

Word of God

How can I become healthy?

A selection of godly proclamations received
through the 'Inner Word' by Bertha Dudde

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Blessing of ill health and suffering....

B.D. No. 0687

November 27th 1938

The state of suffering often obliges a person to take a closer look at his whole life on earth, and this is both beneficial for the soul as well as very often favourable for the body, since the human being, in recognition of his wrong thoughts and behaviour, will frequently endeavour to change his nature. This can also have a positive effect on his body in so far as that a decent way of life can considerably contribute towards maintaining a healthy body or curing a sick one.

The body often has to be afflicted by illness or infirmity, precisely in order to make the person realise that his conduct had completely contravened God's order... For all reprimands and warnings sent to people by the Lord won't achieve what ill health can often bring about. The human being has no option but to turn away from the world and its pleasures and see earthly life in a completely different light... He sees the body's frailty and helplessness, and his personal sense of weakness, his inability to escape this condition, will automatically direct his thoughts towards spiritual issues. He will then be far more inclined to deal with problems which are far from a healthy person's mind, and such thoughts can induce a change if he does not oppose them, and thus the spiritual beings can start with the work on such a person's soul by influencing him ever more into asking questions, which will then be answered by the spiritual beings in the form of bright ideas, and thus he is gradually guided into a spiritual sphere which he finds agreeable and which internalises him. To come to the same realisation within the commotion of the world would have taken him a very long time, which would have passed in vain for the soul... this way, however, a short time can suffice and advance him

considerably. And thus, suffering should not make a person unhappy, instead it should equally be regarded as a demonstration of the eternal Deity's love, which the human being will soon understand if he, through suffering, has taken the right path and subsequently can move on by actively working for the salvation of his soul....

Amen

Strokes of fate.... Remedies....

B.D. No. 6290

June 21st 1955

The wounds I have to inflict on you if I don't want you to fall into everlasting death are truly not an expression of wrath, of lack of love, nor are they indications of just punishments for your transgressions.... They are merely remedies to remove ailments which you have caused yourselves and which are needed in order to restore the health of your soul.... It was your own fault that you left the eternal order or your fate would be one of pure happiness and beatitude. Believe Me, I would much rather grant you blissful happiness but you yourselves make it impossible for Me as soon as you leave My order.... however, I will use everything to lead you back into divine order again so that I can make you abundantly happy once more. The more hardship and sorrow, misery and illness are evident on earth the greater are the offences against My order, and by looking at this adversity you humans can see how low you have fallen, for I would truly rather make humanity happy than let unfounded tribulations befall them in order to restore My eternal order again.... And although the individual person believes himself to be a lesser sinner than the misfortune he has encountered.... you humans don't know the correlations or the extent of a misfortune's effect.... nor do you know who will be helped to mature in turn as a result of the individual person's fate.... You also don't know what you have voluntarily offered to endure **before** your incarnation as a human being.... I, however, know everything, and I truly will not impose upon you a greater burden than you are able to bear....

Furthermore, I offer Myself as a cross bearer if your cross seems too heavy for you.... Unfortunately you don't very often take advantage of My help, and thus you complain about your burden and frequently protest its weight.... You were motivated by **love** to offer yourselves to bear a burden of the cross.... But in earthly life you don't know **why** you, who believe to belong to Me due to your will, have to suffer.... Yet I want you to travel your path silently and without complaining even without knowing the cause, I want you to humbly accept your cross, I want that you always submit to My will in the recognition that the One to Whom you submit yourselves is a God of love and that **everything** you receive from Him will be a blessing for you....

Therefore, don't object to your destiny whatever comes your way.... don't complain and grumble if you want to belong to Me but always rest assured that it is only for your benefit.... that it always signifies help and a restoration of My eternal order.... rest assured that one day you will realise it and be grateful to Me that I allowed you to take this arduous earthly path with its misfortunes but also with My love, which is the reason for everything that affects you, because it only ever wants you to become blessed....

Amen

Harmony of body and soul....

B.D. No. 4326

June 9th 1948

The body, too, should be well cared-for in order to maintain its strength and keep it in shape for its task.... to help the soul attain higher development. The body should not be entirely neglected because orderliness is My law as well, and orderliness includes everything which results in a supportive and progressive outcome. It is indeed the human being's task to detach himself from matter, to rise above it by liberating his heart from it and thus no longer be controlled by earthly material things. Nevertheless, the body also has to be in harmony with the soul, it has to provide the soul with

inner calm which it can always achieve once it has calmed itself down, i.e., once its needs are met and it can attend to the soul's requirements.

The body can indeed make demands which betray materialistic thinking that by no means corresponds to My law of order, in that case it is not in harmony with the soul, and if the soul is already enlightened it will resist and refuse to give in to the body's desire even if it continues to persist in its demands. Then soul and body are silently fighting each other, then the body will be poorly endowed from all directions until it is content with being granted minor wishes, until it has accepted the soul's requirements. At that point it has entered the right order again and will also feel comfortable in that state since it then considers itself as the soul's supporter. Subsequently it can also be granted bigger wishes again since there is no more risk that the body will overrule the soul by getting so involved with the material world that it totally neglects the soul.

The body must never control the soul, the material world must never be given priority, the soul must be the determining factor and supported in its desires and aspirations by the body, then the body can also be granted relief and fulfilment of its desires, for then the body will never make demands which are detrimental to the soul, and the soul will mature anyway, since it constantly endeavours to live in harmony with Me, to attain My pleasure and to come close to Me, and can obviously bypass the pleasures of the world. I want to give joy to people on earth too once these joys are no longer a danger for the soul; but only I can judge when this will be the case, and so I quite often let the body go short, just as I also provide people who are faithfully devoted to Me with private joys in order to demonstrate My love for them, which always wants to please....

Amen

The right physician and the right medicine....

B.D. No. 6844

June 3rd 1957

Time and again you humans will receive what helps your soul's recovery, but it will only ever be offered to you, you will not be forced to accept it. And therefore many souls will remain ill and weak because they ignore what I constantly offer them in My Love: My Word, which is the best medicine for the critically ill soul. Your soul is already ailing when it begins its earthly life and shall take the path across earth in order to achieve complete recovery. But it can also leave earth again in the same state of weakness, in that case, however, it will still have to struggle for an infinitely long time until it achieves what it could easily have achieved on earth.... complete well-being, a state immersed in light and abundant strength, which makes it indescribably happy.

