PROPHETIC WORDS GIVEN AT ALTON DAY OF RENEWAL

Prophecy isn't primarily about telling the future. It's essentially giving us current insight into God's plan and His Word, calling us back to what's already been revealed in public revelation. The Catechism of the Catholic Church states that although "Revelation is complete, it has not been made completely explicit; it remains for Christian faith gradually to grasp its full significance". (CCC66) Prophecy encourages us and reminds us of the heart of Christianity: of God's love, His mercy and forgiveness through Jesus and His presence with us through the power of the Holy Spirit.

The following words were given at Alton Day of Renewal, and we believe they are from the Lord. But they will not all be relevant f]or everyone: you need to pray to the Holy Spirit for discernment about whether God is speaking to you personally about something. We hope you find them inspiring, encouraging, or comforting. Although we have prayed and discerned that they are in line with Scripture and the teaching of the Church, please bear in mind that "Private revelations.... do not belong to the deposit of faith. It is not their role to improve or complete Christ's definitive Revelation, but to help live more fully by it in a certain period of history." (CCC67)

ALTON DAY OF RENEWAL WORDS OF PROPHECY 28/1/2023

First Word

What I want to say is a prophecy that's right on my heart that the Lord has spoken to me a few times just in the last few days in a prayer meeting. It's a line from a song that goes "get those children out of the muddy muddy" and it's children of the world. And it's really almost a prescriptive going back to when the Lord told us how to build the temple in the Old Testament, brick by brick, dimension by dimension. We're not doing enough. Get the great big buildings ready. Get the warmth and all that people need ready for all the millions that need it. That every single human being might have the dignity of life. That's what he's putting on my heart to share.

Second Word

Earlier this week when I was at Adoration, I received this word. "My word is the word of life. Immerse yourself in my word I speak to you. The answer you seek you will find in my word. Read daily, contemplate and read my word." And then there was a sentence that seemed to be directed to someone in the meeting. "I will send you to proclaim my word."

Third Word

This is very much along those lines. It's quite a long one. "My dear people, in this season, I am raising up a pure and holy people. They will be dedicated to my word, and fearing God alone, they will have no fear of man.

"There is a fierce battle being waged in the heavenlies, where the evil one seeks to enslave and disguise his real intention which is to obliterate my truth by holding it hostage to the arrows of contempt, offence, hatred, and injustice. By calling what is evil good and good evil, he aims to cancel the good news of the gospel, to prevent the power of my love and mercy changing the lives of those who hear it.

"What do I require of you my beloved people? It's this: I would have you fear God and not man! 'You must live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God'. (1 Peter 2:16) Pray that your eyes and ears will be open to the leading of my Spirit so that you may always act with love and compassion, whilst never discrediting my truth. I will put my words into your mouth when you seek my heart so that '.... Your speech may always be gracious, seasoned with salt, so that you may know how you ought to answer each person.' (Col.4:16)

"I have given you my power and authority to witness in my name so trust in me with all your heart. Do not rely on your own understanding for I will go before you and will level the mountains and break open the chains that bind (Isaiah 45:2). I am calling you to bring the light of my love where there is darkness, confusion, and despair! Then they will know that my Word is alive, for it brings life not death, it is the light that shines in the darkness and it can never be chained! (Tim 2:9)"

Fourth Word

"There will be a triumphal procession as we enter into the Kingdom of Heaven. The gates will be open wide, the candles will be lit, and heavenly music will sound. We are being received into that kingdom on earth, but how much more will the rejoicing be when we enter the Kingdom of Heaven?"

Fifth Word

Not so much today, but on some previous occasions when I've been in Adoration, it struck me that the white host is a bit like a searchlight pointing at us. And it brought to mind the opening words of Psalm 139. "Lord, you have searched me and you know me." And it struck me that I think one of the things that holds people back from proclaiming the good news and speaking about their faith is a fear that they're not worthy and that they're not up to it and so forth. But what the Lord is saying is, "I know you better than you know yourself, but don't be afraid. I love you more than you can understand, with all your weaknesses and sins. Come to me and I will give you peace in your heart." I feel that the Lord wants us to know just how much he loves us and how much he wants us to proclaim his love, and to show his love, and to live his love. That we don't need to worry too much about our own shortcomings because he will give us the words to say and he will give us his spirit in us to shine his truth into other people's lives.

Sixth Word

I was very struck when Father John was asking us what it was we wanted to offer up to bring to the sacrifice of the Mass. And during adoration, I had a great sense of the Eucharist being the living sacrifice: Jesus in that. And then Romans 12:1-2 came to mind, it says "I beg you therefore, my brethren, by the mercy of God to give yourselves as a living and holy sacrifice pleasing to God, that is your spiritual act of worship. Do not be conformed to the world where we live, but rather be transformed through the renewal of your mind." And for me it was the connection with the homily from Father John about the mind. We can know Jesus, knowledge in the mind, but we need the heart and that transformation and evangelization to be missionary disciples - that call to be living sacrifices as missionary disciples in proclaiming good news. Amen.

Seventh word

My prayer to the Lord was "increase in me the spirit of evangelization Lord Jesus." During exposition, I was taken to the room where Jesus broke the bread on the road to Emmaus and the Lord said, "it is my peace that I give you."

