

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 for 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 27/1/2024

First Word

During the adoration, I was reminded of when I was at our church last Saturday for adoration. I was kneeling in front of the Blessed Sacrament looking at the monstrance and suddenly it seemed to be like a searchlight, a concentrated beam of warmth of light just streaming out towards me. I really felt the love of God just surrounding me and streaming out just like a searchlight. It was beautiful and just reminded me again this morning that God loves each one of us, just the way we are.

Second Word

My contribution is the Prophet Micah 6:8 I don't know if it's relevant. *He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?*

Third Word

That was a very lovely adoration time for me. When we lost the picture of Gareth's adoration, I closed my eyes and sort of inside my eyelids I still had the picture of the Lord in the monstrance and it was very, very powerful even with my eyes closed and it was as if the Lord said to me "You see the reality of my presence with you is so strong even if you can't see him." I thought that's really important and as I prepared myself in a way to come into his presence (occasionally the Lord blesses me with the feeling of his presence) I thought: we need so much to satisfy our eyes, but we mustn't forget that he can't be more with us than he is with us. So I just wanted to share that: each of us where we are, even when we're all apart, we're united. Because his presence is the same for each of us where we are, whether we can see him or not in our representation.

Fourth Word

I actually received this as a prophecy for 2024 and I sent it to Alastair and he suggested that I read it because it's very much on the theme of today. And I'm sure we all recognize the state the world is in. So I feel the Lord is saying that mankind has turned away from God to worship the gods of their own desires. "Therefore God gave them over in the desires of their hearts ..." (1 Romans 24). A time is approaching of natural disasters and growing political and social unrest, wars and turmoil across the globe. It's also a time of deceptions, falsehoods and distortion of the truth attempting to infiltrate every facet of our lives, including the Church. But we should have no fear.

“Will you trust me with all your hearts and lean not on your own understanding” (Proverbs 3:5) for I am the Lord your God who takes hold of your right hand. Do not fear, for I will help you. Are you prepared to *“walk by faith and not by sight”* (2 Cor 5:7), letting go of your own plans, to follow blindly where I will lead?

I sense the times ahead will call for a holy Church and not a “cosy” Church. He is asking us to *“Forget the former things; do not dwell on the past,”* but to grasp with both hands the new things He is doing. *“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland (Isaiah 43: 18-19)”*

He is calling each one of us to pursue a deepening holiness, to return to our first love, *“...to fan into flame the gift of God, which is in you ...”* (2 Timothy 1:6) He has given us His authority for such a time as this to carry out His purposes in advancing His Kingdom, healing the sick, defeating the works of Satan and the powers of darkness. He will give us the keys to unlocking the hearts of many. He will be our light for the path ahead; our protector and our provider. With our hand in His we will have the comfort and peace of knowing that the Father is defending us, Jesus is within us and His Holy Spirit is leading us.

Fifth Word

This is what came to me in Adoration: My people, you whom I esteem above all others who don't know me yet. Come close to me in these days. Seek me. Find me in your heart, where I dwell. Open yourself to all the graces I offer you in these days.

Sixth Word

I went straight to Tyburn convent for live Adoration. But in those few minutes, I felt the Lord was saying *“Do not fret over these trials and tribulations. I am here with you in these times. Focus on me. Choose me as I have chosen you. You are more precious to me than many, many sparrows. So I ask you simply just to be holy because I am holy.”* And that reminded me really coming from 1 Peter 16 and taking us back, so I felt the Lord was telling us not to worry about these problems we were having with the technology. He was with us and we'd get through it.

Seventh Word

I'll just give you what I received now because it was almost exactly the same as the Lord gave you. So it's a wonderful confirmation. He said to me: *“Place everything in my hands; let go of your concerns. Trust me, I am with you always. Surrender to me and receive my grace, my holiness which is freely poured out on you by my spirit.”*

Eighth Word

The word that came to me immediately when we had the technical gremlins trying to invade our space was that the voice of prayer is never silent and I really felt that throughout the world someone somewhere was praying before the blessed sacrament. *“Lord, send us your blessed sacrament.”* And it came from Australia! But it was just such a lovely thing, praise God!

Ninth Word

Today. Is the day of Holocaust Remembrance. And I think the Lord is saying: *“Do not forget. Do not be indifferent. Because humanity killed 6 million of my people. Do not forget because indifference is like a sin.”*

Tenth Word

I felt the Lord wanted me to share this with people. I don't know whether it will resonate with any of you, but with the state of the world today, with all the things that are going on in Ukraine and in

the Middle East, I've often found it really difficult to pray about it because what do you pray for these absolutely awful situations and I've often found myself, you know, just weeping over it . Then suddenly last week I felt the Lord was saying to me, and it was from something that I printed off absolutely ages ago about lament.

