

Message of Prayer from JESUS, LORD AND LOVER OF THE DIVINE WILL  
For ALL WHO WISH TO DEEPEN THEIR SPIRITUAL LIFE  
February 13, 2001 through Chris Curtis, a visionary in Maryland, USA

**My dear little ones,**

I bid you welcome to my Prayer Group and My mother's Prayer Group.

And I want you to know **how much I love you.**

I receive your petitions into my heart, and I take them to My Father.

However, you should know that **I love you and I wish for you to fast whenever you can.**

My message on prayer is to **PRAY** and to **FAST, FAST, FAST!**

My dear little ones, I as your Lord, say you fast too little.

There are so many things you can fast from daily:

Giving up TV would be a good thing

Fast from alcohol.

Fast from things that are impure.

Fast from violence, and

**Fast on purity, My purity that I give to you in every Mass.**

Many of My saints lived on the Eucharistic food alone.

And although they are saints, **you too are called to be saints** as well and to imitate their saintly virtues.

The best way you can imitate them **is by lovingly obeying Me, and honoring Me by giving up things you do not need.**

My mother has recommended fasting on bread and water on Wednesdays and Fridays.

Not only do I agree with her, but **I encourage you to fast on Wednesdays and Fridays on bread and water.**

**You soul and your body need to become one.**

**Your soul, when you are in prayer, is united to Me, and thus do I give to your heart peace.**

But your body is trapped with sins of the flesh that you can ultimately void and overcome by fasting.

I have said, and I will say again, **not only does fasting set you free, but it can make your body and your soul be joined as one.**

Let your **body**, my little children, **be as beautiful as your soul.**

Thus, your body begins to shine forth in radiant love and mercy.

I am giving to you peace and I am asking for your conversion NOW.

Satan, my dear little ones, will try to discourage you from fasting and prayer.

He will tell you that you pray too much and that fasting is no longer necessary.

Heed Me, my dear little ones, **fasting is necessary to have your soul and your body be united to Me.**

If you wish to have your soul, and only your soul, united to Me, then that is fine.

But to imitate saintly virtues, your bodies must also be pure as well.

Thus, **I'm calling for your body and soul to be united to Me through prayer and fasting.**

For those who are unable to fast (*from food*), please know **you can give up anything and all things to please Me.**

**Sacrifice your life for Me.**

I give you My blessing and I encourage you to live My message on prayer.

Please, at least try. (*He's blessing us in the Name of the Father and of the Son and of the Holy Spirit.*)

Copying and distribution of this message is permitted and encouraged as long as nothing is changed, added, or deleted