Eighth word

During the time of Adoration I suddenly got very strongly the word "Community." And I think the Lord was saying that in these dark times — when the world around is just getting so secular and Christians are very much in a minority and we feel very much on our own and under attack — there's great strength in this community that I felt just adoring with 100 other people today. So I just thank the Lord for our community and he gives us strength to cope with these dark times. So thank you, Lord.

Ninth Word

This is what came to me during Adoration: "Come now, my people, do not be shy. Reveal yourselves to me so that I can bless you as you really are, not set up with a false image of yourself to impress others. It won't do. No one believes such pretences. Humility is the key to being honest about the real you.

Tenth word

Hello. I'm Ukrainian and it's difficult for me to express my thoughts in English, but I will try. I am a member of Ukrainian Renewal and when we arrived with my twelve year old daughter in England, she told me "Mum, I'm a stone. I became a stone in England. Not good ground, but stone." And I'm pleased that I have found somebody now who speaks the same language as me. I'm used to being in such groups, but a live one. And they are much younger than your group. Probably I'm the youngest here! I felt that I need to be a young brick in that building that you built and the youngest is twelve years old who wants to be good ground. I know a lot of young people in Ukraine and they speak English too.

My priest in Ukraine, when I came here, told me that it was like prophecy that God created. God sent me here because he wanted me to do something here. I am open to it too. Probably to be a brick in a Christian community, but I'm located in a very small village and it's difficult with churches, with priests, with everything here. So it's like I'm in a desert.

Eleventh word

Hi, I just want to say that I'm also a young person. I might be one of the youngest here, but I just want to say thank you because I've just started joining this group and I was just listening to all of your testimonies. I minister to young people and sometimes it can be really difficult to meet them where they're at. But just know that every single thing that you are doing touches their heart. If it's about Christ or in your actions and in your words spoken, it truly is. This week we have been doing a theme on the light in darkness and we have been doing about how it's the ordinary individuals that bring the light in the darkest of times. And we focused on the Holocaust yesterday and our young people wrote these words and I just felt like I wanted to share them with you, just hearing all your testimonies just now.

They wrote: "We learnt it's not easy when our freedoms are taken away. We learnt how easy trust can turn to mistrust in a world full of anger and mistrust towards us. We've learnt as young people how confusing things can be. But what we have realized is there is light among the darkness, in the unsung heroes, in the everyday people that we meet who just spread just a little bit of kindness and are prepared to risk for other people and to give us the peace in a world that we need. We are the future of the church, but we learn from the past and from the people who show us the past."

So I just wanted to share that, to say you're all doing incredible work and I'm pleased to be part of this community. Sometimes I need that little spiritual guidance. It can be very difficult to constantly give spiritual guidance out to people as a chaplain and a minister, so it's quite lovely to receive it back. So thank you. And thank you for letting you be part of this group and let us all be the light of the Church.

Twelfth word

During adoration I saw Jesus carrying the world on his shoulders.

Thirteenth word

At the beginning of Adoration, Alastair began with the song "be still and know that I am God" and the Holy Spirit then took me to Psalm 46:10. "Be still and know that I am God, exalted among the nations and I can be exalted in your life too, if only you will be still."

Fourteenth word

'God is always in the storm - God remains present in the storm with me'. How is God asking me to react before, during and after the storm to grow closer to Him?

Fifteenth word

During Mass, I felt a strong sense of welcome and homecoming from Jesus

Sixteenth word

During Adoration I saw two hosts but then these merged into one. It seemed the Lord was saying: "Become one with me." Perhaps from the gospel reading, we need to be one with Him not separate, so we are not afraid.

Seventeenth word

"Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand." Isaiah 41: 10

Eighteenth word

Paul said in 2 Timothy 4:7 "I have fought the good fight, I have finished the race, I have kept the faith" - we are passing the baton of the Gospel to the next generation and therefore we are a link in a chain.

Nineteenth word

Going through a traumatic time in my spiritual journey and at the sign of peace in the Mass, I felt a great peace come over me. Thank you, Lord.

Twentieth word

Humility is key - God knows me and all of us individually.

- If your clothes are feeling cold, you need to consider turning the temperature up in your house if you can.
- Someone with a twitchy left eye.
- Someone getting headaches because they are outside in the cold a lot.
- Someone with aching wrists from scraping the car.
- Someone with a persistent upset stomach.
- Someone with fallen arches.
- Someone with a painful left knee whose operation has been postponed.
- Someone who wants to do something about helping to spread charismatic renewal in the mainstream of the Church.
- Someone suffering with anxiety & panic attacks

- Someone with jaw pain sometimes dislocates on the left side
- Someone with an awful fear of death through regrets over the past and fear of judgement#.
- Someone suffering with Crohn's Disease
- There is a dear soul who can't cry..... somehow the tears are locked away 'inside'
- There is someone who is getting distressed because they can't 'hear' or 'sense' Jesus, and feel they have no experience of the Holy Spirit.
- A person who has been diagnosed with prostate cancer.
- Someone who has lost vision in one eye. It might be worth phoning through for general prayer for eyes.
- Another one with a knee problem.

