

FLAME OF LOVE FASTING

CHAPTER 1 - PROMISES

The Fast for the Soul of a Priest

(18) Each time you fast, you will free a priest's soul from purgatory. (Jesus)

(18) Whoever practices this fast will themselves be freed within eight days after their death. (Jesus)

(40) If a person fasts for a deceased priest, by that fast the priest's soul will be freed from purgatory, eight days after his death. Anyone who observes this fast, will free a suffering soul. (Jesus)

(40) By observing this fast, priests will be freed from purgatory on the eighth day after their death. (Jesus)

The Fast for the Soul of a Family Member

(66) If a family keeps a holy hour on Thursday or Friday, and someone in that family dies, the person will be freed from Purgatory after one day of the fast kept by a family member. (Mary)

(108) If priests observe this Monday fast: in all the holy Masses that they celebrate that week, at the moment of Consecration, they will free innumerable souls from purgatory. (Mary)

(108) Consecrated souls and the faithful who keep the Monday fast: will free a multitude of souls each time they receive Communion that week. (Jesus)

CHAPTER 2 - COMMANDS

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

CHAPTER 3 - DIRECTIONS

(109) Our Lady explained the fast. We can eat abundant bread, with salt. We can take vitamins, medicines, and what we need for health. We can drink abundant water. We should not eat to enjoy. Whoever keeps the fast should do so until at least 6:00PM. In this case, they should recite five decades of the rosary for holy souls. (Elizabeth)

CHAPTER 4 - Words for Elizabeth

(15) I ask something great from you. Every Thursday and Friday, fast on bread and water and offer this fast for 12 special priests (Hungarian priests who will be entrusted with this devotion). On both days, spend four hours in my Divine Presence to make reparation. On Fridays, from noon to three, adore my sacred Body and Precious Blood. Keep the Friday fast until 3:00 PM, the hour my Body was lowered from the cross. Accepting this sacrifice will gain extraordinary graces." (Jesus)