I Myself lived on earth as a human being in order to give you an example as to how to live a correct way of life on earth.... I knew all the weaknesses and shortcomings of a human being and have shown you how you can reach your goal despite your weakness and imperfection.... I instructed you, hence I spoke to you Myself, I offered you on earth the medicine by which you can be healed. Admittedly, I returned again into My kingdom but time after time My Word is made accessible to you, for I Myself speak through the mouth of My servants, My disciples, who speak on My instructions.... I Myself descend to you humans in My Word, I Am present with you in My Word, because I took pity on you when I saw your ailing and weak souls, because I know that you need a physician Who can heal you because He knows your condition and keeps the right medicine ready. Yet only rarely do you turn to this physician and thus remain in your weakness and cannot recover. And even if I speak to you, you don't listen and the short time of your life on earth is passing by without having made any spiritual progress.

And so I have to speak louder.... As a conscientious physician I must also undertake painful interventions in order to save your souls from certain death.... Remember this when you experience things which appear cruel to you, which you are unable to reconcile with the 'love of a God'.... Remember that I do not force you to listen to Me but, if you refuse, I will speak to you such that you will have to hear Me.... Remember that even the most painful intervention is only based on My love for you. But if you give Me the opportunity to speak to you just once by thinking about the One, the

Almighty, Who controls everyone's fate, then great danger will already have been averted from you. Then you will have entrusted yourselves to the Physician and Helper to some extent, and then He can also administer the right medicine by speaking to you and giving you instructions which, if you follow them, will surely save you from death.

I only want that you spend thoughts on Me, for only then will I be able to gain access to you, because then you will voluntarily open the door of your heart to Me through which I can enter and give you what you urgently need. And because I don't use any coercion I use other means which can direct your thoughts to Me. All distressing events, all kinds of misfortunes and even natural disasters are such means used for My living creations who hardly ever think of Me and their actual task during their earthly life, I pity them, for their ailing souls will still have much sorrow to bear if they do not strive for recovery while they are still living on earth. For I Am a God of love Who wants to see all His living creations be happy but Who also always respects His creatures' free will and thus leaves the shaping of its future fate to the soul itself....

Amen

Saviour of body and soul....

B.D. No. 4626

May 1st 1949

You should bring all your cares to Me, for I Am truly the greatest Saviour and able to take every ailment from you, Who is able to grant health to your body and soul and bestow you with an eternally indestructible life. Even though you are required to use earthly medications, without My blessing the objective of these medicines will be defeated; whereas I can also bless the sick person to become healthy in accordance with My will without external remedies. And I will do this as soon as I recognise that his suffering is no longer necessary, as soon as it has achieved its purpose and contributed towards the purification of the soul. For the sickness of soul is related to that of the body. You humans have no idea what a large factor physical illness plays in the soul's higher development and how grateful the soul will be one day that it was allowed to take this path in the flesh, and a much shorter path of earthly life resulted in its greater maturity.

Therefore, when you suffer you should only ever pray 'Father, your will be done....' Then I will do My part just as you do yours, I will come to you as Saviour of body and soul and your recovery will be ensured. Bear your fragile body for the sake of your soul's strength and know that it will find it much easier to develop and look for unity with the spiritual kingdom if its body does not offer resistance, which it always does in a healthy state. Then the soul will be beautiful when it leaves its physical shell.... But in order for you to become conscious of My presence and My work, the healing process will happen quickly if you completely devoutly expect the miracle, if you thus believe that nothing is impossible for My might and strength and that My love is always intended for you and therefore also wants to help you. Firm faith is the best remedy which will never fail.... Bring all your cares to Me and you will be set free from them, but come with a strong, unwavering faith and I will not let it be destroyed....

Amen

Serious Words from the heavenly Father.... Physician.... Medicine....

B.D. No. 6084

October 20th 1954

What I administer is a truly beneficial medicine for your soul which enables its recovery and makes it suitable for eternal life in beatitude. Yet what good is it to you if you don't use it, if you indeed know its healing power but don't utilise it.... what is the use of listening to My Word if you don't live accordingly.... if therefore the strength of My Word cannot take effect on you? You have a most effective means of healing but don't put its effectiveness to the test; you seek advice from Me as your soul's physician but don't follow My instructions and thus cannot get better although you are under the care of a good physician.... You don't want to live up to My advice and therefore remain in a

miserable state, and your soul's hardship remains undiminished.... it has to suffer because you deny it help. And the soul's suffering results in earthly adversity, for thereby I want you to think about the fact that your way of life is wrong, that it puts your soul at risk and that it ought to beware not it lose its life....

Yet I can only ever offer you what will help your soul.... If it doesn't accept My medicine it will remain sick and in a wretched state and unable to enjoy the spiritual life.... This is why hearing My Word will not benefit you greatly as long as you don't make any effort to live accordingly.... for you will only receive strength when you put My Word into practise by fulfilling My commandments of love. Only when you carry out deeds of love on earth will you be permeated by My strength of love yourselves, and that also signifies your soul's recovery, it signifies a state of life in strength and light.... I would like all of you to attain this and therefore seriously admonish you to take My Words to heart and act accordingly.... I caution you not to treat your soul's life carelessly but to straight away provide it with the strength it needs to get well again.... I exhort you to ask Me for help if you are unable, if you are too weak, to accomplish your will.... I will provide you with the strength if only you turn to Me with complete confidence, if you call upon Me with your heart and confess your weakness.... For I Am always your Physician and Helper Who will never leave you at the mercy of your fate but wants to save those who are ailing in body and soul....

Amen

God's strength can also grant physical recovery....

B.D. No. 7980

August 31th 1961

You are truly offered something precious when I talk to you directly, and you will always be able to draw strength by just consciously opening yourselves to My emanation of love if you want to receive the ray of strength from Me, if you desire to be filled with strength from Me.... if you want your hunger and thirst to be stilled by the nourishment you receive from Me Myself. However, you are as yet unable to recognise the real value of My gifts of grace.... even though you willingly listen to Me, even though you belong to those who want to be nourished and have their thirst quenched by Me. Were you able to assess My greater than great love for you which constantly wants to make you happy and grant you gifts, you would also know that I only offer you gifts which have an extremely helpful effect on you.... you would know that I only offer you what will help you to attain perfection, to fully mature your souls, and you would only ever want that My gifts of love for you will not be limited. You would consciously open yourselves at any time in order to receive My gifts of grace, and you would become aware of an abundance of strength constantly flowing to you if only you have the will to receive it. You merely require profound faith in order to also become physically healthy through the strength of My Word....

