My Redeemer but have not found Him;’
find Me, My beloved, in purity of heart, by loving Me without self-interest; find Me in holiness, in the aban-

donment I desire of you; find Me by observing My Commandments; find Me by replacing evil with love, find Me in simplicity of heart;

sin no more; cease in doing evil; learn to do good; search for justice; help the oppressed;

let this wilderness and this aridity exult; let your tepidness enflame into an ardent flame; relinquish your apathy and replace it by fervour;

do all these things so that you may be able to say: 'I have sought my Redeemer and I have found Him', He was near me all the time but in my darkness I failed to see Him;

O Glory be to God! Blessed be our Lord! how could I have been so blind?' I shall then remind you to keep and treasure My Principles, **so that you may live** ♥"
(8.7.89)

Our Father
Ten Hail Marys
Glory be
O, my Jesus
Jesus, my only love,

*Conclude the Joyful Mysteries with the Salve Regina
on page 43.*

The Luminous Mysteries

(cf. Apostolic Letter Rosarium Virginis Mariae,
John Paul II, 16.10.2002)

1. The Baptism of Jesus in the Jordan

Scripture Meditation: Here, Christ descends into the waters, the innocent one who became “sin” for our sake. (2 Cor 5:21). The heavens open wide and the voice of the Father declares Him the beloved Son (Mt 3:13-17), while the Spirit descends on Him to invest Him with the mission which He is to carry out.

Meditation from True Life in God messages:

Jesus says: “to what can you compare My Sacred Heart? to a Fountain that makes the gardens fertile? yes, so if any man is thirsty, let him come to Me! let the man come and drink; My Heart is a well of living water; come and immerse yourself in those streams¹ that flow out from My Sacred Heart;”

(28.11.96, 11th anniversary of True Life in God)

¹ Jesus was speaking about His Spirit

On the single bead:

Our Father...

On the next ten beads:

Hail Mary...

Recite each prayer once:

Glory be...

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

Jesus, my only love, I pray for those whom You love, but know not how to love You, may they be purified and healed so that they too be exempt from all evil; amen. (8.8.93)

2. Jesus gives His Sign at Cana

Scripture Meditation: The first of the signs, given at Cana, when Christ changes water into wine and opens the hearts of the disciples to faith, thanks to the intervention of Mary, the first among believers. (Jn 2:1-12)

Meditation from True Life in God messages:

The Father speaks: “find your comfort in Her embrace and in those same arms that carried My Son through the desert into Egypt; honour the Mother who honoured Me with Her graciousness, why, have I not highly favoured Her? I have done great things for the Woman clothed with the sun, so that from that day for-

ward when My Spirit covered Her, all generations would call Her Blessed (...) who tells you that I shall not listen to Her? Has your Mother not interceded in Cana? these signs were performed so that your spirit may understand what your spirit rejects today;¹ this sign was meant for all ages to come; the Woman adorned with the sun, adorned with My Holy Spirit, thrice Holy and who fills the world, ranks as Mother of God;" (27.1.96)

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

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

3. Jesus Proclaims the Coming of the Kingdom of God, with His Call to Conversion.

Scripture Meditation: The preaching by which Jesus proclaims the coming of the Kingdom of God, calls to conversion (Mk 1:15) and forgives the sins of all who draw near to him in humble trust (Mk 2:3-13; Lk 7:47-48),

and the inauguration of that ministry of mercy which He continues to exercise until the end of the world, particularly through the Sacrament of Reconciliation, which He has entrusted to His Church. (Jn 20:22-23).

Meditation from True Life in God messages:

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

let it be known that without earnest prayers you will not be able to see the Kingdom of God; His reign on earth is at hand; remember, what God wants of you is a change of heart ♡ do not be afraid to acknowledge your sins; live and practise the sacrament of confession;” (23.4.93)

Our Father

Ten Hail Marys

Glory be

O My Jesus

Jesus, my only love,

4. The Transfiguration of Jesus

Scripture Meditation: The mystery of light par excellence is the Transfiguration, traditionally believed to have taken place on Mount Tabor. The glory of the Godhead shines forth from the face of Christ as the Father commands the astonished Apostles to “listen to Him” and to prepare to experience with Him the agony of the Passion, so as to come with Him to the joy of the Resurrection and a life transfigured by the Holy Spirit. (Lk 9:28-36)

Meditation from True Life in God messages:

Jesus says: “like in the transfiguration, I shall transfigure My Church to have all the radiant glory of Her youth, in Her bridal days;” (20.10.90)

“My Will shall be done on earth as it is in Heaven because **you will be one**, worshipping Me around one Tabernacle with love in your heart and a Fire burning inside you; I shall accomplish My priestly prayer ♡ on earth as in Heaven, your souls shall be rooted in Me, in Love, in Unity and filled up with the utter fullness of My Spirit; yes, My beloved ones, I shall not only give you your daily bread, but also a hidden Treasure out of My Heart: **The Celestial Manna**,¹ that transfigures, uplifts your spirit into a copy of My Spirit; you shall be transfigured with the outpouring of My Spirit ♡ ” (19.12.90)

“I shall make out of each one of you a radiant city, I shall renew you entirely for this is the way I shall have you ready to wed My Holy Spirit;” (13.5.91)

“I am on My way back to transfigure the whole of My creation in the goodness and holiness of the Truth;” (21.12.92)

¹ That is: The Holy Spirit.