ALTON DAY OF RENEWAL WORDS OF PROPHECY 25/2/2023

First Word

I had: "I will pour out my graces on all mankind. Some will reject them, so pray for them. Some will be wary and afraid of using them. Pray for them. Some will look on my grace as a gift to keep for themselves. Pray for them. Some will go out into the whole world and use my grace to share the good news. Most especially pray for them. I call you all my children to be those who share the good news, for I give to all my grace and my gifting to do just that. I come down off my cross to be with you wherever you go, to lead and guide you on the way.

Second Word

Here's what came to me during adoration. "Who knows me truly, but you? I ask you this for you to clarify in your hearts what you mean to me and what I mean to you. You are first in my life. Am I first in yours as I should be? Think on it and repair any shortcomings."

Third Word

The theme today is "Come follow me." I was just reflecting on that and it's part of today's gospel that when Jesus called Matthew, he said, follow me. He said just those two words and he followed him, and then of course we know what happened. He gave a party to all his friends and Jesus. So we give thanks first for that grace that the Lord provided to Matthew that he responded freely.

And that reflects me as well: I am following the stages of the apparitions of Our Lady of Lourdes, and in one of the apparitions this week somebody asked St Bernadette "How did the Lady smile?" because the smile that Our Lady gave to Bernadette was something very, very profound. So the reply of Bernadette was: "You'll have to be in heaven to recreate that smile."

And one of the things that came back again to me during adoration, the word that comes many times to me, is humility. We need to go in humility in front of the Lord and give to him everything that separates us from him. So that humility is a very important word for me and it stuck.

Fourth Word

What was interesting for me, and it may have been the angle of the Monstrance, but I could see contrasts on everything. On the left hand side of the Monstrance, there are 12 prongs. The top one and the one to my left was very bright. The right hand side was semi shiny and the bottom half was dark. All I kept thinking was, one side looked a light green and the other was quite dark. But when I looked at the host part, for a moment I saw the shape of a bell, then that disappeared and then I got the words, "the battle isn't lost."

Then the other contrast was the candle on the left was quite bright. The candle on the right I thought was going out. And no sooner had I had the thought, when it suddenly got bigger, which was quite strange. And I watched that for the rest of the meditation. Then when father came to take the monstrance away, I noticed the candle holders, the one on the left was green and the one was on the right was black, and all I could think of were the words "the battle isn't lost," and then the words to Timothy "fan into a flame."

Fifth Word

I believe that I heard this lovely, lovely invitation: "Come and repose in my heart. Let go of all the things that trouble you. Be at peace and all will be well."

Sixth Word

Mine directly relates to the last one. I heard from the Lord: "I see many of you are bowed down with worry. For yourselves, your families, and what is happening in the world. But I say to you, do not be afraid. Turn to me for my merciful love will never leave you. Remember always you are precious in my sight, and I never take my eyes off you. Not even for one second. So now rest in my perfect love. Be at peace."

Seventh word

When I was in Adoration, Jesus was giving me a picture, his face. The face started to change into many different faces of different people, and I asked the question to the Blessed Trinity, "what do you want to know about picture you gave me?" And the discernment was that I saw another picture and the picture was of the heart, and it was a burning sacred heart of Jesus, encircled with the crown of thorns. And then the heart was fully ablaze with fire. And the grace I felt within that picture from Jesus was that we have to have a burning love for our brothers, and sisters. The face of Jesus that began to turn into faces of other people, I believe was Jesus showing us that he is in every person globally, and we should have a burning love for each other, as Jesus does for us.

Eighth word

I had this during adoration: "With God, all things are possible."

Ninth Word

I thought I'd just share a poem I happened to have typed up last night in the light of what people are saying today. It's called One Light.

In everlasting light, there is but one light — His name is Jesus.
In every thundering cloud, there is but one power — His name is Jesus.
In every burning fire, there is but one fiery flame — His name is Jesus.

He is the only true strength, of all that exists.

And He has always been.

You will find Him in the gentle breeze, the bubbling brook, the afterglow of a sunset, red, in the mountain top, the unblemished snow, the humble heart, and the eyes of love.

What King so high can meet us, as we travel, on the lowly, stony road? What Love so great, can find the broken heart, with tenderness, so sweet? What Life Eternal, can offer us forgiveness, and release us into His perfect peace? What Son of Man, holds out His hand, in raging waters, deep,

to draw us in, and pull us clear — with warmth to wipe away our scars and tears? He gives us the freedom to breathe...and to rest in Him. Jesus: the Only Light — cling to Him. juliehughespoetry(c)feb92023

Tenth word

This actually has come to me all through the week and this morning too. "Thus says the Lord, fear not, for I have redeemed you. I have summoned you by name. You are mine."

Eleventh word

On the Monstrance I could see lights on the top and on the left. So it's like the Father and the Holy Spirit but nothing in the base. And it came to me that I felt it was like the foot of the cross and I thought that we are at the foot of the cross and we've got to look up to the Lord. And you know, wood can rot in the ground, but don't let it rot! Lift the cross up high and go out into the world. And I'll hold the cross high, wherever I go.

Twelfth word

The first thing that struck me was Jesus alone in the Monstrance. And then just being with him, I felt the message he was saying was, "Come into the wilderness where I go before you. This is a place of grace, of drawing closer to me. Fear not, have courage. In the wilderness, I will cleanse you and prepare your heart to receive my spirit."