“Lament is not despair. It's not whining and it's not crying into a void. Lament is a cry directed to God. It's the cry of those who see the truth of the world's deep wounds and the cost of seeking peace. The prayer of those who are deeply disturbed by the way things are.” And it's followed by the reading from the prophet Jeremiah when he writes of Rachel's lamenting voice in Ramah that can only weep at the world's suffering. *“A voice is heard in Rama, lamentation and bitter weeping. Rachel is weeping for her children. She refuses to be comforted for her children because they are no more.”* And I just felt the Lord was accepting my cry without words because I don't have the words. So I just wanted to share that with you. In case it resonated with anybody who feels how difficult it is to pray for these dreadful situations that we hear about today.

Eleventh word

That reminded me of something I read yesterday about Jesus: the fact that he wept on various occasions and particularly before he raised Lazarus from the tomb. He was just filled with such compassion that he weeps bitterly, really crying out to the Father from the depths of his being. Our prayer doesn't have to have words and this is where those who have the gift of tongues really are blessed because we can pray without words, we can pray with what the Spirit is guiding us to pray. And those of you who don't have that gift of tongues, do earnestly seek it because it's such a wonderful gift of being able to pray without even having to put it into words. The Holy Spirit praying in you.

Twelfth Word

“My lovely and loved people. I'm here gathered with you. I'm in your heart and I'm giving you peace and love. I want to live there in your heart. I want to suffer with you. Give me all, give me yourself. Also, I can make great miracles. Don't struggle my children. Come to my presence, go to your heart and you will find me there. My heart thirsts for you.”

Thirteenth Word

I would confirm Jenny's prophecy. War is coming unless we all pray and fast ever more earnestly for peace. I see atom bombs being dropped. Please pray more than ever before for peace.

Fourteenth Word

Go forth and tell, the Church of God awaits.

Fifteenth Word

What struck me was the simplicity of Jesus in the host compared to the ornateness of monstrance

Sixteenth Word

I'm not sure I've ever seen a monstrance so close, and it felt very intimate, profound and balanced. I also noticed that the monstrance seems to have, in its inner circle, flowers (nature) and something like buildings in its outer circle (human accomplishment) - indicating and guiding that we can deeply discover Christ in everything.

Seventeenth Word

I heard the Lord remind me – “I am The Light of The World”.

Eighteenth Word

Seeking God not solely for earthly pleasure but seeking Him for eternal life, beholding Him in the Blessed Sacrament gives me inner joy of His presence.

Nineteenth Word

I noticed in the monstrance two arrows (roughly at 10 & 4 o'clock) pointing inwards towards what I felt was the total power and love of Jesus and He is saying: "Do not fear, follow and trust me always, I will never leave you."

Twentieth Word

"Come to me, all you who Labour and are overburdened and I will give you rest." (Matt 11:28) "Yes my yoke is easy and my burden is light". (Matt 11 :30)

Twenty first Word

Just felt the Lord is healing someone suffering with a heart problem.

Twenty second Word

You may not know me, but I know you. (Psalm 139:1)

I am familiar with all your ways. (Psalm 139:3)

I rejoice over you with singing. (Zephaniah 3:17)

You did not choose me but I have chosen you. (John 15:16)

I have made you to bring joy to the world and hope to people's lives. (Isaiah 61:1)

Twenty third Word

Thank you for the words on 'Lament'. During the Agnus Dei, I was taken aback by sudden tears.... I felt as though the Lord was crying, too. The prayers really spoke to me, especially when we said together 'Grant us your peace.' I just knew the Lord was with us in our prayers.

Twenty fourth Word

"The sun shall no longer be your light by day, nor for brightness shall the moon give light to you by night, but the LORD will be your everlasting light, and your God will be your glory. Your sun shall no more go down, or your moon withdraw itself, for the LORD will be your everlasting light, and your days of mourning shall be ended." (Isaiah 60:19- 20)

Twenty fifth Word

I closed my eyes when there was no Blessed Sacrament. When I opened my eyes I saw the Blessed Sacrament surrounded by thousands of people from all nationalities and behind each was a figure in white. At that point I noticed the Blessed Sacrament was from Australia. The figures around the monstrance disappeared but I realised it was telling me Jesus is with every one of us no matter where we are, who we are and at the same time our souls are joined to Heaven. Heaven & earth are one. It is just our bodies which separate us. Our souls can travel between the two and all over the world via prayer.

Twenty sixth Word

I used to attend the Ilfracombe Celebrate conference many moons ago and during the "prophecy" time I felt the Lord remind me of the stones that we took away with us after the conference ended. The stone had a name of someone who you would pray for. His word of encouragement is to highlight that these prayers are heard and answered and not to give up.

Twenty seventh Word

Part of the earlier prophecy (Fourth Word) resonated with what the Lord has been saying about our Prayer Meeting: Is 43:18 "Don't cling on to the old ways that prayer meetings have been run ... I am opening a new door ... I want your meetings to become a Field Hospital where people can unload their hurts and burdens at my feet so that you can pray over them!"