Our Father

Ten Hail Marys

Glory be

O My Jesus

Jesus, my only love

5. Jesus Institutes the Eucharist

Scripture Meditation: Christ offers His body and blood as food under the signs of bread and wine, and testifies to the end His love for humanity, for whose salvation He will offer himself in sacrifice. (Jn 13)

Meditation from True Life in God messages:

The Father speaks: “My Grace I reveal to you and salvation has been given to you through My Son, Jesus Christ; in order to set you free, He sacrificed Himself for you; in

order for you to share a Divine Life, He constituted the Holy Eucharist to sanctify you and partake of His Body and Blood; you are not partaking any mere bread or wine, but you are partaking God Himself; if you would only reflect on this Mystery and understand it fully!

the Inaccessible God is Accessible to you, the Invisible God is visible to you, and ready to divinize you; He whose grandeur surpasses all angelic forces and all beings and all that has been created, is at your disposal, creation! God Himself is being offered to you to give you back your divinity, divinizing your soul to enter Eternal Life; (30.6.99)

I will re-erect My Eucharist in the houses¹ that have been despoiled of My Presence and they shall become holy;" (16.10.2000)

¹ The Lord means churches

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

*Conclude the Luminous Mysteries with the Salve Regina
on page 43.*

The Sorrowful Mysteries

1. The Agony of Jesus in the Garden

Scripture Meditation: Jesus prays in anguish in Gethsemane. (Mt. 26:36-46)

Meditation from True Life in God messages:

Jesus recalls The Agony: “O Gethsemane! what have you to unfold but fears, anguishes, betrayals and abandonments! Gethsemane you have depleted men from courage, you have suspended in your still air My agonies for all eternity.

Gethsemane, what have you to declare that was undeclared?

you have witnessed in the stillness of Holiness, the betrayal of your God, you have witnessed Me.

the hour had come, Scriptures were to be fulfilled; daughter, I know that many souls believe in Me as though I was but a myth, they believe that I existed only in the past, for many I am but a passing shadow now eclipsed with time and evolution ♡ very few realize that I existed in flesh on earth and exist now among you ♡

I Am All what came to pass and is to pass; I know

their fears, I know their anguishes, I know their weaknesses, **have I not witnessed all these frailties in Gethsemane?**

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

O Gethsemane witness of the Betrayed, witness of the Forlorned, arise, witness and testify.

daughter, Judas betrayed Me, but how many more like Judas are betraying Me still. I knew instantly that his kiss would spread among many and for generations to come, this same kiss will be given to Me over and over again, renewing My sorrow, rending My Heart ♡

Vassula, come let Me be consoled, let Me rest in your heart ♡♡” (17.5.87)

On the single bead:
Our Father...

On the next ten beads:
Hail Mary...

Recite each prayer once:
Glory be...

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

Jesus, my only love, I pray for those whom You love, but know not how to love You, may they be purified and healed so that they too be exempt from all evil; amen. (8.8.93)

2. The Scourging of Jesus at Pilate's Court

Scripture Meditation: Pilate sentences Jesus to death, and hands Him over to be scourged. (Mt. 27:11-26; Jn. 18:28-40 and 19:1)

Meditation from True Life in God messages:

Jesus dictates His Passion: “having scourged Me they spat on Me and gave Me several hard blows on My head leaving Me dizzy, they kicked Me in My stomach leaving Me breathless and falling to the ground, moaning with pain they took sport in Me kicking Me by turn, I was unrecognizable, My body was broken and so was My heart, My flesh which was ripped off, hung all over My body ... one of them picked Me up and dragged Me because My legs would not carry Me any longer” (9.11.86)

Our Father
Ten Hail Marys
Glory be
O, my Jesus
Jesus, my only love

3. Jesus is Crowned with a Woven Crown of Thorns.
Scripture Meditation: The soldiers take sport in mocking Jesus. (Jn. 19:1-12)

Meditation from True Life in God messages:

Jesus continues: “then they clothed Me with one of their robes, they hauled Me forward, repeating their blows, hitting Me across My face, breaking My nose,¹ harassing Me, I listened to their insults, daughter with such hatred and mockery their voices resounded, augmenting My cup, I listened to them saying, ‘where are your friends mustering while their king is with us, are all Jews as treacherous as these ones? behold their king!’ and they crowned Me with a woven crown of thorns, ‘where are your Jews to hail you, You ARE king are you not? can you mimic one? laugh! do not cry, you are king are you not, behave like one then’...”
(9.11.86)

¹ The cartilage of the nose.

*Our Father
Ten Hail Marys
Glory be
O, my Jesus
Jesus, my only love*

4. Jesus Carries His Cross towards Calvary.

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

Meditation from True Life in God messages:

Jesus continues: "...they tied up My feet with ropes and told Me to walk to where My cross was. daughter I could not go since they had My feet tied, so they hauled Me to the ground and dragged Me by My hair towards My cross, My pain was intolerable, parts of My flesh which hung from the scourging was ripped off. they loosened the ropes off My feet and kicked Me to get up and lift My burden on My shoulders.

I could not see where My cross was for My eyes were filled up with My blood which was streaking down My face from the thorns, which had penetrated My head. so they lifted My cross and layed it on My shoulders pushing Me towards the gates,

daughter, O how heavy My cross was which I had to bear! I felt My way to the gates, led by the scourge behind Me; I tried to see My way through My blood which burned My eyes. I then felt someone wiping My face, women in agony came forth washing My swollen face, I heard them weeping and mourning, I felt them, “be blessed”, I uttered. “My blood will wash away all sins of mankind, behold daughters, the time has come for your salvation”

“I dragged Myself up; the crowds turned wild, I could see no friend around Me, no one was there to console Me, My agony seemed to grow and I fell on the ground. fearing that I would expire before the crucifixion, the soldiers ordered a man called Simon to bear My cross. daughter, it was not a gesture of kindness or of compassion, it was to save Me for the cross.”
(9.11.86)

Our Father

Ten Hail Marys

Glory be

O, my Jesus

Jesus, my only love

5. Jesus is Crucified and Dies on the Cross.

Scripture Meditation: Jesus, forsaken, suffers and dies on the Day of Preparation. (Jn. 19:23-30)

Meditation from True Life in God messages:

Jesus concludes: : “arriving on the Mount they thrust Me on the ground tearing off Me My clothes, leaving Me naked for every eye to see Me, My wounds opening again and My Blood flowing out on the earth. the soldiers offered Me wine mixed with gall, I refused it for deep inside Me I had already the bitterness given to Me by My foes.