Thirteenth word

What I was given was Psalm 130 and it's a prayer for help. I won't read it, you can read it if it's for you. And the words that struck me particularly were: "Depth; hear, listen and wait." And particularly the word depth, because I feel that maybe during Lent is the time for us to get into the depth of Christ before we go out.

Fourteenth word

I had the impression that there's at least one, maybe more people here today really struggling with believing in the real presence of Jesus in the Eucharist. You feel that you have to understand it intellectually, and of course you can't. And you know, I can sympathize with you because I went through a similar period of struggling intellectually. And I felt Jesus was saying to you and to anybody in that position: "Give me your heart, not your understanding. Faith is a decision to trust in me. I love you without limit. Receive my love and allow it to transform your heart."

Fifteenth word

"Be transformed by My Spirit."

Sixteenth word

"Be the light in the darkness."

Seventeenth word

The host in the monstrance seemed to be smiling.

Eighteenth word

"Turn your eyes upon Jesus and keep your eyes fixed on him and only then will you be able to take me out to a needy world."

Nineteenth word

I have felt the Lord saying through all my anxieties: "I am in charge - do not worry so."

Twentieth word

The Lord is our comforter and friend.

Twenty-first word

The response to the psalm today: "Show me Lord your way so that I may walk in your truth" I sense the Lord saying: "Trust in Me always and do not fear as you follow Me, and always hold My Cross ever higher."

Twenty-second word

Jesus is saying "Come take my Hands"

Twenty-third word

The word nails came to me looking at the monstrance Some of the prongs had light within them but the lower ones were more in shadow. The Lord was saying to me "Give me the nails which are weighing you down and I will redeem you."

Twenty-fourth word

I couldn't shake the message: "Invite people from outside the Church to Faith and Friendship groups. Tea and Coffee."

- Someone with a painful left hip that may be sciatica.
- A woman with Reynaud's syndrome getting cold hands and feet.
- Someone with an upset stomach go to the doctors if it has been three weeks or more.
- A woman who is pregnant to ask for a blessing for the baby.
- Someone getting face ache from sinusitis.
- A woman who is getting very forgetful.
- A man with back pain.
- Someone who lays the table for someone who never comes. They are still laying the table for two when there is only one.

ALTON DAY OF RENEWAL WORDS OF PROPHECY 25/3/2023

First Word

"Grasp hold of the torch (an old fashioned flaming torch) and go out into the world to give light to all the people. Let the Lord be known to all. Be the one doing the work that all should do. Go out to the whole world and proclaim the Good News."

Second Word

I just got these words: "Come to me, all you who are heavy laden and I will give you rest. My yoke with you is easy and the burden light for I accompany you."

Third Word

I didn't realize, to be honest, that it was the feast of the Annunciation today, but, throughout adoration, I was wondering if there was something I should share. What I'm going to share is the fact that I was actually with my husband in Medjugorje last weekend, on the 18th and on that day, I was outside Mirjana's House when she received an apparition of Our Lady. And I was invited to lead a decade of the rosary in English. And I'm thinking that I could share with you Our Lady's words that came after we'd been saying the rosary for probably a couple of hours. And these are her words: "Dear Children, I am calling you through prayer and mercy to come to know my Son all the better, to learn to listen with a pure and open heart. To listen to what my Son is saying to you in order to come to see spiritually that, as one people of God in communion with my Son, you may bear witness to the truth with your life. Pray my children that, together with my Son, you can bring only peace, joy, and love to all your brothers and sisters. I am with you and I'm blessing you with a motherly blessing."

Fourth Word

"Michael, I have this to say to them: Forget all I have ever told you about sin/your sins and concentrate on this one thing – know that all who turn to Me with tears in their eyes will be forgiven, for I am bringing forth a Saviour to this world who will dry all your tears because He is the God of fresh starts, new beginnings and (a) hope for the future."

Fifth Word

"My children, I see many of you are worried about the future for yourselves and for your children, but I am calling you to follow me just one step at a time. Like stepping-stones, I will show you each step to take as you come up to it. Trust me just me one day at a time."

Sixth Word

Leading up to this retreat yesterday and today I've been given by the Holy Spirit Isaiah chapter 49. And the Lord is saying, if many of you, like me who who've had a past, the Lord says: "Still your life is with Me. Come to me, have your life with me, and I want to make you a shining light to the nations. I want you to bring the house of Jacob back to me through your evangelizing, through your boasting in the name of the Lord." I think this is for everybody. It's Isaiah chapter 49 and I think one to just pray through really. Amen.

Seventh word

it's basically one word: Interruption. I had to phone my son to help me to plug in. He was typing the word interruption and I interrupted him and he was sending an email to a friend. So we were able to pray the glory be to put everything right, and my word is that sometimes the Lord interrupts us, and He did right there and right then. And we can pray to Him and bring Him into situations. And on from interruption, I'm going to say the word "Lorry." The number of times you're rushing somewhere and a lorry comes in front of you on the road. I've learned to say thank you for the angel that'll stop me going too fast. So it's that interruption that's really impacted on the last 10 minutes for me, and I just wanted to share that because it's so real and you lose those moments so quickly.

