

Commands

TAKEN FROM THE BOOK OF ELIZABETH KINDELMANN CHAPTERS

2. **COMMANDS**

CHAPTER 2 – COMMANDS

(The numbers note the page in the Simplified Version of the diary where the quote is found).

(15) Do not spare yourself. Know no limit. Do not separate yourself from my work for even one moment. (Jesus)

(17) Use all your strength to bring sinners to me. Give no thought to anything else. (Jesus) (17) When you make the cross, think of the three Divine Persons. Make the sign of the cross five times, while thinking of my Five wounds. (Jesus)

(18) On Monday, pray for the Holy Souls, offering a strict fast and prayer during the night. (Jesus)

(18) On Tuesday, pray for the family and make spiritual communions for each member.

(Jesus)

(18) Invoke St. Joseph every day. He will help you. (Jesus)

(18) On Wednesday, pray for priestly vocations. (Jesus)

(18) On Thursday, make reparation to the Blessed Sacrament. (Jesus)

(18) On Friday, immerse yourself in my Sacred Passion. During the day, meditate on the

Way of the Cross. From noon to three, adore my sacred wounds. (Jesus)

(18) On Saturday, venerate my Mother in a special way. (Jesus)

(18) Seek the grace of a holy death for priests in their final agony. (Jesus)

(19) On Thursday and Friday there must be a family holy hour. (Mary)

(20) In this ceremony, they will pass the lighted candle from one to another. Let each person take the candle home and begin family prayer in the same way. (Mary)

(21) Quickly pass on my Mother's Flame of Love. (Jesus)

(21) Do not delay any more. (Jesus)

(24) You must spread my Cause. Do not be afraid. The Flame is gentle and will arouse no suspicions. (Mary)

(25) My Redeemer asked me to say this prayer, which expresses his longings :

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.8

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. (Jesus)

(25) Through this prayer, Satan will be blind and souls will not be led into sin.
(Jesus)

(26) You must give yourself to me all day, not just when you awake. (Jesus)

(28) Do not delay. Everyone has already wasted too much time. (Mary)

(28) Hide beneath my mantle and frequently kiss the scapular that you wear.
(Mary)

(29) Suffer with me. Feel with me! Relieve my sorrow. (Jesus)

(31) Intensify your desires so that my Flame of Love is put into action.
(Mary)

(34) The coming of my Kingdom must be your only purpose in life. (Jesus)

(34) Always be joyful. Do not let anyone disturb your cheerful spirit. (Jesus)

(35) Let the coming of my kingdom be your only purpose in life. Be valiant
and testify to me before all. (Jesus)

(36) Draw close to me without fear. (Jesus)

(36) Do nothing from your own will. Bring everything to your spiritual
director. Leave the rest to him. His words will always come from me.
(Jesus)

(38) We must seek lodging for my Flame of Love, which is Jesus Christ
himself. (Mary) (42) The Flame of Love seeks lodging. Get close to St.
Joseph. He will accompany you.

(Mary)

(45) Act quickly, do not postpone my Cause for another day. (Mary)

(45) Have confidence. Always refer to the Flame of Love. (Mary)

(45) When you pray the Hail Mary, include the following petition, "Spread
the effect of grace of thy Flame of Love over all of humanity."

(48) We must seek lodging for My Flame of Love. Let's take action. (Mary)

(30) My daughter, stay with me and relieve my sufferings by your
presence. Do not leave me alone. (Jesus)

(53) Keep saying, 'My adorable Jesus.' This pleases me and gains graces for many souls.

(Jesus)

(56) People call me sorrowful mother, but I did not just suffer at the Cross. I am still suffering today. (Mary)⁹

(58) You are too immersed in earthly things. In your battles, do not seek relief by looking to earth. Come closer to me. Always look up. I and my Mother await you in heaven.

(Jesus)

(63) Suffer with perseverance and devotion. Time is short and never returns. What you do not accept at a given moment, never returns. Every small drop of sacrifice accepted with love delights the Holy Trinity. (Mary)

(64) Repentance is the only step that comes near to me. Do not wander. Stay at my side so

I can quickly lift you up from any fall. (Jesus)

(65) I wanted you to renounce all distracting literature. Your life is prayer and sacrifice. Do not fear. I will repay you. (Jesus)

(68) I can no longer contain the Flame of Love in my heart. Let it leap out to everyone.