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

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

to console Me, ‘My God! My God! why have you forsaken Me?’ forsaken by all those who loved Me.

My gaze fell on My Mother, I looked upon Her and our hearts spoke, ‘I am giving you My beloved children to be your children too, You are to be their Mother’.

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



I Jesus Christ dictated you My agony. bear¹ My Cross, Vassula, bear it for Me, (...) for I love you, daughter.”
(9.11.86)

¹ first time Jesus talked about bearing His Cross was in the Message of 23.10.1986

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

*Conclude the Sorrowful Mysteries with the Salve Regina
on page 43.*

The Glorious Mysteries

1. The Resurrection of Jesus

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

Meditation from True Life in God messages:

Prayer: “‘Lord of lords, unction of our soul, Light thrice holy, You deified Your divine Body while on earth through Your Resurrection, turning It spiritual and incorruptible; You conquered all material things of the earth; You triumphed over Death; You created a Revelation¹ for all eternity; Lover of mankind, You are the living God who gave us Your Bride² in which She upholds the Truth and keeps it safe; ah, Light thrice holy, You were made visible in flesh, to show us the Father; the Father who is in You and that You are in Him;’...” (31.12.2000)

¹ The Holy Bible

² The Church

On the single bead:

Our Father...

On the next ten beads:

Hail Mary...

Recite each prayer once:

Glory be...

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

Jesus, my only love, I pray for those whom You love, but know not how to love You, may they be purified and healed so that they too be exempt from all evil; amen. (8.8.93)

2. The Ascent of Jesus to Heaven

Scripture Meditation: Jesus returns to the Father.
(Lk. 24:44-53)

Meditation from True Life in God messages:

Jesus says: “stay loyal to Me and yearn for all that is Me to efface all that is you; annihilate all that is you by absorbing all that is Me ♡ pray for the conversion of souls, pray for peace, love and unity, remember, My Love is Infinite, a Love no man can understand fully on earth ♡

I bless you, turn to Me and bless Me ♡” (20.7.90)

Our Father

Ten Hail Marys

Glory be

O, my Jesus

Jesus, my only love

3. Pentecost

Scripture Meditation: Jesus sends the Holy Spirit upon the Apostles. (Acts 2:1-41)

Meditation from True Life in God messages:

The Father says: “My Holy Spirit repetitively uttered sayings to all of you sweeter than honey even than honey that drips from the comb; I have been perfuming all the cosmos anointing all My creation; I have been allowing everyone who wished to know Me, approach Me and inhale from My Mouth the graces they need to keep their soul tranquil and their heart grafted on Me and My Law ...

who could give any soul such tranquillity and freedom, other than My Holy Spirit? who could lift your soul in the Divine other than My benevolence and the ineffable condescension of My Love?” (7.8.02)

Our Father

Ten Hail Marys

Glory be

O, my Jesus

Jesus, my only love,

4. The Assumption of the Blessed Virgin Mary

Scripture Meditation: “Now I am going to tell you a mystery: we are not all going to fall asleep, but we are all going to be changed.” (1 Cor 15:51-57)

Meditation from True Life in God messages:

Jesus says: “My Mother’s Immaculate Heart is united to Mine, I desire from each one of you the devotion Her Immaculate Heart deserves, you see daughter how Our Divine Hearts are covered by thorns from men who only show Us ingratitude, sacrilege, lack of love, it is the **whole** of their sins ♡

Vassula, I who is the Word love and respect Her, I desire you to approach My Mother and honour Her as I honour Her; I desire that every knee bends honouring Her, I desire you to pray the Rosary and Hail your Holy Mother, I want you to repair your sins, asking Her to teach you ♡♡” (25.1.88)

Our Father

Ten Hail Marys

Glory be

O, my Jesus

Jesus, my only love

5. The Crowning of the Blessed Virgin Mary in Heaven

Scripture Meditation: The mother of the Ruler of All Nations appears in the heavens, wearing a crown of twelve stars. (Rev. 12:1-17)

Meditation from True Life in God messages:

Jesus says: "...She is the Queen of Heaven, She is My Mother and your Mother, the loveliest of women, beautiful as Heaven, radiant as My Glory, unique in Her Perfection, the Delight of My Soul, She is the Woman with the twelve stars on Her Head for a crown, the Vessel of My Glory, a Reflection of My Eternal Light;

She is the One whose Presence in My Courts outshines all the constellations put together;

She is the Vessel of the True Light, The Word, made flesh, and who lived among you," (11.11.93)

"look, not only have I assigned Her as the Queen of My Angels and My creatures but I have assigned Her to be My Throne;" (25.3.96)

Our Father

Ten Hail Marys

Glory be

O, my Jesus

Jesus, my only love,

Concluding Prayer of the Holy Rosary
HAIL HOLY QUEEN – SALVE REGINA

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

Pray for us, O Holy Mother of God, that we may be
made worthy of the promises of Christ. Amen

— This Holy Rosary is a Catholic Prayer

5. THE JESUS ROSARY

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

(Repeat 10 times) (See also page 83)

Jesus said: “I tell you if anyone prays this Rosary¹ to Me, heaven will open to him and My Mercy shall save him; make your peace with Me, make your peace with Me, ask Me every day: Lord Jesus Christ, Son of God, have mercy on me the sinner ♡”
(18.1.90)

¹ The Orthodox Rosary

6. HYMNS OF PRAISE

We sing a hymn or two of praise and thanksgiving to God, our Saviour.