Eighth word

Apart from the special day of the Annunciation, today is as well a very special day for us because - we have gone to Lourdes quite a few times - and today is the [anniversary of] the 16th apparition of Our Lady to Bernadette. And of course every time she used to go to see her in the grotto, she always used to ask her name, but there was no answer. Particularly today on the feast of the Annunciation, she asked her, What is your name? And the Lady, our mother of God, she said "I am the Immaculate Conception." So we could say that today she reveals to us she is the mother of our God. So we thank you and we bless you Lord, for your mother revealed to us in Lourdes. Thank you.

[Note: the Catholic dogma of the Immaculate Conception proclaims that Mary was sinless from the time of her conception. Although the Immaculate Conception does not directly reveal that Mary is the mother of God, it could be said it does indirectly point to this.]

Ninth Word

During adoration, when I was looking at the monstrance, I was really struck by the end bit where it's holding the host. And what came to mind were the arms of God holding us and then Deuteronomy 33:27 which says "The eternal God is your dwelling place and underneath are the everlasting arms. And he thrust out the enemy before you and said, destroy." But it was that whole idea of holding up the host, the everlasting arms of God supporting us.

Tenth word

At the beginning of Adoration there was quite a bit of distraction as Father was adjusting the camera positioning, and I felt the Lord saying: "There will always be distractions when you pray and focus on me, because the evil one hates it when you give me the attention. But be assured that I have overcome all evil. Proclaim my victory over your distractions and turn your gaze to me once again." I'm sure that's for all of us because we all experience distraction when we pray. Of course, sometimes there are interruptions from God, as we heard earlier, but sometimes there are distractions that draw our attention away from the Lord, so we need to learn to discern between a genuine interruption from the Lord and a distraction that is not from the Lord, and try and deal with them accordingly.

Eleventh word

During Adoration the host was a pale pink, almost white, a colour of Pure Love like a rose petal. The Lord told me he holds Our Lady Mary in his heart. He also wants us to read the Bible each day as he can talk to us through the scriptures.

- There is a specific ministry that the Lord is calling someone to take hold of. They are very
 reticent about responding to this call for fear of what others might say and a real fear of
 failure. Dear friend, please seek prayer so that all interior 'voices' may be drowned out and
 the Lord's voice heard clearly.
- There is someone who has developed many doubts about their faith and particularly many questions about the Real Presence of the Lord in the Blessed Sacrament.
- A man with cerebral palsy I will heal
- Right foot ache
- Sore throat, needlessly

- Someone who is finding it hard to overcome the negative words spoken over them in their childhood
- Someone who is afraid of drowning and having nightmares about it
- A speech impediment possibly a stammer
- Someone having problems with their right hip, especially after sitting for a while standing
 up is difficult
- Someone with leaking shoes, needing money to replace them
- Someone with a feeling of pressure periodically at the back of their head
- Someone whose skin is quite flaky and itchy
- A woman with failing eyesight
- For someone who goes to church but feels quite separate from the community that they are worshipping with
- For someone with a pulled muscle on the right side of their neck

ALTON DAY OF RENEWAL WORDS OF PROPHECY 22/4/2023

First Word

I've got a message quite specifically for Tom with the floppy hat, and it's like the spirit shining a healing light on to your shoulder. It's quite strong on your shoulder, like a bolt of light going through your body, giving you healing. And it was sending love to the experiences that you've had in life that have hurt you somehow. The message that I got was: "Trust in God and all will be well. And love one another as I have loved you." And that's almost telling me that the people who've hurt you, you should send love to them in any way that you can, and it will help you. The forgiveness will help heal you, and you are being given overwhelming love from the Holy Spirit. And God is just telling you that he loves you and you should trust in him.

Second Word

Mine is also a specific one. I don't know if it's for one person or for more. I got: "My dear ones, I wish you would understand this love I have for you. Come to me with open hearts and let me wipe away your tears. Sit at my feet and let me gaze upon you as you feel my peace and healing flooding your body, souls and spirit. Let me turn your sorrows into joy; fears into confidence; your doubts into faith. Above all, let me show you that I am your father and how I love you just as you are." I thought I was going to write down something else, and when it came, it just came like that and I felt it was probably for somebody specific.

Third Word

I felt the Lord was saying: "I want you to be happy. Keep me in the centre of your gaze. I am the Alpha and Omega. Put first things first. Place your burdens upon me and rejoice in my plans for your prosperity."

Fourth Word

I think what I thought the Lord was saying very much echoes what has just been said. I got this: "Some people strive and strain for money. They check the health of their savings accounts, they adjust their behaviour to get more money or to make better use of what they have. It is good to be prudent, but there are greater riches to be found in checking the spiritual health of your hearts, in adjusting your behaviour to come closer to me and in taking greater care of your spiritual wealth. I will pour out blessings on you and I will meet all your needs."

Fifth Word

I think mine was more a picture and an awareness. Very contrasting to what I saw the last time when I looked at the Monstrance. The candles were lovely and there was a tremendous sense of peace emanating for me - and the word calmness. But as I looked at the monstrance and that stillness, I was very much aware that some of the rays coming out of the circle were very bright, but there were an awful lot that appeared quite dark. And this was very symbolic for something I'd had to pray about yesterday and came onto the healing line. But seeing the centre points of the monstrance, that the shards (I saw them as shards, not ray of light) couldn't actually penetrate the circle, but the rays were coming out and it was very much: "Do not be afraid."

