

# Promises

TAKEN FROM THE BOOK OF ELIZABETH KINDELMANN

## CHAPTERS

### 1. PROMISES

### 2. COMMANDS

### 3. DIRECTIONS

### 4. WORDS FOR ELIZABETH



## CHAPTER 1 – PROMISES

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

(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)

(19) With this flame you will light all the hearts in the world. The miracle will be this. This flame will become a fire, and with its shining light, this fire will blind Satan. (Mary)

(20) My flame will go forth from Carmel, because they are the ones most called to honor me. (Mary)

(24) Prepare everything so that it will spread like wildfire. (Mary)

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

(27) I would speak to every soul this way, if they would receive me. (Jesus)

(29) If they used the sacrament of Penance to polish these treasures, they would shine again. (Jesus)

(32) Since the Word became Flesh, I have never given such a great movement as the Flame of Love that comes to you now. Until now, there has been nothing that so blinds Satan. (Mary)

(32) The Flame will be lit and will reach the whole world, not just in nations that have been faithful. (Mary)

(32) I cannot deny my Mother anything when she uses her Flame of Love. (Jesus)

(33) With my Flame of Love I want the home to come alive again with love. I want to unite scattered families. (Mary)

(34) In spite of objections, bad intentions and obstacles, my Cause will succeed. (Mary)

(38) From now on, when any of you are at prayer during the night vigil, I will give you the grace so that the Flame of Love blesses dying persons in the whole world. (Mary)

(38) I will blind Satan so this Flame will save the dying from eternal damnation. (Mary)

(39) Because of your humility, my Flame of Love will move gently ahead, without any force. (Mary)

(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)

(40) You must see Thursday and Friday as days of great grace. During the hours of reparation, the power of Satan will weaken to the degree that you pray for sinners.

(Mary)

(44) My Flame of Love is burning. It is so great that I cannot keep it any longer within me. It leaps out to you with explosive power. (Mary)

(44) When the Flame of Love pours out, my love will destroy the satanic hatred that contaminates the world. The greatest number of souls will be set free. (Mary)

(44) Nothing like this has existed before. This is my greatest miracle that I will do for all.

(Mary)

(44) My Flame of Love will blind Satan to the degree that you spread it to the whole world. This Flame will work miracles in their hearts. They will communicate this miracle to others. (Mary)

(44) No need for this miracle to be authenticated. I will authenticate the miracle in each soul. All will recognize the outpouring of the Flame of Love. (Mary)

(46) If at any moment, someone prays three Hail Mary's in my honor, while referring to the Flame of Love, they will free a soul from purgatory. (Mary)

(46) During November, one Hail Mary will free ten souls. The souls in Purgatory should experience the effect of the Flame of Love. (Mary)

(46) While someone is at adoration or visiting the Blessed Sacrament, Satan loses his dominion. As a blind man, he ceases to rule over souls.

(Mary)

(49) If people assist at mass without any obligation and are in God's grace, I will pour out the Flame of Love and blind Satan during mass. When Satan is blinded, he can do nothing. (Mary)

(49) Participating in mass helps the most in blinding Satan. He knows his downfall is near. (Mary)

(51) I will give you the grace of full abandonment to me. This grace will totally control your being, and grace will go out to others. (Jesus)

(56) Whoever walks with me will be joined with me in one glance. (Jesus)

(61) The Spirit of Pentecost will flood the earth with the Spirit's power and a great miracle will gain the attention of all humanity. This will be the effect of grace of the Flame of Love. (Jesus)

(61) The face of the earth will be renewed because "something like this has not happened since the Word became Flesh". (Jesus)

(61) Earth, although flooded with sufferings, will be renewed by Our Lady's intercession. (Jesus)

(62) I, the beautiful Ray of Dawn, will blind Satan. No dying soul should be condemned. My Flame of Love will now be lit. (Mary)

(64) By my Flame of Love, a new era of grace, never before known on the earth, will begin. (Mary)

(64) When the effect of grace of my Mother's Flame of Love pours out into all hearts, she will be venerated as never before. All will join in one gigantic prayer of petition. (Jesus)

(64) I am continually at your disposal. You do not need to stand in line or to have an appointment. I am present everywhere. (Jesus)

(65) If my Flame of Love is lit upon the earth, grace will be poured out upon the dying. Satan will be blinded and through your nightly vigil, the agony of the dying will end. Even the hardened sinner will have a conversion. (Mary)

(66) I extend the Flame of Love over all towns, not just those that live in Holy Mother the

Church, also on all souls that have been baptized.  
(Mary) (The diary notes that this was  
further extended by Our Lady to the non-baptized.  
September 19 and 22, 1963)