Rejoice – Give Thanks to the Lord

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

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

— *Anglican hymn*

Christos Anesti!

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

(*Repeat three times*)

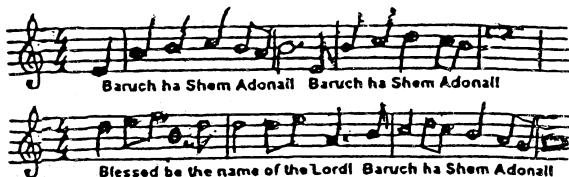
– *Orthodox hymn*

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

Jesus says: “...proclaim a Resurrected Christ, supreme in every way and above all, and that He comes in your days to remind you of the Hope and the Promise;¹ proclaim a risen Christ, present at all times and among you but also within you; a risen Christ, rich in grace and esteemed more than sceptres and thrones, ...” (9.9.97)

¹ The renewal of the Church by the Holy Spirit.

Baruch ha Shem



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

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

Baruch ha Shem El Shaddai! *(repeat)*

Baruch ha Shem El Elyon! *(repeat)*

Baruch ha Shem Elohim! *(repeat)*

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

7. INTERCESSORY PRAYERS

We lift our voices and petitions to God, Who in His loving kindness always listens and answers according to His Will. We respond to each petition:

“Lord, hear our prayer.”

Examples of intercessory prayers:

Jesus said: “I have come that you may have life and have it to the full.” Let us pray that all people will come to Jesus, Who is True Life in God.

“Lord, hear our prayer.”

Jesus said: “I am the Light of the world. Whoever follows Me will have the light of life and never walk in darkness.” Let us pray for all those who are broken and wounded and walking in darkness that they will follow Jesus, Who is True Life in God.

“Lord, hear our prayer.”

Jesus said to Simon and Andrew as they were fishing:

“Come, follow Me, and I will make you fishers of men!” Let us pray for the Pope, the Patriarch and our hierarchy and religious, that they will follow Jesus, Who is True Life in God.

“Lord, hear our prayer.”

Jesus said: “I am the Resurrection.” Let us pray for those who are still away from Jesus that they, too, be liberated and resurrected to live a True Life in God.

“Lord, hear our prayer.”

We end the prayers of petition with thanksgiving and praise for God’s great Mercy, in the spirit of the following prayer:

A Prayer of Praise

*Glory be to God in the highest heaven,
Glory be to Him who lifted my soul
from the entrails of this earth;
Glory be to the Light thrice Holy in whose
power all things came to be;*

*Glory be to God, invincible,
incomparable in His Authority;
Glory be to the Immortal One
in whom we find immortality;*

*May Your Breath Most Holy One
which is pure emanation of Your Glory,
enliven us, renewing us into
one glorious Body.*

Amen.

— Vassula (10.11.95)

8. BIBLE READING

We ask Jesus, Who is present, to instruct us through His Word, the Bible; to direct us through prayer and through His Holy Spirit to a passage which He wants us to read. As inspired, a silent meditation or a short sharing of the understanding of this passage is suggested.

9. READING FROM *TRUE LIFE IN GOD*

Someone takes a *True Life in God* message book and asks Jesus in prayer to guide us to open where He wants us to read, and we listen to **Him**.


10. HEALING SERVICE

On occasion, a Healing Service may conclude a *True Life In God* prayer meeting. We invoke the Holy Spirit either with a song or a prayer and all remain in silent meditation. The following prayers may be used:

Prayers to the Holy Spirit

Jesus says: “ pray often to the Holy Spirit this prayer:

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

with this prayer My Holy Spirit will haste and come
upon you; pray for the effusion of My Holy Spirit to
come upon you ♡ IXΘΥΣ  ” (26.10.89)

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

Blessed be God.”

— Vassula (3.5.91)

Jesus says: “Let us pray ♡

“Holy Spirit descend upon us
renewing us,
fill our soul with Your Love,
rest in our tormented soul
giving us Peace,

envelop us with Your wings
sheltering us from all evil,
humble us, guide us in Your Light
to be able to see *Your* desires and
thus fulfill them, amen.” ♡

(26.3.88)

*“Come, come to us Lord and
multiply Your Seal of Your
Holy Spirit’s Love on our forehead,
the seal of the Promise;
God, create a clean heart in us,
I know that You are
at the doorstep of every soul,
waiting for their response,
Your Eyes languishing for
their door to open;*

*Your Vineyards are flowering
now my Lord and soon they will
give enough fruit to feed every desert;
the dead will not come to life unless
You breathe on them arousing them with
Your sweet fragrance;
for the sake of Your Love
let this land of ghosts come to life again.”*

— Vassula (23.5.90)

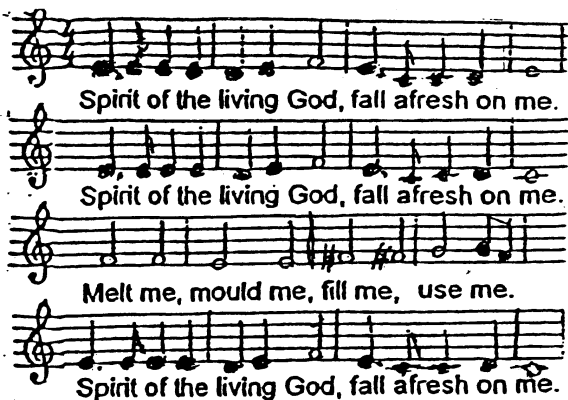
*“O Holy Spirit of Truth
descend upon us and be our
Guide and Holy Companion,
Holy Spirit of Love,
come upon us and teach us
to be in the real Love of God.
Remind us the True Knowledge,
this knowledge the Father had given us but
that we lost because of our sins,
Holy Spirit of Peace, give us Your Peace,
a Peace the world cannot give;
make out of each one of us vessels of Light
and “peacemakers, so that when we
work for Peace, we will be
able to sow seeds which will
bear fruit in holiness.” (James 3:18)
amen.*