I was prayed with against a lot of hurt yesterday, and I had that awareness that I needed to be filled with the Holy Spirit. So, despite the shards coming in, they couldn't penetrate that circle of the Holy Spirit. So although that outer crust of us can really be quite fragile at times, that inner peace can stay very calm and controlled in the power of the Holy Spirit. So it was a reminder that I need to start calling on the Holy Spirit and putting on that armour of God.

Sixth Word

Very short from me. "I am with you always. I am in your heart."

Seventh word

First, I noticed the figure of Jesus behind the monstrance, with his arms outstretched. It was really interesting because he wasn't actually on the cross and it spoke to me in lots of different ways. His arms extended indicated to me, first of all, surrender. Surrender to God's will, surrender to receiving all that God wants to do. And also, it was like his arms were extended in an embrace for us.

So then I asked what he wanted to say out of this image, and he seemed to give me these words: "Surrender yourself to me more and more. Be open to my spirit. Ask for help. Trust in me, rely on me. Have I not promised that my spirit will teach you and guide you, will comfort and strengthen you?" So that seemed to confirm also what Father Paul was saying to us in his homily: when we call upon the Holy Spirit there will be an inherent power, when we proclaim the word of God. And God will give the growth, when we have played our part, but we must ask the Holy Spirit to help.

Somebody once described the Holy Spirit as a gentleman who doesn't force himself upon us; but he does come when we ask. So we need to really be humble and open, ready to receive all that he has to give to us and all that he wants to do in and through us.

Eighth word

When I saw the crucifix behind the monstrance, it just reminded me that we get so overwhelmed with all the news - and there's plenty of bad news all of the time, 24/7. And I was thinking about the cross of the risen Lord who'd overcome the world And I think I was just feeling that the Lord was encouraging me to walk with him more, to trust him more and not to be too concerned with all the tragedies that there are around. Obviously lift them to him, but he is the risen Lord, king of kings, I just felt that.

Ninth Word

2 Chronicles 7:14-16 "If my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land. Now my eyes will be open and my ears attentive to the prayer that is made in this place. For now I have chosen and consecrated this house so that my name may be there forever; my eyes and my heart will be there for all time."

Tenth word

I felt the Lord was saying "My heart is burning with love for you. Receive my love and share it with others."

Eleventh word

From the reading today - the journey became easy when the Lord got into the boat with the church (the disciples).

Twelfth Word

The Cross on top of the Monstrance connecting with the Risen Lord is a symbolic image: Christ is not here, on the Cross, He has risen and gives us Life in Abundance.

Thirteenth Word

"Bathe in the sunlight of My Glory."

Fourteenth Word

Never say you cannot otherwise you will not. Remember who you belong to and say — "I can do all things through Him who strengthens me." "I will never leave you or forsake you."

Fifteenth Word

John 16:33 – "In the world you will have tribulation. But take heart; I have overcome the world." Surrender to the Lord's will.

Sixteenth Word

Praise and thank God in everything. "God lives in the praises of his people!"

- Someone worried about their grandmother and aunt who are in ill health You can pray with them in person: simply ask Jesus to bless them and you will be amazed at the result.
- A woman with a strained muscle in the right calf.
- A man with back pain. There are blunt stabbing pains going from the spine towards the sides
 of their body.
- A woman who keeps ignoring pain in their right hip who needs to go to the doctor. It is worse when they have been driving.
- A woman who has been getting muscle pain in their right forearm.
- A man with a persistent cough.
- Someone who is getting quite depressed and playing computer games as a form of escape from reality.
- A man struggling with digestive problems creating excessive flatulence.

ALTON DAY OF RENEWAL WORDS OF PROPHECY 24/6/2023

First Word

I had a picture of a chalice with taps at the bottom, releasing rivers of grace, and the chalice grew so big that I could not see it all. God's grace is endless and unlimited, flowing down on everyone. Receive his grace for yourself. Let it grow you in love to step out in faith to serve all his creation.

Second Word

I had this just before joining ADoRE today. "I see your faith and I know how much you love me, but when you're timid to share your faith with others, it grieves my heart. Who will do so, if you do not tell them I love them? It is not up to you how they respond, only to share my everlasting love and mercy with them. Ask me, and I will give you a spirit of boldness to speak my words and prophesy, to stretch out your hands, to heal and deliver. For you are my beloved disciples called for such a time as this.

Third Word

You probably all noticed the dog wandering around at the time of adoration. And it brought to mind the psalm where it talks about animals praising God and I looked it up, Psalm 148 around verse 10, "wild animals and all cattle, small creatures and flying birds...let them praise the name of the Lord for his name alone is exalted. His splendour is above the earth and the heaven." And I thought of St. Francis and how devoted he was to all of creation and particularly the animals. And it's lovely that we can think we're not alone in praising God - the whole of creation praises God. That's really encouraging. I find.