But you do not possess this strong faith as yet and thus you must only ever strive to raise your degree of love.... When you are entirely permeated by love then you will only have space in your heart for My strength of love, then everything else will be pushed away and you will be so close to Me that you will feel My presence which will also let you become aware of the flow of strength.... And then your body and soul will recover.... Open yourselves again and again to the strength of love from Me.... keep turning your thoughts to Me and establish the connection with Me which facilitates an influx of My strength of love in you.... and know that you receive the evidence of My presence when I can speak to you. And don't undo this bond again but let it become increasingly more tender and, truly, you will feel it yourselves and no longer need to fear that you will lack strength.... Just believe, and I will not let your faith be destroyed.... open your heart and accept Me in it, and My presence will make you aware of the strength that pours into you, you will hear My Word and recognise it as an incredible gift of grace.... You will distinctly feel the strength of My Word, you will psychologically mature, and this raised state of maturity will also express itself in an increasingly stronger faith, and a strong faith can achieve anything, it can also help the body to get healthy because nothing is impossible for someone who believes in Me, in My love and in My might....

Amen

The gift of healing the sick....

B.D. No. 7032

February 3rd 1958

I bestow the gift of healing the sick on those who are strong in faith and love.... I can only work through these because I won't act in opposition to My law of order. This is why only few people are permeated by the sanctifying strength that flows forth from Me and brings full recovery to the sick person.... It is therefore understandable that profoundly devout healers will proclaim Me and My name because they are spiritually awakened and thus know the significance of My act of Salvation and therefore also very passionately try to inform their fellow human beings of it. Consequently, only a true confessor and proclaimer of My name will have curative strength, which is a fact you humans must always bear in mind, because apparent healings are also performed which are **not** carried out through **My** strength but are often My adversary's activity. Healings of the sick have to take place in My name, then one can speak of a 'spiritual gift', of an extremely firm strength of faith and of **My** direct working in the human being, which is precisely what these profoundly devout healers bring about.

And again I say to you that a certain degree of faith must be present in the sick person too, that he must not reject Me but be faithfully willing to submit himself to My working.... Then his recovery will strengthen his faith and also motivate still unbelieving people to adopt a different attitude towards religious doctrines, although he, too, can only achieve a living faith by living a life of love.... Thus one cannot speak of compulsory faith, only of an enforced change of his thinking so that he will have to intellectually deal with something which he had previously ignored. But he can only attain the right faith as a result of a change through selfless neighbourly love.

However, anyone who has faith will be tremendously strengthened by the fact that he recognises God's might.... And in view of the near end I will often still reveal Myself wherever the prerequisite exists that a person completely hands himself over to Me and enables the strength of My spirit to permeate him, that he professes Me and My name before the world and thus uses the strength flowing through him for the benefit of his fellow human beings to heal all kinds of illnesses and afflictions. This first and foremost requires a living faith gained through love, and people can consider themselves fortunate if such a profoundly faithful brother is within their midst who, to a certain extent, is a mediator between Myself and them, who directly receives My strength and passes it on again to his suffering brothers and sisters, to whom he also proclaims Me and My act of Salvation with complete conviction. He is a true fighter for Christ, he is a suitable labourer in My vineyard and qualified to bring about revivals in the last days which will lead people to Me in Jesus Christ, and thus renders redemptive work for which I will bless him. For bright lights will have to shine in this darkened world so that people will be able to see....

Amen

Healing the sick in the name of Jesus....

B.D. No. 5889

February 27th 1954

Lay your hands on the sick and bless them.... and the strength of your faith will heal them, because you entrust the sick person to Me Myself and My strength is unlimited and therefore can also work without restriction as soon as you believe it.... Whatever you do in unity with Me has to succeed.... But do you really feel closely united with Me?.... I must ask you this question because on this alone depends your strength for healing the sick, because it depends on you yourselves as to whether you enable your fellow beings' recovery, because your faith has to be so strong that you can feel My living presence beside you and thus work in unity with Me when you pronounce My name as you bless the sick person in My name.... I have become such a distant God to humanity that it can no longer understand how a human being can be so intimately united with Me as to use My strength according to his will, and even My believers only rarely muster such strength of faith that they won't

doubt for a minute that I will support them if they want to help their fellow human beings.... Hence there are only a few with the gift of healing the sick at their disposal, precisely because they use Me and My strength when they need it.... And faith in Me during the last days has become so weak and small amongst humanity that a profoundly devout person with extraordinary strength at his disposal will also attract extraordinary attention, so that he then will either achieve much spiritual success by leading people back to believing in Me and the strength of My name or be treated with hostility by those who lack all strength of faith yet claim the sole right for themselves to proclaim My name to people.

And the latter are more to blame than the complete non-believers, for they know and acknowledge Me and yet lack living faith in Me, they merely uphold words which have not yet come sufficiently alive in them to demonstrate their effects. They haven't put them to the test, which a living faith is able to do.... and if someone sets an example for them they attack him because they sense his spiritual superiority and enviously recognise My assistance which they have not yet laid claim to themselves. In the last days before the end the number of people will increase in whom the gifts of the spirit will take effect, people, who will be in such heartfelt contact with Me that everything they do will be done with Me, in My will and by calling upon My name.... And they will prove themselves in various ways as My messengers, for whatever a person who is permeated by My spirit subsequently thinks, speaks or does will point to Me and My kingdom.... and everything betrays a special strength which is only at his disposal because he allows Me to work through him, because his faith in Me and the strength of My love is so strong that it flows to him unimpeded, and thus he can also help his fellow human beings in a supernatural way.... For he is full of love for them and this love provides him with strength from Me directly.... and thus it will also be possible for him to carry out whatever he wants....

Amen

Healing the sick.... Signs and miracles.... Evidence of faith....

B.D. No. 5966

May 25th 1954

I know My Own and I know their will, and corresponding to this will I call them to work for Me and My kingdom. Hence the kind of activity in My vineyard as well as My servant's nature differ, for everyone carries out the work which corresponds to his nature.... everyone serves Me in accordance with his ability, and I accept the service of anyone who is of good will and strives towards Me. Besides, human hearts are different too, thus the fields in My vineyard need to be treated in different ways and only I can make this judgment, Who knows the slightest stirring of a human heart which shall be used for a successful work of redemption.

I Am as recognisable in a storm as in the quiet rustling of a gentle breeze, the mightiest elements give evidence of Me and the softest breath bears witness to Me.... I Am always the originator, the source, the foundation.... Sometimes I Am barely discernible and at other times distinctly apparent but always recognisable by someone who wants to recognise and try to find Me.... And I always express Myself in accordance with people's needs, depending on their adversity and their ability to change.... What can result in a complete change of will in one person may well leave no impression at all on another, on account of which he will need greater evidence of My existence, which will then be given to him by My love in order to save him. But I Am also present where no external signs confirm it.... I Am just as present in the heart of a person who bestows his love and will on Me, and I will influence him gently and quietly, for he will need no obvious proof of My presence, he will be aware of it and feel My nearness so clearly that he will have the heartfelt relationship of a child to the Father and thus already own everything he needs for his earthly way of life.... an unshakeable faith in Me and My love, which enable him to live in accordance with My will.