— Vassula (6.1.91)

11. SPIRIT OF THE LIVING GOD (song)

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

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



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12. HEALING PRAYERS

Prayer for Healing and Deliverance

*“Blessed be Your Name,
O You who hear my prayer!
Blessed are You, My Lord, who removed our soul
from the pit,
Blessed be Your Graciousness who draws us
in Your Heart, to save us and set us free.
God, You are our Salvation,
our Riches, our Sight and our Life.
You who daily enchant our soul and rejoice
our heart with Your Presence, allow us to profit from
Your Presence;
we ask You, Jesus Christ, in Your Name,
Peace, Integrity and a Spirit of Forgiveness.
We beseech You, Jesus Christ, in Your Name, to heal
us, Dear Lord,
from our iniquities and our vices,
Heal us, Lord, by the power of Your Holy Spirit,
Heal us spiritually, uprooting all that is evil.
Refresh us, O Holy Spirit, and revive us by renewing us.
Jesus Christ, in Your Name,
we beseech You to Heal all spiritual sickness,
any physical sickness and anything that troubles our
soul.*

*Let every fiber of our heart proclaim now with love
Your Glory;
hear our prayer, Most Gracious Lord, and answer us.
Amen”*

— Vassula (January 1998, India)

Prayers to the Holy Spirit for the Seven Gifts

*Lord and Source of Life,
Divine and sumptuous action of the Mystical
Body of Christ which is the Church,
Brightness of our soul, Giver of Gifts,
Revealer of the Filial Mystery,
Visit our poor soul so that You may enrich it with
Your gifts and that we may be transfigured
in Your Goodness and into Your Graciousness.*

*We ask You and beseech You, to cover us
with Your Seven Gifts so that our heart inflames
from Your ardent fire. Amen*

— Vassula (Lausanne Prayer Group 17.8.97)

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

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

—Vassula (9.1.96)

Holy Spirit, Giver of Life

‘Holy Spirit, Giver of Life, Holy Spirit, Thrice Holy,
grant us that we, too, may grow in love to know God
and obtain His Kingdom; Spirit of Piety let us die to
our principles, let us die to our partiality, our tepidity,
our lethargy and our ambitions;

come and revive us into Your Purity;
Supplier of the fruit of the Tree of Life, Eternal Joy, (...) Starlight of our soul, pass on to us the piety of Your Saints to keep Your Laws holy and graciously show Yourself to our wretched soul to remind us that incorruptibility will bring us near the Trinitarian God Most Powerful and Most Holy, hence nothing impure will be able to find its way in us ♡ Amen”

(based on 19.6.95 – Vassula’s adaption)

13. THOXA, THOXA

All stand, join hands and sing “Thoxa, Thoxa”,
a Hymn of Praise in Greek, in which we say:
“Glory to God, Glory to Christ, Glory to the
Holy Spirit, Alleluia!”

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

Alleluia, Alleluia, Alleluia, Alleluia

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

Alleluia, Alleluia, Alleluia, Alleluia.

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

Alleluia, Alleluia, Alleluia, Alleluia.

— *Pentecostal Hymn*

Thoxa Thoxa Thoxa Thoxa sto Christo;
 Thoxa Thoxa Thoxa Thoxa sto Christo;
(Glory to Christ)

Alleluia, Alleluia, Alleluia, Alleluia.

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

Alleluia, Alleluia, Alleluia, Alleluia.

14. CONSECRATION TO THE SACRED HEART OF JESUS

Jesus asks us to pray this prayer often:

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

I, (...), shall worship
Your Sacred Heart from the core of mine,
I promise to serve Your Sacred Heart
with a fire inside me,
I shall, with zeal, serve You
more fervently than before;

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

I, (...), will look for
Your Sacred Heart alone and desire You alone;

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

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

I, (...), consecrate my life for you
and from today am willing to be
the slave of Your Love, the victim
of Your Burning Desires and
of Your Passion,

the benefit of Your Church, and
the toy of Your Soul;

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

Sacred Heart of Jesus,
do not spare me from Your Cross,
like the Father had not spared You;
arrest my eyes, my thoughts and
my desires to be captives of Your Sacred Heart;

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

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

I, (...), voluntarily submit my will to Your Will,
now and forever; amen;

– *Jesus* (26.1.92)

ADDITIONAL PRAYERS

Consecration to the Two Hearts

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

therefore, we humbly come to
consecrate ourselves, our families
and our country to Your Two Sacred Hearts;
we believe that in consecrating
our country to You, nation will
not lift sword against nation
and there will be no
more training for war;

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

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

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

– *Jesus* (21.9.93)



I elpis mou O Patir

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

– *Orthodox prayer*

Tin pasa elpida mou

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

– *Orthodox prayer*

Prayer for the Conversion of the World

Father all Merciful,
let those who hear and hear again
yet never understand,
hear Your Voice this time and
understand that it is You,
the Holy of Holies;
open the eyes of those who see and see,
yet never perceive,

to see with their eyes this time
Your Holy Face and Your Glory;
place Your Finger on their heart
so that their heart may open
and understand Your Faithfulness;
I pray and ask you all these
things Righteous Father,
so that all the nations be
converted and healed through
the Wounds of Your Beloved Son,
Jesus Christ;
Amen;

– *Our Holy Mother* (15.5.90)

– *Jesus* (18.7.90)

DAILY PRAYERS

On May 4, 1988, Jesus recommended the following traditional prayers to Vassula, to be prayed daily. The versions Vassula inserted in the Message book are included here.