Twenty eighth Word

"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 from happening. He died that we might live. By dying, 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 most 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."

Words of Knowledge for healing

I believe there will be someone who is suffering with very bad indigestion and nausea.

Someone who has a root of bitterness in their heart from being betrayed. Along with this is their belief that it is justified/and the belief that nothing can change. I would wish to pray that though being so badly betrayed, bitterness and unforgiveness in a way are justified, BUT that is the 'voice' of our humanity. I pray that there would be a new awareness of the new life living in you, Christ living in you and by His Grace and in His strength you can 'let go' of all the hurt, receive His healing and consolation. "It is no longer I, but Christ who lives in me" Galatians 2 v 20.

Dodgy left knee

Upset stomach causing loose faeces – see doctor

Passing a lot of urine and headaches – possible diabetes – see doctor

Tight calf muscles due to stress

Feeling of anxiety

Breathlessness

Someone suffering from a lack of balance, especially when they first get up

If you have the chronic bug that is going round, especially if it is affecting your voice, do make a call to the prayer line.

Prayer will help all the above conditions if only in making you feel calmer!

ALTON DAY OF RENEWAL WORDS OF PROPHECY 24/2/2024

First Word

During Mass I had: "Big guns are waiting to fire but my angels are watching over them and you. The whole world is under my protection. Be not afraid." And during adoration I had: "Turn back to the Lord, all peoples. Accept the cross you have been given. You who know me can change the world. Go out and share the good news. Pray and fast for peace. Pray, pray, pray. Small arms are firing, but the big guns are silent. Do not be afraid. Banish all spirits of fear. My protection is here for you and for all. Reach out to me. Follow the narrow path even though you walk in darkness, not able to see the road ahead. Keep going."

Second word

I heard in a talk recently that someone has counted that God says in the Bible 365 times "Do not be afraid" - one for each day of the year - so that really reinforces what you were saying about do not be afraid, the Lord is with us always.

Third word

I'd like to confirm the first prophecy because, at the beginning of what I'm about to read, I did have this sense of the Lord talking about light and goodness and beauty; and I had this sense of it spreading across the world and covering and restraining and eventually defeating all the evil that there is in the world. This is what I wrote down during Adoration: "I am light, I am goodness. I am beauty, I am truth. As you adore me, rays of light, goodness, beauty and truth shine out into the house and the neighbourhood in which you sit. As you adore me, my light, goodness, beauty and truth penetrate deep into your heart and sit there, a glowing fire which shines out through your eyes as you encounter others, enabling you to see me in them and enabling them to encounter me. My children, do not underestimate what I have given you in the Blessed Sacrament."

I asked the Lord for confirmation and I got 1 Corinthians 2:9 which says, "what no one ever saw or heard, what no one ever thought could happen is the very thing God prepared for those who love him." I took that to mean His presence in the Blessed Sacrament.

Fourth word

I didn't get words but I had a new understanding of the Eucharist and it was this: when Christ was on earth, he met thousands of people - still more must have just been in the crowds. He was able to make himself known to them. Nevertheless, the whole world could not get that close to him, those in the world at the time and those to come. They would just have to rely on hearsay words of how he was and what he did. But he wanted in future everyone all over the world to have that same opportunity of knowing and loving him. And so he came up with this most amazing way. He mystically made himself present in the Eucharist, so that he could not only stay with his disciples on earth, but also everyone else in the world and to come. I just became aware of how mind-blowing this is. And it's something that I have had great difficulty in explaining to non-Catholics.

Fifth word

I feel this is probably a word of knowledge for one or two of you. I feel the Lord say that some of you are going through a wilderness experience right now. I could see you trudging through dry dusty desert, stripped of your consolations, perhaps feeling abandoned, unable to connect with God or to hear his voice or feel his loving presence, or believe He will answer your prayers. You may be feeling

spiritually and emotionally ill-equipped, overwhelmed and numb. And I believe this is what he's saying to you.

“My dear ones, I want you to know that this wilderness of soul is my gift to you. For it is in this dry dusty spiritual desert, where you will become thirsty for me. Do not fret or worry. For I am forming and shaping you in this wilderness for what is to come. It is in the silence of the desert that you will hear your soul. Your eyes will search for me in the mirages shimmering on the distant dunes and as the parched desert wind blows, your longings are stripped away and you'll be ready for a life-changing encounter with me. Do not fret and worry, for even though you cannot see me or feel my presence, I'm with you. I'm carrying you. Yield to me, let go of your wilderness questions and trust in my promises. Wait in patience, quietness and stillness, for I've called you into this place, to make you ready for rivers of blessings that I have planned.”