Where unbelief is so strong that Words alone will not suffice I will help with signs and miracles.... Yet this can also turn into a judgment for people if they lack the will to change themselves.... But the faith of the sick and unhappy merely requires an incentive in order to grow so strong that it will profess Me before the world.... Therefore I can reveal Myself in My might and glory to the sick and

unhappy, for most of the time they have already been purged by their illness and their souls can recognise Me easier if I come close to them.... The sick don't deny Me entry to their hearts, and if My Word is preached to them the effect on them is so powerful that the strength of My Word already has a beneficial effect, and they will be healed because they believe.

But unbelievers witnessing it and thereby gaining faith will first have to let it come alive through love.... And then it will depend on their degree of love as to how their faith will take effect, but their responsibility will be greater if an obvious demonstration of My working leaves them unimpressed, so that they will have to believe after their experience but won't change their way of life as a result of their knowledge.... Therefore, don't wish for too obvious a demonstration of faith, for then you will receive an extraordinary grace which will also oblige you extraordinarily.... But if they are bestowed upon you then make use of them and take advantage of this grace in order to achieve a higher degree.... in order to then also speak on behalf of Me and My name before the world.... in order to be loyal labourers in My vineyard, whom I will bless for working for Me and My kingdom....

Amen

Strength of faith.... Healing the sick.... Miracles....

B.D. No. 5843

January 2nd 1954

You will be able to work with inconceivable strength if you call upon Me for help with profound faith. You must be motivated by love to request this strength of Mine, your faith must be so strong that you will not hesitate for a second when you think of helping a person in need. Then you shall work in My name and you will be impelled by My spirit to do so.... Therefore, do not believe that you take the right to do something that does **not** correspond to My will, but do without qualms whatever you feel impelled to do and you will succeed. For I have guaranteed you My strength if you are of strong faith. And it is My will that your fellow human beings shall be persuaded of the strength of faith in the last days before the end, hence I will not let you be harmed if you want to serve Me and at the same time your fellow human beings. But I will never give My blessings for actions of self-interest, destruction or heartlessness.... Understand that **love** has to be the driving force and motivate you to request My strength, never hatred or an urge for revenge, for only **love** moves My spirit into action. And only through love can you unite with Me so that you then can also partake of My strength. And this love lets your faith come so alive that you no longer doubt the success of what you want to achieve. This also explains the many healings of the sick which are accomplished in My name.

Then I Myself Am called upon for help, My promise is being appealed to 'Ask, and it shall be given to you; knock, and it shall be opened to you.... ' and with complete faith in the truth of My Word anyone who is lovingly taken care of by the healer will be healed, for the latter will have handed himself over to Me and I will truly be with him in My strength.... he can cure him because he can make unlimited use of My strength. Profoundly faithful people can therefore work on earth for the benefit of their fellow human beings, for they are permitted to do so as soon as they associate it with a living testimony of My name, as soon as My name is thereby glorified.... as soon as it happens in order to help people who strive towards Me gain a firm and indisputable faith.... and not in order to force disbelievers into believing.... Complete unbelief is an obstacle for the working of My spirit.... And the confessor of My name will either be restrained by My spirit from working miracles while watched by a non-believer or the latter will substantiate any healing with natural explanations.... Yet in the last days the weak shall still be won over by overcoming their resistance through the strength of faith of My Own.... And therefore many a miracle will be accomplished in My name in the last days, so that those of weak faith shall be strengthened in order to then be able to believe with conviction and to stand firm in the last battle on this earth....

Amen

A person with love also has strength and will be able to do anything, if he does not lack in faith. Love certainly activates faith but faith has to be awakened first, that is, the person first has to think through what he is supposed to believe, then love will also give him strength, so that he will no longer doubt and thus also be able to accomplish everything. Thus love is the most valuable quality, for it makes all things possible. But you humans do not appreciate the power of love.... You could perform miracles, you could heal the sick, you could banish every worry, truly nothing would be impossible if you would develop the love within you to utmost perfection and believe in its strength. And thus it is not a gift I bestow on you when you are able to do everything but it is the result of your strength of love, it is the natural consequence if you acquire My strength through love. Hence you should not systematically aim to acquire such gifts.... to heal the sick, to perform miracles etc.... because it is not an ability you can learn, you only have to increase your love, you have to strive for spiritual perfection, which then demonstrates itself in such abilities....

Only love will accomplish everything. Anyone who completely shapes himself into love and thereby also acquires convinced faith draws from Me Myself, he feels himself as My child, as part of Me and therefore cannot think other than that his every deed will succeed because I Am by his side. But his love has to arise from his heart, it has to completely permeate the human being, it has to make him happy to give what his fellow human being needs. True love is totally unselfish, it no longer wants anything for itself, it constantly gives and is dominated by the principle of giving, and yet it provides indescribable joy.... And this kind of love can accomplish anything it wants to happen, which, as a result of its profundity, emerges as a surge of emotion in the person.... A strong, living faith places its hope in Me to fulfil its request, and it will not ask in vain.... A human being can avail himself of My strength too and accomplish the same, but only if he is permeated by love. Then I do not give him the strength but he has acquired it himself through deeds of love, and that gives him the right.... He has returned to his original nature, he has not taken something unlawfully but has become what he was in the beginning, permeated by light and strength, for love in itself is light and strength, consequently the human being has to be permeated by light and strength if he has love. Hence, it is only necessary for you humans to shape yourselves into love in order for you to accomplish everything like gods; and that you will only want what corresponds to My will goes without saying, because love is also the source of wisdom and cannot do anything other than what is My will....

Amen

Diseases and cure....

B.D. No. 8653

October 23rd 1963

If you know the blessing of disease, if you know that disease contributes towards the soul's purification.... that disease aids your patience and humility to accept My will and you consequently no longer oppose My will.... if you accept that everything happening to you is recognised by Me as beneficial for you, then you will know that I also recognise the moment in time of your recovery....

However, the fact that I will not cure you instantly is due to your freedom of will, for then you would be forced to believe in Me and My might, but you shall attain this faith without coercion.... Furthermore, you know that the purpose of earthly life consists of providing loving service.... Thus one will always have to work for the other if he wants to fulfil his helpful earthly task. And thus I will also bless the people who are always willing to help even where it concerns physical ailments and pains, and who are able to do so insofar as that they recognise the cause of an illness and the correct remedies to heal it. For depending on their helpfulness and their love for their weak and suffering fellow human beings they will indeed be successful. But in the final analysis every cure is based on My will which therefore imposes a limit on a human being's work when I recognise that the effect of a long illness is of value for the soul. My will determines a human being's destiny, thus it also includes diseases which the human will is unable to cure despite all applied treatments.