Novena of Confidence to the Sacred Heart

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

(Here mention your request)

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

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

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

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

— *Catholic Prayer*

The Memorare of St Bernard

“Remember, O Most Gracious Virgin Mary
that never was it known that anyone
who fled to Thy protection, implored Thy help
and sought thy intercession, was left unaided.

Inspired with this confidence, I fly unto Thee,
O Virgin of virgins, my Mother!
to Thee I come, before Thee I stand, sinful
and sorrowful.

O Mother of the Word Incarnate! despise not my
petitions,
but in Thy mercy, hear and answer me. Amen”

— *Catholic Prayer*

Prayer to St Michael the Archangel

“St Michael, the Archangel, defend us in the day
of battle,
be our safeguard against the wickedness and snares
of the devil.

May God rebuke him, we humbly pray, and do thou,
O Prince of the Heavenly Host, by the Power of God,
cast into hell Satan and all the other evil spirits,
who prowl through the world seeking the ruin of souls.
Amen”

Mary, Queen of Holy Angels, pray for us!

— *Catholic Prayer*

ABBUN DBASHMAYO
(Our Father in Aramaic)

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



VESPER HYMN TO THE SON OF GOD
(Fos Ilaron)

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

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

It is meet¹ at all times to
praise Thee with happy voices,
O Son of God and Giver of Life.
Therefore the world glorifies Thee.

— *Orthodox Hymn*²

¹ Worthy

² Music for this hymn is available from the addresses listed
at the back of the book.

STATIONS OF THE CROSS

Meditations from *True Life in God*

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

Lord, I don't know what You mean! What stations?¹
(29.5.87)

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

1. Jesus is Condemned to Death by Pilate

— *Mt 27:26; Mk 15:15; Jn 19:16*

“soon, and that is **your** soon, when you will be covered by your own blood, I, as Judge then, will remind you of the blood you were carrying on your hands for having prohibited **so many** to receive My graces through this Reminder of My Word, you are as the Romans, crowning Me with thorns daily; are you going to say then as Pilate: “I am innocent of this blood” and wash your hands in perfumed water? you refuse to accept the antidote to death, you refuse to acknowledge My Word given by My Holy Spirit in your days...” (19.1.95)

2. Jesus Takes up His Cross

— *Jn 19:17*

“they tied up My feet with ropes and told Me to walk to where My cross was.

daughter, I could not go since they had My feet tied, so they hauled Me to the ground and dragged Me by My hair towards My cross, My pain was intolerable, parts of My flesh which hung from the scourging was ripped off. they loosened the ropes off My feet and kicked Me to get up and lift My burden on my shoulders.

I could not see where My cross was for My eyes were filled up with My blood which was streaking down My face from the thorns, which had penetrated My head. so they lifted My cross and layed it on My shoulders pushing Me towards the gates,

daughter, O how heavy My cross was which I had to bear! I felt My way to the gates, led by the scourge behind Me, I tried to see My way through My blood which burned My eyes.” (9.11.86)

3. Jesus Falls under the Weight of the Cross

“I dragged Myself up; the crowds turned wild, I could see no friend around Me, no one was there to console Me, My agony seemed to grow and I fell on the ground.” (9.11.86)

4. Jesus meets His Holy Mother

“I came in this Holy Heart, image and likeness to My Sacred Heart, to become God-Man so that I follow Her steps¹ and that later on She follows Mine;² I have said that She and I shared everything all the way to the Cross;

Our union was so intimately perfect that We did not need speech, for the sole utterance was in Our Heart; My words and My thoughts did not need to be carried to Her in My absence; in the supreme power of My Holy Spirit, everything was known to Her; in Her virginal Heart everything was known to Her, since She possessed God and God possessed Her;” (25.3.96)

¹ When Jesus was a child following His Mother

² I understood that Mary followed Jesus in His Mission.

5. Simon the Cyrene Helps Jesus to Carry the Cross

— *Mt 27:32; Lk 23:26; Mk 15:21*

“fearing that I would expire before the crucifixion, the soldiers ordered a man called Simon to bear My cross. daughter it was not a gesture of kindness or of compassion, it was to save Me for the cross (...) bear My Cross, Vassula, bear it for Me.” (9.11.86)

6. St. Veronica Wipes the Face of Jesus

“I allowed them to crown Me with a crown of thorns, I allowed them to mock Me, and to spit on My Holy Face; (9.11.86)

I then felt someone wiping My face, women in agony came forth washing My swollen face, (9.11.86)

to have seen Me, consoles Me, tell them, that it takes so little, to console Me ♡ come and praise Me, loving Me ♡ (7.6.87)

...if you only knew how I am ready to forgive your era's crimes by just one kind look at Me, a moment's regret, a sigh of hesitation, a slight reconsideration; a smile at My Holy Face and I shall forgive and forget, I shall not even look at My Wounds, I will efface from My sight all your iniquities and sins, had you one mere moment of regret ♡ and all Heaven would celebrate at your gesture, for your smile and your kind look will be received like incense by Me, and that slight moment of regret will be heard like a new song by Me;" (29.8.89)