Then - this is a mixed metaphor - but he then gave me a picture of a caterpillar, happily feeding on its favourite leaves. In the next picture it lay quiet and still as if dead, wrapped safely in its cocoon. Inside the cocoon, the caterpillar is no longer the same, unrecognizable, reduced to a blobby mess, until it grew its wings to fly. So the Lord is saying to you, “wait on the Lord in his cocoon of love until he gives you your wings to fly.” And there's a Bible reference, Hosea 2:14-15. “Therefore I'm going to lure her, I will lead her into the wilderness and speak tenderly to her.”

Sixth word

This what came to me during adoration. “Now Michael, this is what I have to say to these people so far across the land. My people, I love you. Be gentle with yourselves. Do not criticize yourselves for what you have done wrong in the past - that is all forgiven. Instead, bend your eyes on the paths ahead of you, seeking my glory in your lives now till you see my glory in your life in heaven with me. Every day build my kingdom where you are.”

Seventh word

2 Chronicles 7: 13-14. “When I shut up the heavens so that there is no rain, or command locusts to devour the land or send a plague among my people, if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.” It's about humility.

Eighth word

During the adoration, I had this picture of someone sinking in the water with just his hand showing above the water. I think it was Peter, when he stepped out of the boat and started to sink, but the Lord was saying to me: “Don't rely on your own understanding. Just keep your eyes fixed on me.”

Ninth word

Two weeks ago I was at Douai Abbey for a study day. I'm looking for the joy in Lent and I managed to write a poem about it, which I'll now read.

Lent leads to the love of the Lord.
Arms stretched wide, dying to embrace the world,
In an execution designed to draw the last breath,
Executing a design of the Holy Spirit
To breathe into a world of death
The living word of the Father.

Tenth word

I had a big fall which fractured my vertebrae and I had been hospitalized for about 10 days and it was a real desert that I had been to. I have been seeking for him. I have been wanting to feel his tangible presence. And I know that he has allowed this to happen so that I can grow deeper in my intimacy with him... This morning I woke up and I was pain free. I was able to get out of my bed and walk then get ready to attend this conference ...and the words he gave me were: "when you were baptized in the Holy Spirit, I have given you the revelation that you are, all of you, my sons and daughters. You are made in my image and likeness. Now I'm sending you out with the power and authority of the Holy Spirit like those of the disciples in Acts, to be fishermen, to heal the sick, so the blind can see and the lame walk. So that every knee shall bow and every tongue confess that I am the Lord of all. Go spread the word to those in darkness and so, on the judgment day, all my children will be saved.

Eleventh word

The word came to me during the adoration from Psalm 27 verse 14. "Wait on the Lord. Be of good courage and he shall strengthen your heart. Wait, I say, on the Lord." So I feel this is very appropriate message for us or for the whole church really, to wait upon the Lord during this time of Lent. Lent is a time of slowing down, waiting upon the Lord, being with the Lord. So that's in order that he can strengthen your heart, as he says in the Psalm. So we can be strengthened, renewed, healed and transformed. To be ready to do his will, to be ready to do his work.

Twelfth word

During adoration I couldn't help noticing the picture on the floor! I kept getting the words "You are all pretty as pictures to me but you are fallen. Stay with me and I will pick you up again."

Thirteenth word

During the adoration, I had a strong sense of Jesus looking at me. No words, just his gaze.

Fourteenth word

During Adoration I felt the Lord saying that we are entering a new season. Now is the time of the Lord's favour. "Be not afraid but follow me and keep your eyes fixed on me and even if you fall or stumble reach out to me and I will raise you up."

Fifteenth Word

During the sermon it came to me to Pray for Putin for conversion and it will bring peace.

Sixteenth word

Do not be afraid, just trust and believe for I am with you always.

Seventeenth word

"The good Lord does not do things by halves; He always gives what we need. Let us then carry on bravely." —St. Zelig Martin.

Eighteenth word

During adoration this came to me: The Lord is bringing forgiveness and healing where there is condemnation.

Nineteenth word

I received the following: "Welcome me into your everyday life. I long to be involved in all the ordinary activities that occupy your day. Please don't confine me to your prayer times, your holy times: whenever you turn to me for help, I will make all those times holy."

Twentieth word

“Why are you waiting my children? I long to pour out my Holy Spirit upon you. Are you longing for me?”

Words of knowledge for healing

Persistent pain in left buttock.

Watery right eye.

Pain in muscle behind right knee.

Possible sprain to left ankle.

Pulled left hamstring.

Pulled groin muscles.

Someone in tears with despair.

Severe cramp in the left calf.

Neck ache.

Someone suffering an overwhelming grief.

I had an image of a Courtroom and with that, I had a sense of a lot of tension surrounding this image. Someone who has felt misunderstood and judged unjustly.

ALTON DAY OF RENEWAL WORDS OF PROPHECY 23/3/2024

First Word

This is what came to me during Adoration. “What I have to say is this: my people, dear to me in all your doings, precious to me in all your praying, follow me closely for I am leading you along a path of gladness amid all the tribulation you see around you. For I am a holy God and will not be undermined in all I am doing in this world. For my power is great, greater than the powers of darkness. Rely on me to see all your hopes and prayers come to fruition.”