I will never condemn people's attempt to discover methods which are intended to help those who suffer.... For as long as loving helpfulness is the reason for all kinds of research My blessing will rest on it too.... If, however, the motive for producing such remedies is based on the acquisition of earthly possessions, they will generally be ineffective or damaging for the human body despite apparent improvement.... The most harmless remedies can equally suffice to result in a cure, because it is My will and I deem the moment of a cure to have arrived.

An illness shall primarily further the bond with Me, the human being shall take refuge in Me and appeal to Me Myself to be healed, then I will send people to cross your path who only want what is in your best interests, whose thoughts will be guided by Me if they are in contact with Me in thought or through a life of love in accordance with My will. But such healers are only rarely to be found, and therefore people more than ever use remedies which likewise originate from unblest work.... And then neither the body nor the soul will be able to derive a cure from them because I Myself don't allow that the soul shall be helped **against** the human being's will.... so that he learns to turn away from the world because the body is no longer able to meet the demands of the world.

Thus you humans can always call upon the help of a physician, but the cure is determined by Me, however, I will often bless the efforts of the latter so that you will recover; yet you shall also derive from every illness a blessing for your soul, that you submit yourselves to Me and My will, that you patiently and gratefully bear the suffering, because it is greatly beneficial for your soul when you prove yourselves during an illness.

But with a rock-hard faith you will also be able to free yourselves from every ailment.... just as I Myself during My life on earth was able to heal people 'whose faith had made them whole....' For nothing is impossible to Me and if your love is so profound that it brings forth a living, strong faith then you will not doubt My love and might for a second.

Then you can be instantly healed, because then this recovery will not be **compulsory** faith for you since you will **possess** an unshakable faith.... But which one of you can muster this strong faith? Who can use My might without doubt, who will give himself to Me so completely with the plea to heal him and is also convinced that his plea will be granted? Then any miracle can truly happen, be it on yourselves or on a fellow human being on whose behalf you voice this request in strong faith.... But anyone who is very sincerely united with Me has already completely accepted My will and lets Me rule and does not use his will in advance.... He will bear even the most difficult suffering with humility in My will and thus renders a far greater service to his soul than through the healing of the body.... But I will always work in you such that your fate will be enduring.... and when a human being has to suffer immense pain it **also** just expresses My love for his **soul**, which one day will be grateful to Me in the spiritual kingdom that it was able to dispose of many impurities on earth, that it was also permitted to remove guilt on earth enabling it to enter the spiritual kingdom far less burdened, which it could never have achieved with a healthy body....

Amen

Power of the divine Word.... Antidote to suffering....

B.D. No. 4468

October 24th 1948

My love for you is infinite and I will grant your every request, but occasionally it happens in a way that you do not immediately recognise it as such, nevertheless, one day you will realise how well I take care of you. The last days will bring a variety of perils and suffering because you will have to mature quickly or you will not pass the last and difficult test. You will experience constant distress and should always bear in mind that everything comes from Me, that I know of your hardship and misery but that they are also a blessing for you. Therefore do not fear and complain but remain devoted to Me in love, just as My endless love belongs to you, too, and wants to make you happy.... You should sample the power of My Word and soon you will recognise that you have an effective antidote against all suffering, fear and sadness. I have blessed My Word with My strength.... Why do you not use it? Why do you not accept strength when you are in danger of weakening in your earthly

battle and lose heart? Why do you not give yourselves to its invigorating effect? You constantly receive evidence of My love for you, you are in the midst of immense grace, and yet you are of so little faith and fickle, so timid and weak. What else could I offer you that is better than My Word?

If you did not experience earthly hardship and worries you would not be able to hear My Word, because the world would hold you captive and stop you from heartfelt contact with Me. And therefore you should obediently accept this hardship when you receive My Word as compensation, because My Word is a great treasure for you which you merely do not know how to get. Let Me always speak to you in My Word, take refuge in Me in the Word, contemplate the expression of My love and you will feel a marked influx of strength. You will no longer feel weakness, fear and oppression and will have no more doubt.... you will master earthly life in full strength and honour and praise My love and grace, and then you will be active labourers for Me in the last battle on this earth. I bless your willingness to serve Me but you should also activate it by doing what I ask of you. Time and again I remind you to accept My Word within yourselves because I want to give you the strength of My Word, because I want to help you but need your free will to do so if you are to derive the right benefit from My help. You have to struggle yourselves because it is the only way you can arrive at faith, the profound faith that you will need in order to be loyal servants to Me on earth. What you receive from Me, what you write down, has to be considered by you in your heart, it has to come alive in you, so that you can endorse My Word with conviction, so that the effect is not lost on your fellow human being and he feels the strength of My Word in himself. You will always receive help in your need, and the more you fulfil My will the sooner you will receive help.... However, it is My will that you should contemplate My Word more often so that you become conscious of My presence and believe.... And as soon as you have profound faith the fulfilment of all your wishes will also be certain....

Amen

God's love.... Suffering or happiness.... Granting of prayer....

B.D. No. 3382

December 28th 1944

You humans don't understand with how much tender love I look after you or you would not so anxiously and fearfully look to the future. You are at all times well cared for by Me, I will not leave you on your own, and if you deem yourselves alone and abandoned you are merely unreceptive to My current of strength which flows to you continually. And then you will have to make an effort in order to feel Me.... you must think of Me in your heart and want to accept Me therein; like children you must take refuge in My arms with all your worries and troubles and ask Me to take them from you or help you to carry them, and My love will always gladly do so.... You came forth from My love, and this love can never ever diminish; and were you able to grasp the extent of My love you would live an entirely carefree earthly life because you would know that you are protected by My love, for true love, which is united with might and strength, can and wants to do whatever is good and a blessing for its recipient.

However, My love embraces all My living creations and therefore I only want what benefits them.... I want to make them blissfully happy without end, and I want to enable them to feel My love because this denotes their beatitude. And if you humans believe that I Am love Itself and that I Am unable and unwilling to do anything other than what is good you should let go of all problems, for I watch over you in earthly and spiritual respect, and this increasingly more successfully the more you allow Me to influence you and the less you resist Me. And if your soul is anxious then it is still held captive by the world and has to free itself from it, it must entrust everything to Me and leave it up to Me as to how I direct your earthly life, it has to be willing to make sacrifices if I require a sacrifice, for then it will only be in the interest of its spiritual welfare. And I truly know what the soul needs, I know when it is at risk and I know the right remedy to protect it from danger. And yet, I Am also willing to grant your earthly wishes if you appeal to Me from the bottom of your heart and faithfully wait for the fulfilment of your prayers. For My love will not let you go short, it always gives and fulfils as long as you look

upon Me as your Father and approach Me with childlike love.... as soon as you believe in My love.... For love does not deny itself but is always willing to give.