7. Jesus Falls Again Under the Weight of the Cross

“...I love all those who fall and come to Me asking for forgiveness, I love them still more. I will never reject them even if they fall millions of times, I will be there to forgive them and wash in My Blood their iniquities,... (30.1.87)

...I love you, and I will sustain your falls, I will not see you lost ♡ ” (15.5.87)

8. Jesus Comforts the Women of Jerusalem.

— *Lk 23:27-31*

“...women in agony came forth washing My swollen face, I heard them weeping and mourning, I felt them, “be blessed”, I uttered. “My blood will wash away all sins of mankind, behold daughters, the time has come for your salvation...” (9.11.86)

alas! for those who would still be carrying their sin, coiled inside them as with child when My Day comes! (2.6.91)

then all the earthly rulers, the governors and the commanders, the rich people and the men of influence, the whole population, slaves and citizens, will take to the

mountains to hide in caves and among the rocks; they will say to the mountains and the rocks, ‘Fall on us and hide us away from the One who sits on the Throne and from the anger of the Lamb;’” (3.3.92)

9. Jesus Falls once again under the Weight of the Cross
“My Heart fills with compassion for your misery, ♡ and your falls; (31.5.87)

today I am asking those who refuse this revelation this question, ‘**is it against My Law** in your era to save My creation from falling by My Providential Works of today?’” (2.1.88)

10. Jesus is Stripped of His garments

— *Mt 27:35; Mk 15:25; Lk 23:34; Jn 19:23-24*
“arriving on the Mount they thrust Me on the ground tearing off Me My clothes, leaving Me naked for every eye to see Me, My wounds opening again and My Blood flowing out on the earth. the soldiers offered Me wine mixed with gall, I refused it for deep inside Me I had already the bitterness given to Me by My foes. (9.11.86)

your clothes, My child, will roll in your blood, and this, too, will be the evidence that you come from Me; you were born for this and your acceptance delights Me because through your sufferings I will save many” (23.10.95)

11. Jesus is Nailed to the Cross

— *Mt 27:35; Mk 15:25-26; Lk 23:33-38; Jn 19:18*
“they quickly nailed My wrists first, and after allowing the nails to set in My cross, they stretched My broken body and with violence pierced My feet through. daughter O daughter what pain, what agony, what torment of My soul, forsaken by My beloved ones, denied by Peter upon whom I would found My Church, denied by the rest of My friends, left all alone, abandoned to My foes, I wept, for My soul was filled with sorrow. (9.11.86)

I have allowed them to crucify Me, all out of Love for you ♡ O children of The Crucified! how could you forget all that I have done for you? Wisdom had descended to be taken by force and by law, I was despised and rejected by men to bear **your** sufferings, I was nailed to the Wood to free **you**, I allowed them to pierce Me, and deliver you; I accepted a most painful death, so that your soul may live and be able to share My Kingdom; I let My Blood run out into Rivers, so

that you may obtain Eternal Life ♡ for your sake, I allowed Myself to be taken for a sinner (3.3.89)

how could you not love one another? how could you honour Me when you select and reject;¹ I was not nailed on the Cross for only the just;" (21.11.86)

¹ His Teachings. The Traditions of the Church

12. Jesus Dies on the Cross

— *Mt 27:46-50; Mk 15:33-37; Lk 23:44-46; Jn 19:30*
“the soldiers erected My cross setting it in the furrow. I gazed upon the crowds, from where I was hardly seeing, from My swollen eyes, I watched the world; I saw no friend among those who mocked Me, no one was there to console Me, “My God! My God! why have you forsaken Me?” forsaken by all those who loved Me. My gaze fell on My Mother, I looked upon Her and our hearts spoke, “I am giving you My beloved children to be your children too, You are to be their Mother”. (9.11.86)

“remember when I was on the Cross? what were the words I said? I said that She is your Mother too; She loves you and cares for you; Abba gives to whom He pleases; accept what God is giving you; (4.10.86)

I cried out from My Cross, It was My last loud cry I gave when I was in flesh, a cry full of sufferings, pains, and bitterness resounding from the depths of My Soul, piercing the heights in Heaven. It shook the earth's foundations and tore in half the hearts of those who loved Me, as it ripped the veil in the Temple ♡ It aroused devout followers of Mine, as It aroused the dead from their graves, overthrowing the earth that covered them, as It overthrew Evil. Great thunder shook the very Heavens above and every angel trembling fell prostrate and worshipped Me in total silence ♡ My Mother, standing nearby, on hearing My cry, fell to the ground on Her knees and covered Her face weeping, carrying that last cry with Her to the day of Her dormition; She suffered ... (29.4.87)

all was ending, salvation was near, I saw the heavens open and every angel stood erect, all stood in silence, "My Father, into Your hands I commend My Spirit, I am with You now". (9.11.86)

I am embittered; suffering still from many iniquities of the world; wickedness, lawlessness and egoism. My Cry is growing louder every day ♡ I was left alone on My Cross, alone to bear the sins of the world on My

shoulders ♡ alone to suffer, alone to die, shedding My Blood which covered the entire world redeeming you My beloved ones ♡;

that same Cry is now on earth like an echo of the past, am I living in the shadows of the past? was My Sacrifice in vain? how can you not hear then My Cry from the Cross? why do you shut your ears and dispel It? ♡” (29.4.87)

13. Jesus is taken down from the Cross

— Mt 27:59; Mk 15:46; Lk 23:53; Jn 19:39

Our Mother Mary speaks: “...never lose courage, I am beside you, enter into Jesus’ Wounds, enter into My Sorrowful Heart and feel My sorrow, feel how I weep;

I come to many,¹ I show them My Heart, I give signs by letting My Images shed tears, I appear at various places, but My children’s hearts are covered by a thick crust, a layer of disbelief, they ridicule those who believe, the Word of God means nothing to them, the calls of God are ignored, they pay little heed on Our warnings, no one wants to listen on revelations given

by God and spoken from His Mouth, your era's faith has vanished, swept away by intolerance, perversion, cruelty and ignominy, how sorrowful My Immaculate Heart is, My Hand can no longer keep God's Arm from falling upon you;" (6.8.88)

¹ Appearing.