Second word

During the Adoration I got a picture of Jesus coming into Jerusalem on Palm Sunday and the people were all praising Jesus, shouting Hosanna, and the authorities tried to shut them up and Jesus said ‘If you try and stop them even the stones will cry out.’ And I thought in today’s secular society Christian voices are being shut up – it’s just not done to speak about Jesus in public, and if we do, we’re shut up. What this is saying is that we need to praise and speak out even more, in defiance of the secular society that tries to stop us.

Third word

During Adoration I had Jeremiah 29:11 “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Fourth word

During Adoration, I closed my eyes and a picture came of a little flower with a long stem like the hose of a shower, the top is like a torch, and the petals are spreading out as if blown by a strong wind. I was praying and saying “Lord I do not understand what that is.” But the picture that came to me is: we are like those little flowers and we are called to go out and spread the Good News.

Fifth word

During Adoration, I noticed the way the monstrance was situated, with the black space behind, and it was like Jesus was saying that he was there in the monstrance, a light shining in the darkness “I am with you always” and we must go out this Easter and fill the rest of that dark space with his light and with his power.

Sixth word

What came to me confirms what we just heard, because I noticed that the monstrance was off-centre relative to the black background, which brought to mind the word “eccentric” meaning off-centre. And I felt the Lord was saying: “Do not be afraid to be eccentric in the eyes of the world, if it means that you are centred on me. Keep your attention focussed on me at all times, for I am with you, within you, in your heart, in the centre of your being; guiding you, strengthening you, sharing my holiness with you.”

Seventh word

2 Chronicles 7: 13-14. “When I shut up the heavens so that there is no rain, or command locusts to devour the land or send a plague among my people, if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.” It’s about humility.

Eighth word

I had a picture of a room filled with light – it was more of a heavenly space actually – and in it I saw two armchairs. The Lord was sitting in one and the other was empty. Then he led me to the story of Martha and Mary and He said: “My beloved, why are you so preoccupied with the cares of the world? See, I have created a sacred space reserved specially for you and me to be together. I am waiting for you with open arms, filled with love. I want to be your confidant, your best friend, your lover, your go-to person in good times and bad.”

Then he showed me a book of prayers in his lap. Flicking through them he said: “I love it when you pray, but what I want even more is for you to sit with me and tell me in your own words what is on your heart, that we may ponder these things together. And then when we sit in silence, the silence of both of our hearts beating as one, I will fill you with my love and my peace beyond all expectations.” And then he smiled at me and just said, “I’m not the Pope, you know, you don’t need to book an audience with me.”

Ninth word

I felt the presence of the Holy Spirit and I got this word. “I have called you by your name and you are mine.” Whilst other people were sharing, I’ve been feeling the strong presence of the Lord. Just confirming the same thing - I’m feelings amazing!

Tenth word

I saw that Jesus took his heart - I think I've seen this image and you would probably know where it came from - it's as if he took his heart out of his chest and was holding it out to me. And he gave his heart to me and then I did the same, because that's what I knew he wanted me to do, to take my heart and give it to him. So it was as if we exchanged hearts, and as he took my heart, he kissed it very tenderly before he took it into himself. And I got this, the words and the thoughts: that his kiss cleanses, heals and enlivens us, enlivens our hearts. And also, that he treasures our hearts.

Eleventh word

I think what I had was, when it came to the homily, the idea of gathering together, I'm calling you from different places and I'm gathering you my people. And then at the time of the adoration, as I was looking at the Blessed Sacrament, the idea of a stillness on the actual host. And then the thought that came to mind was how all those rays of sunshine are all of the church, all of us, each one of us coming together and keeping Jesus in the centre.

I was wanting to work out more about the light, but then it was like, keep focused on the centre, which is Jesus. And then it was the idea of the cross and that was a very personal experience for me, when I went to Medjugorje, the experience of the cross. And I had a feeling of desperation that I don't want to let go of Jesus but I have to go because I have to go and do a job. And I felt like he was trying to say: "You keep at it, you keep together, focus on me, but keep looking at each other and spreading the joy you are going to find through going through all of this. Don't forget that you are a family."

Twelfth word

During adoration, I felt that the Lord was saying, "Don't focus on your shortcomings, focus on the fullness of my love so that I can speak to you and give you my love that you can then spread around. My love is for you and also for everybody else that is created in my image. And trust me for all your tomorrows.

Thirteenth word

You are in a little bubble surrounded by a glass case. You cannot stay in your citadel protected by those around you forever. Spread your wings, move out into the world. The time is coming when you will have to do this. Do not be afraid. I am with you. I will guide you. You are mine and under my protection it will be as I decide. Be at peace.

Fourteenth word

"Father forgive them for they know not what they do."

Fifteenth Word

"Walk in truth and light."

Sixteenth word

"Be bold. I will give you the courage you need to witness to the truth."