And what you occasionally regard as suffering is often merely the bridge to happiness, yet to the kind of happiness which is permanent and can never be destroyed again. In order to reach a major goal you often must take cumbersome paths and not lose heart, for the goal is desirable and compensates for all previous disappointments and complications. But anyone who becomes weak and exhausted on the way will not reach the goal. And he is the one I want to encourage and provide with strength because My love cannot deny him help. Yet you have to believe in My love even if it is impossible for you to understand its entire magnitude.... Believe in it and try to be like Me by becoming love, you, too, should hand out what you own and thereby give Me the right to work in and through you, and you will be strengthened on your path through life, you will overcome all obstacles and gratefully and humbly accept whatever My hand gives you.... suffering and happiness.... For both are sent by Me to advance your soul's development.... If you always remain in contact with Me, if your heart constantly strives towards Me and confides its grief to Me I will comfort and strengthen you and relieve you of your grief. For My love will not leave you in distress if you want to be My Own and belong to Me for all eternity....

Amen

‘With God nothing is impossible...’

B.D. No. 4082

July 11th 1947

Where all earthly help fails God's love is often clearly revealed, which makes even the seemingly impossible happen so that people will learn to believe in Him and love Him above all else. There is no limit to God's power, what He wants will happen. Thus there is nothing that would be unattainable because with God everything is possible. And so people frequently suffer unnecessarily throughout their earthly life, for if they want to be able to achieve extraordinary things they need only ask God for help. He can always help, and He will always help. But they can only acquire this faith by practising neighbourly love, because every good deed establishes the connection with Him thereby ensuring the acceptance of strength which, being God's emanation, also has to lead back to Him again. And thus a person must learn to believe, and he will be able to do so if he genuinely strives to ascend.

In the last days before the end the most amazing things will happen which seem to be supernatural but are merely the result of a person's will and his strength of faith. In this rests the whole explanation for everything that seems incomprehensible to you but which is, in fact, only the result of a right way of life before God. Hence it is not enough that people formally call themselves Christians, that they profess the church they belong to, if they don't exemplify their Christianity and, by their way of life, demonstrate that they belong to the community of believers who represent the true church of Christ. Living faith and active neighbourly love is required in order to activate the strength of the spirit. But then the human being has extraordinary strength at his disposal, because he is permeated by God's strength which has no limitation. Therefore a person can accomplish exceptional things with God's strength, just as God can also manifest Himself by providing the kind of help which appears to be supernatural, because it frequently happens when no further hope for help exists. With God nothing is impossible....

Time and again a person should remind himself of this in every difficult situation, then his faith will become so strong that there will be no more hardship for him. Through his attitude towards God, through his profoundly firm faith in His help, he will banish every adversity and thus calmly face every difficulty. And then God will certainly help him since he will never let a strong faith be destroyed. With God nothing is impossible.... He can accomplish whatever He wants, and He will accomplish everything if His children call upon Him as their loving Father and trust in Him without reservation. Then He will provide for all their needs and help them in all earthly troubles and difficult situations. For He is a God of love, and love will always give help because it wants to bestow happiness....

Amen

Fully maturing the soul.... Miracle healing - Compulsory faith....

B.D. No. 8161

April 27th 1962

Let the flow of My strength of love take effect in you, open yourselves and constantly receive light and strength from above and thereby provide your soul with the opportunity to mature fully in order to enter My kingdom in a perfect state when the hour of its passing away from this earth has come.... The soul is the spiritual essence within you which can only be given spiritual gifts, which requires spiritual nourishment for its path through earthly life. The soul is that which continues to exist when the body disintegrates, for the latter is transient as long as it still serves immature substances as a shell, which shall be released again if they have not joined the soul during earthly life, if they did not become spiritualised during earthly life.... which is indeed possible but only happens rarely. Then matter will dissolve and release the tiny spiritual particles which take on new shapes again for further development. The soul, however, has reached its final stage of development on earth, and you should spend all your care on making sure that it will accomplish its final maturity and be able to return as a spirit of light into the kingdom which is its true home.... And it can only attain this final maturity if it allows itself to be constantly illuminated by Me, if it accepts light and strength from Me directly by consciously entrusting itself to Me, by opening itself and allowing My flow of love to permeate it.... by listening to Me when I address it in order to nourish it and quench its thirst, in order to administer the right food which guarantees its full maturity on earth. And the soul will feel the flow of My love's strength.... because it will never remain ineffective where all opposition has been broken.

The fact that you humans don't feel the same effect physically has to be understandable to you, because I will not exert any form of compulsory faith on you and your fellow human beings as long as people have to freely decide as to whether they want to accept or reject the nourishment for the soul which I offer to them from above, the Word, which I impart to them directly and which nevertheless must not be so evidently demonstrated as to force people into believing. Try to understand that you have to believe with free will; your own deliberation, kind-hearted activity and a close bond with Me have to result in this belief. And My working through a person's spirit should also just be 'believed' but must not be verifiable; yet every unusual manifestation would already be considered proof which would be detrimental to other people's souls. You must still distinguish between body and soul.... Your soul's perfection will be achieved through your inner life, which indeed will also be externally recognisable through deeds of love.... and the body must, as far as possible, adapt to the soul's wishes, it must not resist its desire and be used as an indicator of My illumination of love for a person.... on account of which even a sick body can shelter a healthy soul within itself as long as this body has to fulfil a task which shall benefit fellow human beings. For they, in turn, shall be guided into faith **purely through My Word**, not through miracles like the sudden recovery of a sick body.... although I also let such miracles happen if the strength of a strong faith is demonstrated, for 'I will not disappoint a strong faith....' But I know at all times whether and how I gain people so that they will attain a living faith.... I also know what will serve every soul's salvation.... But My love will never remain ineffective, even if you yourselves are unable to recognise a result....

Amen

Humbly enduring fate....