14. Jesus is laid in the Sepulchre

— *Mt 27:60; Mk 15:46; Lk 23:53; Jn 19:41-42*

"I mean to raise you from your graves and lead you back to your domain: My Sacred Heart; (10.4.90)

and you My child who read Me or hear Me, you whom I visited your grave and made My Breath enter you, I tell you: follow the marks of My Blood I leave behind for you as a sign and if you are stopped and interrogated on your way by a passer-by, tell him that you are My pupil and I your Master and that you are on your way to witness a crucified Christ, a resurrected Christ; and if you will be stopped by a trader beware of his dishonesty, beware that he does not exchange the Cross I have given you for a corrupt so-called wisdom;

without a sound, without a word embrace more fervently than ever the bar across your shoulders, and fol-

low the marks of My Blood and they will lead you to Me; and if anyone of these start proceeding against you, do not cover your face against insult or strike, offer your backs too, so that they know you from your wounds, let them be a perfect imitation of My Wounds for they will be given to you by the very same ones who stroke Me, your Master; and then the Sign of the Son of Man will appear in the skies, a great light shall be seen in your darkness, for I, the Holy One mean to save you for the sake of My Name;

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

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

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

the Truth is LOVE; I am the Truth; be witnesses for
the Truth; receive the Holy Spirit of Truth, receive the
Holy Spirit of Grace ♡

I bless you all leaving My Sigh of Love on your fore-
heads; be one under My Holy Name ♡ IXΘΥΣ
✠ ” (22.10.90)

— *The Stations of the Cross is a Catholic Prayer*

HOW TO SAY THE HOLY ROSARY ORTHODOX

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



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

(continued on next page)

Using a prayer rope is simple enough: one says the Jesus prayer on each knot. On the cross one says: *Most Holy Mother of God, save us.*

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

Jesus Prayer Ropes are available in the following colours:

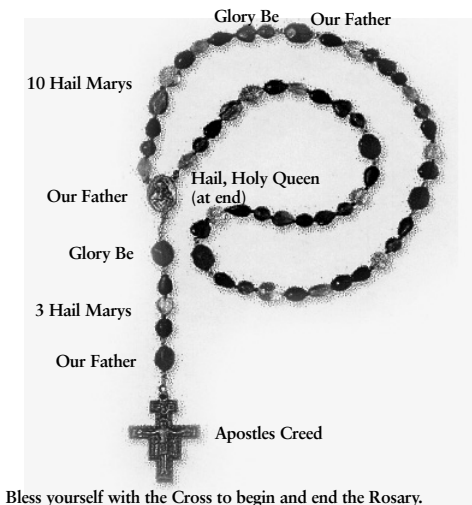
White, Gold or Silver = Resurrection, Green = Hope,
Blue = Mother of God, Red = Martyrs and Holy Cross,
Purple = Repentance, Black = Mourning of Sins

The Jesus Rosary is on page 44 of the Prayer Meeting Guidelines.

“... I tell you if anyone prays this Rosary to Me, heaven will open to him and My Mercy shall save him;...” (18.1.1990)

HOW TO SAY THE HOLY ROSARY CATHOLIC

“With the Rosary, the Christian people sits at the school of Mary and is led to contemplate the beauty on the face of Christ and to experience the depths of His love. Through the Rosary the faithful receive abundant grace, as though from the very hands of the Mother of the Redeemer” – Apostolic Letter Rosarium Virginis Mariae, John Paul II, 16.10.2002



The Rosary is made up of “decades”. A decade is one “Our Father”, followed by ten “Hail Marys”, then a “Glory Be”.
(continued on next page)

These are normally followed by other prayers, such as the “O My Jesus”, and/or “Jesus, My Only Love”.

There are four sets of five decades, each decade being an episode in the life of Jesus and Mary making a total of 20 episodes. The different episodes or ‘stories’ should be prayed about or meditated on whilst the prayers are being recited.

Rosaries come in a wide range of sizes and colours and are made from everything from wood, plastic, glass beads, seed-pods, and even precious stones.

It has been said that it is better to recite one decade of the Holy Rosary well than to recite five badly.

Full details of the Rosary prayers and the Mysteries start on page 13 onwards.

“...please Me by praying the Holy Rosary, feel the Mysteries, see them through your Holy Mother’s Eyes ...” (4.6.88)

“... every prayer should come from the heart, you have to feel what you say, so take your time by meditating every Mystery (29.11.88)

Note to the Reader

Punctuation

Punctuation in this book follows the original hand-written Messages where commas, semi-colons and colons are mostly used with the occasional full stop. Sentences begin with lower case letters except where the words refer to God or to St Mary (Our Lady) or where occasionally they have been used for emphasis. The spelling is also taken from the original Manuscript.

Vassula says: “I never understood why the text was punctuated in this manner until one day some priest told me that the Old Testament was written in the same style in Hebrew”.

The Publishers have striven to replicate the hand-written messages in this type-scripted version, leaving spelling mistakes as they appear in the original.¹ That stated, they regret any error in transcription however minor.

¹ The reader is referred to the messages of 7.11.1989 and 25.2.1991

Distributors for *True life in God*

Information is current at time of publication. Please check www.tlig.org for a current list of distributors for your area, for an appendix of the original volumes of the True Life in God messages, and other related publications and materials.

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