Seventeenth word

During the adoration I got a ministration in my spirit that Jesus' adorers are unstoppable. Let's keep adoring Jesus in the blessed sacrament.

Eighteenth word

"Trust me more, you have nothing to lose but everything to gain"

Nineteenth word

I wanted to centre the monstrance then realised it doesn't matter as long as Jesus is centred within you.

Twentieth word

I saw the wall and light and shade and had a sense of real peace. The left side got darker but "I am here."

Twenty first word

I too saw the Monstrance to the left of the black background. I felt Jesus was saying “Don’t put me in a corner of your life, keep me in the centre.”

Twenty second word

Philippians 2:12-16 “Therefore, my dear friends, as you have always obeyed – not only in my presence, but now much more in my absence – continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfil his good purpose. Do everything without grumbling or arguing, so that you may become blameless and pure, ‘children of God without fault in a warped and crooked generation.’ Then you will shine among them like stars in the sky as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labour in vain.”

Twenty third word

“Be still and know that I am God. I love you and want to make you whole. Remember who you are and who I am. You are my children and I have redeemed you. I don't condemn you but stand between you and the accuser. There is nothing that can separate you from my love if you accept my love and forgiveness. Trust in me for I am a faithful God, I give life and eternal happiness.”

Words of knowledge for healing

- I sense there is someone who has quite a troubling anger issue, either themselves or family member
- Someone who is very unhappy in a work situation and wondering whether to leave
- Someone fearing a secret might be exposed
- Someone with a deep sadness held in the chest, beloved come for prayer.
- Someone with tinnitus
- Someone with toothache
- Someone with stomach ache that might be an ulcer – see a doctor too
- Someone with a groin injury – stop walking
- Someone with a neck ache
- Someone with pain behind a left knee
- Someone with right eye pain

ALTON DAY OF RENEWAL WORDS OF PROPHECY 27/4/2024

First Word

This day is to be like no other day. In it, you will learn so much about me and my ways.

Second word

My children, you are so close to my heart. I welcome you. You bring me joy.

Third word

Do not be afraid that your heart may be breaking. I heal the broken hearted and I love you.

Fourth word

This morning I felt the Lord saying: "Go and make disciples."

Fifth word

There is a closed and locked door – many people are trying to open it. It is difficult, but it is being opened. Light will shine through it; many people will enter in through it. And my life, life in the Spirit. Is the very essence and love of God. A love that is being given to feed the hungry.

Sixth word

This is from the morning prayer – it's from Ezekiel: "I will remove your heart of stone. I will give you a heart of flesh.

Seventh word

Let me burst out of your inner self.

Eighth word

I had one that come through a couple of days ago, for those seeking an insight into forgiveness for a particular area of your Christian life: "If you're paralysed by guilt, have the opportunity to be forgiven by the blood of Jesus Christ. You will not only find joy, but it will completely revolutionise your life." Psalm 32 was written by David, who himself needed forgiveness, and verses one and six to seven are helpful: "Happy are those whose transgression is forgiven, whose sin is covered. Then I acknowledged my sin to you and I did not hide my iniquity. I said, 'I will confess my transgressions to the Lord,' and you forgave my guilt of my sin

Ninth word

You will do even greater things if I go to the Father.

Tenth word

Jeremiah 29:1 "For surely I know the plans I have for you, says the Lord. Plans for your welfare and not for harm. To give you a future with hope."

Eleventh word

Fr Paul said in his homily this morning that we need to be bold. I was sitting thinking about that and I remembered something that Damian Stayne said that really struck me, which was: we should tell people what the Lord has done for us because, if we don't, then we rob God of His glory. So, we can spend today together sharing the things that the Lord has done in our lives, but we need to be bold and brave and speak to the people who don't particularly want to hear.

Twelfth word

I sense the Lord reminding us that he doesn't depend on us, but we on him. With even a scrap of faith on our part, he can work miracles We need to claim that fact and rest in his providence.

Thirteenth word

Let my light shine amongst the darkness.

Fourteenth word

My children, do not dwell on the sins of your past. See, I am doing a new thing. Turn to me and walk in my love and forgiveness.

Fifteenth Word

I love your tender hearts. It pleases me that you're seeking me. It gives me joy when I hear your praises. Be assured that I am seeking to dwell in you too.

Sixteenth word

God does dwell in us already: we've received Him in Communion, we received Him in Baptism, He dwells in us. But again, as Fr Paul said in his homily, we need to allow Him to work in us; we need to give Him permission to work in us. We need to set aside our own agenda and seek the Lord's agenda, so that the Holy Spirit can guide us into doing and praying in the way that He wants.

He dwells in us already and we need to keep reminding ourselves of that, because all the things happening in the world try and tell us everything is negative, everything is dark, everything is black, everything is doom and gloom. But that's just the world speaking and we're not listening to the world. We're in the world but, as Jesus said, we should not be "of the world." We're of the Lord and He points us towards the light, the joy and the future. That's what we pray.