B.D. No. 4518

December 19th 1948

I have instructed My angels to intervene where human will does not succeed. For it is time that people find themselves a way in order to escape the imminent disaster. But I will help them if the urgency is not recognised, and thus coincidences will emerge which are nevertheless only My providence, which thus influence the individual person's destiny. People don't know that they are in constant care of the beings to whom they have been entrusted, who determine every individual person's life in accordance with divine will, who thus intervene in their lives on My instruction. But I

nevertheless do not interfere with free will so as not to force the human being's will who should freely decide or profess what is good. And he need not do anything else but accept his destiny without resistance and without grumbling or complaining. For I know what is beneficial for everyone and what condition the human being's soul needs in order to mature and take this into account. And thus all events will intertwine and thus create a new situation which is entirely beyond anyone's calculation. But then you should also recognise My working and be grateful that I look after you by placing beings of light by your side to care for you, or you would become unsuitable for spiritual work and unable to help your fellow human beings. However, I gave you a mission and thus handed you into the care of My angels which will do everything for you as long as you work on My behalf. My will alone decides, and this truly in a way which is good for you. And so you should stop worrying and calmly and cheerfully continue on your path of life which time and again will bring you sunshine and will never be too difficult for you to travel as long as you entrust yourselves to Me, as long as you push towards Me and work for Me and My kingdom....

Amen

Bearing suffering for fellow human beings....

B.D. No. 8508

May 25th 1963

I will also give you an explanation as to whether you can bear suffering for your fellow man or whether every person must bear the burden himself which was assigned to him for the salvation of his soul.... You humans must consider that your soul is supposed to mature fully during your earthly life, that all still immature substances should spiritualise themselves, which happens through love or suffering, for this dissolves the layers which still prevent the light of My love from radiating into the soul. And at the same time such substances of the body which are still immature are also a problem for the human being by causing him all kinds of diseases and thus, with patience, love and in submission to My will, they should be calmed and therefore spiritualised which is, after all, your real earthly task, to help your soul towards the greatest possible level of perfection. And this spiritualisation of soul and body must be accomplished by every person himself, this work can never be done by someone else on his behalf, and one day he will be grateful to Me that, by way of suffering and adversity, I helped him gain perfection. Consequently you can understand that you should not really try to avert anything which can benefit your fellow human being's soul.... If, however, love is impelling you to offer yourselves to Me asking to bear your fellow human being's suffering then I will not stop you in your love.... It will be temporarily taken from the person and placed upon you, and thus you raise your soul's maturity because you are willing to accept more suffering and are motivated by love to do so.

One has suffered for all of you in order to release you from the immense suffering you would have had to take upon yourselves as penance for your guilt of sin, which was the reason why earthly life is a valley of tears and suffering for you humans.... But now all you humans can turn to this One Who will also take your suffering upon His shoulders and help you carry it.... Whose substituted atonement was accepted by Me and to Whom you should go if your suffering weighs you down, and he will help you carry it or take it from you depending on what is best for you.

However, the love of a fellow human being who is willing to suffer on your behalf is very highly valued, and this love will also guarantee you a flow of strength, for love is strength which will noticeably affect the sufferer.... And if someone offers loving intercession for you who have to suffer, the strength of this love can so permeate you that you will no longer feel the degree of suffering.... that your pain and agonies temporarily disappear, and your souls benefit from the strength of this love.... and thus mature and become less sensitive to pain.... The degree of love always determines the benefit the sufferer derives from such a prayer of love for him. And since the maturing of the soul is the purpose of earthly life and there are many possibilities to achieve this, it should be recognised first and foremost and not be prevented. True love, however, knows why a person has to suffer and will help him endure and make it easy for him to accept God's will.... And then I will take the cross from him and his soul will have moved a step forwards again....

Love and suffering help the soul to reach the goal.... If a person still has a low degree of love then greater suffering often occurs in order to hasten his soul's purification.... But this purification of soul can never be achieved by another person's conscious suffering on behalf of the former. Every soul is responsible for itself, and every soul has to reach its own maturity, which happens through love and suffering.... And the degree of suffering depends on the degree of love. I will certainly answer the prayer of someone who offers himself to bear suffering on behalf of a fellow human being because he loves him.... I will let him partake in the pain which he then has to endure. Yet he endures it for the purification of his own soul.... he indeed relieves the other person of the suffering for the sake of love, yet it serves him for his own perfection, whilst his fellow human being must likewise take care of himself and his psychological state of maturity, even if he is temporarily released from his suffering. No labour of love remains without result, yet where and how it takes effect remains My decision, Who knows every person's state of maturity and whom I will always consider accordingly.... And I give to every person what he is able to bear, and it is enough that he calls upon Jesus, the bearer of the cross, if he deems his burden too heavy for him.... And as long as the human being lives on earth he has the option to reach the goal of perfecting himself through love and suffering.... through following Jesus....

Amen

Surrender to Jesus.... Saviour and Physician.... Redeemer....

B.D. No. 6508

March 22nd 1956

Your burden of sin due to your past apostasy from Me has turned you into imperfect and therefore unhappy beings which can only be completely happy again when they are released from their great guilt of sin, when they have atoned it themselves as far as it was possible during the time prior to their embodiment, and when they subsequently allow themselves to be redeemed by Jesus Christ, that I therefore can erase all guilt because they have handed themselves over to the divine Redeem Jesus Christ, in Whom I embodied Myself on earth.... For then they will return to Me again, from Whom they once had distanced themselves.... Then they will voluntarily acknowledge Me as their God and Father of eternity.... And then they will also be infinitely happy as they were in the beginning.... Hence I require you to surrender to Jesus Christ, for your dedication to Him also demonstrates your will to return to Me. But do you humans serious about taking refuge under the cross and receiving forgiveness for your sins? Are you approaching Him, Who is your Saviour, your Redeemer and your Brother, with absolute faith? Do you in all honesty want to make use of His grace which He had acquired for you on the cross? Do you speak words in spirit and in truth? Or are they just empty phrases when you profess Him?

He is truly your Saviour and Physician, He is the Redeemer from sin and death, He is the vessel which carried Me, and thus His might and strength was limitless.... And this man Jesus is and will remain the Eternal Deity, for I chose Him to enable Me becoming a visible God for you since I Am but Spirit from everlasting to everlasting. And if you call upon Him you call upon Me.... And I listen and will grant your request, since I gave you the promise through Jesus Christ 'Whatever you will ask in My name, that will I do....' Trust these Words with complete faith and don't hesitate to commend yourselves to your Saviour and Redeemer, so that I can give you the evidence that I will keep My Word.... You must always remember that I give you the occasion for every prayer in spirit and in truth Myself, that I want you to come to Me in every adversity of body and soul.... And thus take this step to Me, consider My Words, let them penetrate them deeply into your heart and believe without doubt, for My promises are truth, but you determine their fulfilment yourselves.