Fourth Word (We discerned that this is probably a personal word just for the recipient)

Thank you for that word about the dog because we've been on holiday recently and my conclusion was, there are too many dogs and they're not being looked after very well. So I was a bit anti-dog, then I got home and I read a little bit of the Bible every day and I was in the middle of Tobit... and there's a dog in Tobit! He gets taken on the journey and when they come home, there's the dog again. I thought: "Thank you God. You keep telling me about dogs" and so when I saw the dog today, I thought "Thank you, God. That's the message again, that I need to be tolerant and love dogs and people, and in fact the whole of creation." So, praise the Lord for all his creation, dogs included!

Fifth Word

The other morning I woke up and these words came to me. "My dear children, I want you to know there is so much more to Christianity and life in general. You see, baptism and confirmation aren't enough. We all need a living experience of the love of God who wants us to experience the fullness of life. Only with the empowering of the Holy Spirit can that truly happen. Jesus came that we might live life to the full. He came to set us free from all that would prevent that happening.

"He died that we might live. By dying and rising and ascending into heaven, he was able to send his Holy Spirit, not just at Pentecost, but for all time to come. The most precious gift we could ever have. The important thing is, we have to ask and accept this gift with a sincere heart. Please don't wait any longer. Life is too precious."

Sixth Word

"Be it known today that there is no other god than God. He ministers in your hearts to bring you fulfilment for all you do to serve Him in building up His Kingdom of truth and morality, so much needed in this world today. So do not be reticent in coming forward to live and proclaim His wonderful Kingdom. Know you are part of something greater than the world sees or knows, and rejoice."

Seventh word

I don't normally get words like this, but a couple of days ago, I felt the Lord suddenly saying that He wanted me to give a message to somebody here on the call. I might be completely wrong, but He said, have courage and speak this out and see if somebody responds to it.

It's a message for somebody called Marianne or Marian They've got shortish blonde hair, glasses. Stripy clothes. I don't know if that is anybody here on the call at the moment. But the Lord is saying to you that you are concerned about your children. I think it might be two sons that you have. The Lord is saying that He has them in the palm of His hand. Keep praying daily for them. Don't give up hope. You'll be amazed what the Lord can do.

So if somebody feels that applies to them it'd be interesting to know. Just put a word on chat if you feel that refers to you.

Eighth word

Another word that I had during adoration, the Lord says: "Holiness is what I call you to. It is not beyond your reach, but you cannot grow in holiness without me. I am the source of all that is good, come to me, abide in me, drink deeply from the waters of life that I am pouring out."

And that seems to confirm a couple of the other words that were given earlier as well. So the Lord is obviously giving this word to us at the moment that we need to come to Him to receive more of all that he has to give us. We needn't be frightened, we needn't be worried that we can't attain holiness, because we can't in our own strength at all. It's like trying to lift yourself up with your boot laces. It's impossible. We need God's help and He's giving it to us. He's giving it to us. We just need to receive, to come before Him in adoration and praise and ask Him to help us to develop our holiness and develop the gifts that He wants to give us, to help proclaiming the kingdom.

- For someone falling asleep in the afternoon and wanting to be more active.
- For someone suffering from sickness and diarrhoea on a regular basis.
- For a man getting constipated too often.
- For a woman suffering from light-headedness and getting too many bruises.
- A man with a frozen neck.
- Someone with pins and needles in their right hand.
- There is someone who feels very broken and at the end of their tether. They are just about hanging on by a 'thread'. There is a great need for encouragement today. Please know that you are firmly held in the Father's arms, He will not let go! You are precious, you are 'enough' and you are loved.
- There is someone who is questioning God's faithfulness. A prayer that seems to be left
 unanswered after many years of praying and waiting. There is an internal conflict of
 wondering IF God will ever answer and WHEN He will answer. I have a sense that God is
 wanting 'time and space' to be filled with Himself so that He can bring about the fullness of a
 wonderful answer. There is a purpose in the waiting. He is doing something beautiful.

ALTON DAY OF RENEWAL WORDS OF PROPHECY 22/7/2023

First Word

"When I see you struggling with the difficulties in your lives, it pains my heart, for am I not your provider, your healer, and your deliverer? I want to be so much more to you. I want to be your everything. Focus on me and not on your problems. Seek me first and let me wrap my loving arms around you. Trust me, my dear ones and all will be well."

Second Word

I feel the Lord is saying "Be on fire with the fire of my love and do not quench the spirit."

Third Word

In the gospel, Mary Magdalene recognized Jesus because he called her by her name. And that is what the Lord does for each single one of us in the depths of our heart. And there's an intimacy there, that He has called each one of us by our name and we are His.

Fourth Word

I feel this is in particular for anybody who is feeling discouraged or unwell today. "I am here. I see your heart. I see your efforts. And I am delighted. Thank you for your faithfulness. I am here in power. I am in your praises. I am in your worship. I will raise you up."

Fifth Word

If we seek him with all our heart, and I really mean deep within our heart, we will find him because he is searching for us first. And when he calls us by name, we recognize him. And we encounter him. So that was my main thing. Seek him with all your heart and you will find him. That's a guarantee.

Sixth Word

"If you seek me with all your heart, you'll find me and I'll bring you back from the place where I sent you."

Seventh word

When I heard "I will pour out my spirit on all mankind," I felt the Lord highlighted the ALL and wants to remind us that all mankind are his beloved children, that we are called to love even the sinners.