Seventeenth word

Be not afraid, I'm with you always.

Words of knowledge for healing

- A painful heartbreak in need of healing "come for prayer my love."
- Someone who is distressed about their prayer life.
- Someone who lives on their own and feels overwhelmed with things that need doing in the home.
- I feel the Lord wants to heal someone who has a problem with eyesight in their left eye.
- God is close to the broken hearted. When your heart is broken, He can enter easily to heal you.
- Cough that won't go away.
- Sciatica and leg ache.
- Lower back pain.
- Headache.
- Suicidal thoughts.
- Feelings of isolation and loneliness.
- Sickness connected with pregnancy.
- Drinking too much.

ALTON DAY OF RENEWAL WORDS OF PROPHECY 18/5/2024

First Word

“It is not a piece of bread here. I sit on this throne to pour my graces down upon you. Will you receive and use them? The power comes from the gift of the cross I give you, only you, unique for each one. Accept the gift of eternal life and share it with others.

Second word

The Lord reminded me of a dream which I had a few nights ago. I was in our church in Abingdon and somebody approached me and placed baby Jesus in my arms. And I covered him with a shawl. I remember the colour was blue. And then I went round showing him. And the Lord just said “Yes, show me to everyone. Show me to the hurting world. Tell them about me.”

Third word

I was reading a scripture and it really just jumped out to me. It's Isaiah 26: 3-4 “I will keep in perfect peace all who trust in me, all whose thoughts are fixed on me. Trust in me always, for I the Lord God am the eternal rock.” And it just jumped out because I realized that the more I fixed on my problems, the bigger they became. But when I fix on God, I get peace so it was just a message of peace.

Fourth word

It's very short, but I think it confirms what has just been said. “I am light. I am peace. I am truth. Then why do you look elsewhere?”

And could I also just say that the lady who spoke before, about carrying baby Jesus around and him being covered in a blue cloth, very strongly brought to mind Our Lady of Medjugorje coming exactly like that, carrying the baby Jesus covered in a cloth and she kept uncovering his face to show him to the visionaries. There is a book called The Hidden Child of Medjugorje which builds on that. Our Lady was saying: I'm showing you the baby Jesus. I want you to show Jesus to the world.

Fifth word

What I received was very close to what was just said: “Trust in my presence. I promised I would never desert you or leave you as orphans. Do you not trust my word? I am truth and I am life. I am the source of your life here on earth right now, and forever with me in glory. Spend more time with me and I will strengthen and comfort you, I will teach you and guide you.”

Sixth word

This is what came to me in Adoration about truth. “I have this to say: Those who bear the truth in their hearts are required to proclaim it abroad. Do so without fear. This is simple, really: I love all men. I desire them to know the truth about me and my world, which is peace, love, goodness and faith. Share it.”

Seventh word

I had an image of a white opaque stone, then from the centre. a light appeared and it grew bigger until it covered my whole vision and I could no longer look upon that image. Then when I opened my eyes again, it was like a beautiful diamond present and Jesus said, “I am the light of the world. Let me reign in you, and you will be my witness throughout the whole world.”

Eighth word

James 5: 19-20. "Brothers, if any one of you strays far away from the truth, and another person brings him back to it, be sure of this. He who brings back a sinner from the wrong way will save his soul from death and win forgiveness for many sins."

Ninth word

I recently had this word of prophecy. It was a week or 2 ago and it was this. "Why are you waiting, my children? I long to pour out my Holy Spirit upon you. Are you longing for me? Wake up and be ready to receive. Do not linger any longer, the time is now. I have come that you may have life to the full. Take and eat of me for I long to fill you. Do not be afraid, my children. The time is now. Come to me, all you who are thirsty, I will refresh you. Take my yoke upon you and learn from me, for I am gentle and humble of heart and you will find rest for your souls. My yoke is easy and my burden light.

Tenth word

"I want to fill your hearts with My compassionate love, until My love is overflowing out from you in to the world to everyone you meet."

Words of knowledge for healing

- Somebody trying to understand the root cause of his/her chronic eczema.
- Someone troubled by their sleepwalking.
- Someone feeling very heavy hearted and 'emotionally squeezed' between difficult relationships.
- I have a sense of there being someone who is struggling silently with PTSD.
- Heart pain and chest pain due to fear.
- Headache and earache on the right side.
- Someone suffering from headaches.
- Someone who is having problems with their voice – it could be a nephew or grandson whose voice is breaking.
- Someone suffering cramp in the lower left leg.
- Someone with blurry eyes – might be wise to see an optician.
- Someone having real issues of anger about their situation.
- Someone in despair about their family.
- Someone with neck ache.
- Someone with a bad throat.
- Someone with a persistent cough.
- Someone with an upset stomach getting diarrhoea.
- There is someone here who needs to step forward to do something outside their comfort zone. Talking about Jesus is not an option but something that we are all called to do.
- The anger issues could be connected to the PTSD.)
- Whatever time I am called to heaven, how important is it that I have experienced a personal encounter with the Lord Jesus today, to truly know him as my Saviour? If that is an issue for you, please phone the ADoRE phone line to be prayed for.