I carried all your sins on your behalf, I took upon Myself all suffering and adversity which you would have had to carry as penance for your original sin.... And every person's life can be free of worry and suffering if he hands his sin over to Me Myself, that I might also have carried his guilt on his behalf. Yet he must pray with absolute faith, he must know that I don't want people to suffer.... but that I cannot avert his suffering contrary to My eternal order if his faith is still so feeble that his call won't reach My ear, if he still doubts My love or My might.... I can help all people and want to help all

people. And if your faith is a living one then make use of My assurance and hand yourselves over to Me.... You first requirement is a living faith in My act of Salvation, you have to be convinced that I have carried all your sins, that I have taken all your suffering upon Myself and died on the cross so that you can be free of them. Only then will all your doubt disappear, only then will you entrust yourselves to Me with complete faith, and only then can I take your suffering from you and redeem you from sin and death. For only then will you have accomplished your return to Me, only then will you acknowledge Me in spirit and in truth....

Amen

Healing the sick.... Proclaiming Jesus Christ....

B.D. No. 7042

February 14th 1958

Once someone has gained convinced faith in Me he will never ever lose it again, even if he is repeatedly confronted by temptations, weaknesses of faith, which everyone is subject to for as long as he lives on earth. But time after time he will take the path to Me again, Whom he has recognised as his God and Father of eternity. But there are people.... and they are the majority.... who don't believe as yet, who are still far removed from realisation because they are still very distant from Me. And every so often I grant such people special consideration in order to help them to believe. And these are the people who, through extraordinary actions, through healing the sick or different kinds of miracle-working shall be motivated to think about it.... yet always in combination with devout people.... so that I can first provide the evidence of Myself and My strength to those who believe and thereby encourage their fellow human beings to also seek contact with the One Whom they can recognise in these unusual occurrences.

And thus, many sick people are often simply chosen instruments who, through their faith, allow My working in them and at the same time help their fellow human beings to gain faith, for I will never let My strength become effective in a complete unbeliever, this is why the healers' spiritual vision can also distinguish whether faith healing can take place or not. This is why cures will not always happen, even if one of My spiritually awakened healers is at work.... because healing the soul is a priority, yet the healing of a complete unbeliever would more likely result in the soul's death than in its life.... This is also why faith healers are often attacked by worldly people who believe they can justify their attitude by the fact that not all healings are successful, that flaws become evident which, however, are precisely due to the said reason.

Consequently, the subject of 'miracle healing', too, remains a disputed one; people can believe it but they are not impelled to do so.... However, every believer will leave the result to Me, for his faith in Me also gives him the assurance that I will do whatever benefits the human being's soul.... In the last days, however, the signs and miracles will increase for it will be necessary to verify the strength of Jesus' name, so that His act of Salvation will be observed and unbelievers will still find Him before it is too late. And so.... wherever the divine Redeemer Jesus Christ is proclaimed.... many marvellous things shall yet manifest themselves.... Anyone who believes shall also serve Me as a witness so that My strength can become effective in him.... Anyone who has faith shall entrust his body's ailments to the proclaimers of Jesus Christ, so that I can demonstrate My might and strength through them and also help those who are still weak in faith or who have no belief at all in the divine Redeemer Jesus Christ.... For in view of the end you all should know that I will work in extraordinary ways and that I will make use of those who are strong in faith and in love....

Amen

A child's prayer to the Father....

B.D. No. 7071

March 22nd 1958

Express your wishes to Me in all simplicity and you will find a listening ear. Humility of heart will always enable you to find the right thoughts and words, and thus your prayer will be that of a

child to its Father which is certain to reach His ear. And I will truly help you.... but you must leave it up to Me how I do this, for My love for you is so great that I only ever have the best in mind for you, that I always want to give you, My children, more than you ask for. And since I, in My wisdom, recognise how I can best make you happy, I also act in accordance with My wisdom. So you should indeed pray to Me, because I can only take effect within you when you have united yourselves with Me.... But after such heartfelt prayer in spirit and in truth you should leave everything else to Me, and everything will happen as is good for you. No prayer to Me will be in vain, even if it is not immediately fulfilled. And time and again you should seek to unite with Me in prayer.... And truly, you will derive great blessings from it, for every contact with Me also assures that My flow of strength will pour into you and comfort your soul even if your body cannot feel it. But it will also affect the latter for it strengthens its spiritual substances and enables them to resist.... you will, so to speak, also physically be conquerors, you will be protected from My adversary's intrusions, which was purely achieved by your prayer to Me.

Don't think that I keep My ears closed if a prayer isn't immediately granted.... I hear My child's call and Am always willing to help.... yet I also know what is the most effective help, and this is what it will receive. For I always know its state of maturity, I know what it still needs to become perfect, and I will only ever do what draws this child closer to Me for sure. And once it grows in realisation as a result of its life of love it will also know itself what it needs and thus leave everything to Me alone, it will certainly pray to Me but then also patiently wait until I grant its prayer. Yet you should not stop praying either.... for you come so close to Me in prayer that the spiritual bond is tied again, as it was in the beginning.... And especially this bond proves your change of will, and the return to Me has actually already been accomplished, you just have to let yourselves be nourished by My strength time and again so as to enable your nature to change too, so that it becomes again as it was in the beginning. Kind-hearted deeds and heartfelt prayer accomplish this retransformation, and you cannot be asked to do so often enough.... And then you will also understand that you will have to keep getting into difficulties, be they of a physical or psychological nature, so as not to let up in prayer.... in order to look for the bond with Me which will provide you with the strength to achieve this change.

And if I ask you 'to pray continually....' it was certainly not meant that you should carry out lip-prayers for hours on end.... but that you should always be mentally in contact with Me, you should turn to Me in all affairs of your daily life, which merely requires a heartfelt thought.... and you should always be lovingly active.... This is what I consider true prayer, whereby you demonstrate your will to Me and also establish the unification with Me, which is the purpose and goal of your earthly life. And you can certainly come to Me with the smallest request, for the more intimately you associate with Me the more I can repay your trust.... you just ought to leave it up to Me how I grant your prayer; but you can rest assured that your prayer will be fulfilled.... No prayer sent up to Me in spirit and in truth will fade away unheard by Me. And as soon as the prayer is a spiritual request you can also expect its fulfilment with certainty, for if you pray for maturity of soul, for help in spiritual hardship, your bond with Me will also be established again and you can be touched by My ray of love, which always signifies that your appeals have been granted. No human being, whose soul's salvation is so important to him that he wants to achieve it, will remain weak.... and since I Myself yearn for My child I will also always help it in its ascent to Me.... I will do whatever is of greatest benefit for My child and its soul....

Amen