(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)

(68) My Flame of Love will encounter no resistance and  
will illuminate souls with a gentle light. They will be  
intoxicated with abundant graces and announce the  
Flame to  
everyone. A torrent of graces which have not been  
given since the Word became Flesh  
will pour out. (Mary)

(69) Satan will be humiliated and unable to exercise his  
power. (Mary)

(69) Through a few people, a great outpouring of  
graces will change the world. No one must excuse  
themselves or refuse my invitation. All are my  
instruments. (Mary)

(70) When I encounter one holy person, I pardon many.  
(Jesus)

(72) I do not want one soul condemned. All must desire  
the same thing. That is why I place this beam of light,  
the Flame of Love, in your hands. (Jesus)

(72) She places in your hands the Flame of Love which  
will blind Satan who wants to rule over families. (Jesus)

(73) Anyone who reads about what I gave you  
yesterday will share, without any exceptions, in the  
outpouring of my graces. By this, I pay you in advance  
for all your sufferings. (Jesus)

(74) Let my Precious Blood fall upon you. My drops of  
Blood are a bank check. The check is valid until the  
end of the world. The soul in God's grace can cash it at  
any time before their death. Each soul must use this

check as frequently as possible. It is the ransom paid by my Precious Blood. (Jesus)

(77) All who are one with me receive this sharing, which is an eternal circular movement between heaven and earth. Your sacrifices rise to me and my blessings pour out upon you. (Jesus)

(86) The time you spend on me is never lost. It is saved for eternity. Since you will render an account of how you spend your time, why not do everything for me. This is so easy. (Jesus)

(87) Once Satan is blinded, the decrees of Vatican Council II will be fulfilled in an extraordinary way. (Jesus) (The Council had begun two weeks earlier.)<sup>5</sup>

(87) Tell all that the mass is a manifestation of my presence and I pour out great graces through the mass. (Jesus)

(87) Satan being blind signifies a worldwide triumph of my Sacred Heart, the freedom of souls and a full opening of the road of salvation. (Jesus)

(89) With your help I will perform a miracle that the intellectuals will try to imitate in vain. It will never be in their power. (Mary)

(89) We will put out fire with fire. Satan's hatred hurls its flames so high that he believes victory is secure. But, my Flame of Love will blind Satan. I have given this Flame into your hands. Soon, it will arrive at its destination and will quench the fire of hell. (Mary)

(89) Satan's fire burns in some minds and hearts. Instead, I want my gentle Flame to burn there. (Mary)

(89) As the number who sacrifice increases, the Flame will grow greater. The brilliance of my Flame of Love will fill the whole earth. (Mary)

(91) By my Flame of Love, I will place the crown of success on the Holy Council (Mary)

(Vatican II was completed in December, 1965).

(93) Many do not see my hand begging for help. I draw close but they turn away and keep walking the road of darkness. The Flame of Love will be placed on earth to enlighten these souls. (Jesus)

(93) When souls make sacrifices for my saving work, I am in debt to them. They buy me with their favors. (Jesus)

(101) I will enkindle the Flame of Love in millions of souls. Satan's fire cannot extinguish this flame. My Mother will light one match and blind him. (Jesus)

(106) Trust my Mother. The world of the future is being prepared. The smile of my Mother will light up the whole earth. (Jesus)

(106) If we depend on the Flame of Love, the Lord will enlighten our intellect and show us the most perfect will of God. (Elizabeth)

(106) All will see the results of their labors on behalf of the Flame of Love. (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)<sup>6</sup>

(109) Our Lady said that the sign of the cross expels Satan, as does the ejaculatory prayer "Spread the effect of the grace of thy Flame of Love over all of humanity." (Elizabeth)

(109) My Mother is Noah's Ark. (Jesus)

## **CHAPTER 2 – COMMANDS**

(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.<sup>8</sup>  
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)<sup>9</sup>

(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)<sup>10</sup>

(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)<sup>11</sup>

(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)

### **CHAPTER 3 – DIRECTIONS**

(12) Early on, Elizabeth got a key to the Church: “After I got the key, I visited him every night. It is impossible to describe these intimate hours.” (Elizabeth)

(20) Ask my priests to speak of my beloved Mother. They should never give a homily without exhorting people to deep devotion to her. (Jesus)

(36) Speak only what I taught you. Few words will produce abundant fruit. (Jesus)

(63) Have you ever asked for souls and I did not grant it? Never grow tired of asking for souls. If many asked, many would be converted. Especially the sick must ask. Their one petition can bring about massive conversions. (Jesus)