Eighth word

"Be still and know that I am God" is the scripture that came to mind today. "In the midst of the storm, I am there. Do not worry, for I am there for you and with you."

Ninth Word

Prayer is powerful: just pray. The Lord actually said to me - when I was saddened by the fact that some members of the family, grandchildren, you know, don't know the Lord - The Lord said to me, "leave it all to me."

Tenth Word

"Many try to reach Me by different paths, but there is only one way to Me in reality, which is through My Son. He is the only way to the Father. Seek him, find Him and you will be on course to Me."

Words of knowledge for healing

- For someone with pain in the right leg from knee to thigh sciatica?
- A woman with a watery left eye.
- Maybe the same woman with a dry right eye and blurred vision in that eye.
- Someone with depression.
- Pain from the horizontal surface when sitting in a hard chair.
- Someone who is too much on the Internet getting a painful right wrist might be rheumatism as it has got worse with the rain.
- Someone in grief they are finding it hard to move on.
- Someone with lower back pain.

ALTON DAY OF RENEWAL WORDS OF PROPHECY 26/8/2023

First Word

I had "Form up into the army of Christ. Hold the Cross high and follow behind it in procession. Proclaim the good news of salvation to the whole world. Place yourself totally in my hands. Trust in me fully to lead and guide you. Do not forsake me. Turn your gaze fully on me. Come to me often. Turn to me frequently every day. Place all your concerns in my hands. I will never leave you - do not leave me."

Second word

I received this at adoration. "My dear ones, I want you to know how much I love you. You have been in my heart since before the world began. I long to spend eternity with you, our two hearts communing as one. So I created you for myself. Now it grieves my heart when I see you standing back in confusion., disbelief or shame, when there is nothing that can separate you from my love. Come back to me with all your hearts, for I am your merciful father: your Abba, healer, deliverer and provider. I am standing at the door of my heart with open arms waiting to embrace you. Won't you come in?"

Third word

I can certainly confirm part of that. You talked about unbelief there and this is what I received during Adoration: "Do not struggle with believing. Grow the gift of faith, which I have already given you. Ask the Holy Spirit to grow that seed in you. Thank me daily for all my gifts. And above all open your heart to my love, which is freely given to you. Look upon the cross and see how much I love you."

Fourth word

The message that I got from Adoration for everybody was "When you can't see me, know that I am with you and look to the Trinity.

Fifth word

Looking at the host I wanted it to be nearer as it seemed so far away. Maybe a message just for me!!

Sixth word

"I am pouring out My goodness and charisms upon you. This I do through the grace and power of the Holy Spirit. So, be attentive to all He is doing through and with Me and My presence here. Let Him teach you all you need to know about My wonderful love for you."

Seventh word

During adoration I was reminded of what the Lord spoke into my heart this morning: simply that we are made in his image and likeness, the Lord of all heaven and earth! How precious we are and wonderful. We can't share with others what we haven't fully received: to proclaim this truth every day, incorporate this daily into our lives.

Eighth word

"You are my beloved."

Ninth word

"Bring to me all that burdens you: bring to my cross your chains, suffering and sorrow. Wrap your chains around my cross and lay your sufferings at my feet. For I want to free you, uphold and sustain you. Rejoice in my merciful love."

Tenth word

I was aware of the tabernacle being His Holy House, and we are too.

Eleventh word

The message I received was simply "TRUST ME."

Twelfth word

'Open your hearts to my love' resonates with a message I am praying with 'Open the ear of your heart' it is a gift to be able do this.

Thirteenth word

"Trust and believe in me. I am with you always until the end of time."

Fourteenth word

I think the first thing that struck was Fr Matt kneeling before the Eucharist at Adoration. And then it came to me, the Lord was saying: "Humble yourself before the Lord. I am he who saves you. I died to set you free and have released you from bondage. Do not let fear keep you away from me, for I am merciful love and my heart is full of compassion. Come back to me with all your heart."

Fifteenth word

This is from Romans. "For I am certain of this. Neither death, nor life. No, angel, no prince. Nothing that exists. Nothing still to come. Not any power or height or depth, nor any created things can ever come between us and the love of God made visible in Christ Jesus our Lord."

Sixteenth word

During adoration I saw an image of Jesus embracing a person and there was so much love and joy...

Seventeenth word

"You are my lambs and I carry you close to my heart."

Eighteenth word

"I am the vine, you are the branches." (John 15.) And there's a lot in that particular chapter.

Nineteenth word

"For He performs what is appointed for me, And many such things are with Him." (Job 23:14) This was what he spoke to me during adoration yesterday and it was so applicable to my personal circumstance.

Twentieth Word

"Jesus Christ is waiting for you!".

- Sciatica? In left hip
- God wants to bring healing to someone with a swollen left leg
- Cramping in calf muscles
- Weeping eye on verge of conjunctivitis, going cloudy periodically
- Backache
- Sore throat that keeps recurring
- Not sleeping properly waking at 4.30am confirmed by someone else having the word of chronic insomnia
- Depression
- Feeling of spiritual attack
- Overwhelming anxiety
- Feeling of inferiority
- Feelings of abandonment and loneliness