Prepare to set out. Only the first step is difficult. (Mary)

(68) Take up my Cause. You cannot rest. Do not be tired. Do not give up. All interested in my

Cause must come together. (Mary)

(68) Defend my Cause from all obstacles. Dedicate yourselves to blind Satan. (Mary) (68) Do not delay. You have responsibility for many souls. I do not want even one soul to be condemned. This responsibility does not just fall upon priests. The responsibility is great but the work will not be in vain. (Mary)

(69) Do not be passive about my sacred Cause. (Mary)

(70) Do penance, so my hope in you produces salvation. (Jesus)

(71) Believe the words, 'If each Christian saved just one soul, no one would be lost.' (Jesus) (72) You, mothers, must extend the warmth of your homes even to those children who are now grown. You must imitate my Mother who always provided me with her love. Her powerful intercession gained this great grace for all of you. (Jesus)

(72) My Mother wants every family to be a sanctuary where she works miracles in the hearts. (Jesus)

(73) You must renounce yourself moment by moment. You cannot stop even for a short time. All passes away. Only your work for souls remains. (Jesus) (75) Keep working for souls. Put all your efforts into this work. (Jesus)

(76) You must also accept me with my beaten body and pierced hands, feet and heart. I sacrificed Myself. You can never do too much for me. (Jesus)10

(77) Concentrate on priestly vocations, those who have not yet accepted their call and those who are already priests. (Jesus)

(77) Warn everyone, especially the priests, so they are shaken out of their indifference. (Jesus)

(80) Use your sacrifices to stir up the Flame of Love. Do not allow the flame to flicker.

Use well the time given to you. (Mary)

(81) The spreading of the Flame of Love must be the main purpose of your life. Let it flow smoothly like a stream of water, which nothing can stop. This purifying grace saves and gives life. (Jesus)

(82) Always try to go higher. Do not look to the right or the left. Look only into my eyes.

(Jesus)

(83) Love, filled with repentance, intoxicates me. Let everyone's repentant love intoxicate me.

(Jesus)

(84) All must do their part in my saving work. In many souls, this call is sleeping. They must awaken and not be lazy. (Jesus)

(86) Do not let your thoughts wander. Think only of me. (Jesus)

(86) What hurts most is that consecrated souls set me aside. They have no time to spend with me. They give their time to other things. You foolish ones, every minute passes.

(Jesus)

(87) Repent! Repent! Repent! All of you, repent. Only the voice of repentance holds back my

Father's chastising hand. (Jesus)

(87) On the way to Calvary, I asked the pious women to be sorry for their sins, not for me.

(Jesus)

(88) Suffer with heroism. From time to time, I will lift the veil and show you my joy. (Jesus) (105) Do not be afraid to speak! You must shake people and awaken them from their lethargy. You cannot leave them with empty hands and empty hearts. You must speak!

(Jesus)

(105) You must explain my Flame of Love by speaking about it. You have no right to be silent because of cowardice, pride, or negligence. Let your words be alive and have an impact.

(105) Ask for a word and I will give it. Each word is a seed planted in the listeners that will bring forth a harvest. (Jesus)11

(109) We must intensify prayer. We must sacrifice for world peace and for the salvation of souls. We must go to the limit. (Jesus)

(109) Every parish must urgently form communities of prayer.

(109) Bless each other with the sign of the cross. (Jesus)

(109) All who delay this outpouring of grace have a grave responsibility. (Mary) (110) Multitudes in every part of the world should petition the Holy Father for an official declaration of the effusion of the Flame of Love of Our Hearts for the whole world. We do not ask the Holy Father to examine this. That will take too long. Everyone just needs to experience this in his or her own heart. Our petition is urgent. No time for delays. Let priests and their people gather in spiritual oneness. This outpouring will reach even the souls of the non-baptized. (Jesus and Mary)

(110) My children, pray for one another without ceasing. Let the outpouring of my graces produce its effect in souls. (Mary)