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

(72) I do not want one soul condemned. All must desire the same thing. That is why I place this beam of light, the Flame of Love, in your hands. (Jesus)

(74) What you give me each day is not important. It is only important that you never stop giving. (Jesus)

(75) Experiencing your weakness is no obstacle. The Cause only needs your humility to succeed. (Jesus)

(78) Taking your food without any taste is a sacrifice which is tasty for me. We harvest together. (Jesus)

(80) When it comes to serving me, no one can do too much. (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) Write to the indifferent soul, “There is no progress without sacrifice.” I do not want

sterile devotion, like a tree that bears no fruit. Grace only illumines hearts that are burning. (Jesus)

(88) Many souls receive abundant graces but they are not prepared for them and the graces drain out. (Jesus)

(106) Go into battle. (Jesus)

(106) Satan tries to ruin the good. Christians cannot be satisfied with little efforts, here or there. (Jesus)

(106) Feel responsible for the fate of all humanity. (Jesus)

(108) The Church and the whole world are in danger. You cannot change this situation. Only the Holy Trinity, through the unified intercession of the Blessed Virgin, the angels, the saints and the souls in purgatory, can help you. (Jesus)

(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 6:00 PM. In this case, they should recite five decades of the rosary for holy souls. (Elizabeth)

(109) Humanity needs secular people with a spirit of prayer. (Mary)<sup>14</sup>

#### **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)

(24) Renounce the reading of frivolous books, the hearing of your favorite music and your seeking to be

among others. (Jesus)

(28) You, Elizabeth, do not leave me alone. Draw souls close to me whenever you can.

(Jesus)

(30) At your meals, stop eating what is tasty. Only in this way, will I be your guest. (Jesus)

(33) My Flame of Love being lit depends on you. (Mary)

(34) Satan takes up his battle against the human race as never before. (Mary)

(35) Do not go. Why are you in such a hurry? (Jesus)

(35) I bless this house that is consecrated to my Sacred Heart. (Jesus)

(37) Your principal missionary work will always be your family. (Jesus)

(37) You must take my Flame of Love to the other side of the ocean. (Mary)

(45) Always seek humility. Distance yourself from those who honor you. (Mary)

(48) Right here in this church, you will spread the devotion. (Mary)

(53) You are a mother. What if your six children were condemned to hell? What sorrow you would experience! Likewise, what torments I experience to see so many of my children fall into hell. Help me! (Mary)

(58) Do not leave me here. I am alone and without consolation. How often I am alone. I share this Church with you. You enter whenever you wish. (Jesus)

(62) Earth is experiencing the calm before the storm, like a volcano about to explode. Earth is now in this terrible situation. The crater of hatred is boiling. (Mary)

(62) It will be a terrible storm, a hurricane that will want to destroy faith. In that dark night, heaven and earth



will be illuminated by the Flame of Love that I offer to souls. (Mary)

(64) Our Lord said that the final twenty minutes on the cross were his worst agony.  
(Elizabeth)

(64) In September, you must begin to spread the Flame of Love even more. (Mary)

(65) Until now, you had to say three Hail Mary's to free one soul. In the future, three Hail Mary's will free ten souls from that place of suffering.  
(Mary)

(66) Do not let the world attract you. You have become an arrow that flies straight to me.  
(Jesus)

(67) Only a mother can understand my anguish. How many of my children will be condemned? I collapse beneath the weight of this sorrow. (Mary)

(72) I want to save the world and I want you to be the first to experience this immense power to blind Satan. You will receive the great grace by which we will save souls from eternal condemnation. (Mary)

(73) Renounce your own entertainment. Do not allow any passing diversion. For you, only one thing is necessary – to share in my saving work. (Jesus)

(75) By the Flame of Divine Love I will expand your soul to receive more abundant graces.  
(Jesus)

(77) Elizabeth, can you imagine Me not granting you something for the good of souls? I would be opposing my saving work. Just make sacrifices for those whom you want to lead along my road. (Jesus)

(82) All can make God happy by repentance for their sins. Everyone has the power to make God happy.  
(Jesus)

(82) Realize that this short time is useful. Put aside the newspaper and help suffering souls to come to heaven. Write this down. All can help in my eternal plans. (Jesus)

(86) Let no creature come between us. Write down my words so others realize that they can only possess God if they come far away from all earthly noise. (Jesus)

(110) Through you, we ask for a great mobilization of the whole world. (Jesus & Mary)

VIEW THE SPANISH VERSION FOR FLAME OF LOVE

© 2018 CHILDREN OF THE FATHER FOUNDATION - SITE DEVELOPMENT BY HYPERDO MEDIA