ALTON DAY OF RENEWAL WORDS OF PROPHECY 22/6/2024

First Word

The word I had was: "Look to me here before you; bow down and worship; come to me every day. Look to my Cross and how you must follow: die to family, die to self, die to all that you would cling to. Have only me as the centre of your life. Let others in to join you and bring them to me."

Second word

I had this verse two days ago, and yesterday and this morning it came back: "Be still and know that I am God."

Third word

I was reading this morning in 2 Corinthians 1:3-4, and one of the words that came to me from that passage was "Consolation" which is mentioned three times. One of the things it said was: "The God of all consolation who comforts us in all our sorrows, so that we can comfort others in their sorrow." And that applies for this afternoon when we will be doing prayer ministry. We will pass that kindness and consolation to the people who will ring us.

Fourth word

Normally words don't come to me, but all week the word has come to me: "From all my terrors the Lord set me free." And it was very interesting because during the homily of Fr Chris he was talking about mercy and this really fits in with mercy: "From all my terrors the Lord set me free." It's Psalm 33 (34):4

Fifth word

I was given Philippians 4:6-7 and I felt the Lord was saying, "This time, while the world is crying out for peace, many do not understand that their peace lies in me. My children, each one of you have been made from a piece of my heart; you have been made out of my love, to be loved by me. When you return that love to me, and make me the centre of your lives, then our hearts beat as one. My children, I see your anxieties and struggles; I long for you to be completely united to my heart. When you make me the centre of your lives, then you will know my perfect peace – the peace that transcends all understanding

Sixth word

I was very consciously aware of the Tyburn Martyrs during that time of prayer, and the whole idea that every day, for us, we're called to martyrdom – maybe not to have our heads chopped off, but what came to me was the prayer of Dag Hammarskjöld: "For all that has been, thanks; and for all that will be, yes." In that context, I think the Lord was prompting my heart to say that everyday life as Catholic Christians we are called to be martyrs for Jesus. When the world is throwing rubbish at us in laws and legislation and stuff that we find so difficult and prickly, the Lord is in control. The Lord is at the heart of it, the Lord knows the martyrdom we experience when His word and His life is not being proclaimed. So we're saying, Lord thank you for all that has been, and thank you and yes for all that will come. I offer that in praise and glory to the Lord Jesus Christ.

Seventh word

When I was in Adoration, the monstrance cast a shadow and it looked very nautical. First of all I thought it looked like a life-ring, that God was a life-preserver to us when in stormy seas – thrown out to us so that we can hold on to Him. Then I thought, no it's not! It's actually the steering wheel of

the boat. That's also Jesus – he will guide us and direct us and steer us. We just need to look to him, hold onto him and he will show us the way.

Eighth word

During Adoration the Lord was saying "Do not be afraid: meditate on my merciful love." That also came through from Fr Chris's homily. Then Psalm 48 came into my mind, verses 9-10: "We meditate on your unfailing Love, O God, inside your temple. Your praise reaches to the ends of the earth, as does your name, O God." I felt the Lord was reminding us that we are His temple, we are temples of the Holy Spirit, and the need to meditate on love, despite what's happening around us. Then at the end "There are three things that last: Faith, Hope and Love, and the greatest of these is love." And I felt the Lord saying "At the end of the day, you'll be judged on love, so meditate more on my love."

Ninth word

This came to me in Adoration: "I wish to impart to you my mercy, just as Fr. Chris said, because it is my greatest attribute. It's the sign of my love, truly present in the Eucharist. Worship me often there and receive my abundant mercy into your lives."

Tenth word

I had something which is a confirmation of something said earlier (Word six). During Adoration I felt the Lord giving me Matthew 5:11-12 from the Beatitudes: "*Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.*" Then the Lord continued, saying: "You CAN rejoice, because I am in you. I have taken all these insults and persecutions into the grave when I died. And I have risen to give you a new, blessed life, enabling you to rejoice even in the midst of suffering."

Eleventh word

I too saw the reflection of the monstrance as a ship's wheel, steering us through life.

Twelfth Word

The Monstrance was like a ship's wheel. Jesus says "Stay with me and you will ride the waves."

Thirteenth Word

During adoration I felt the Lord say: "Come out of my shadow and bathe in my light. Walk with me, do not follow in the shadows."

Fourteenth Word

I saw the monstrance like a compass with Jesus at the centre going out in all directions.

Fifteenth Word

Eph 4: 12-13 "*So he prepared those who belong to him for the ministry, in order to build up the body of Christ, until we are all united in the same faith and knowledge of the Son of God. Thus we shall become the perfect man upon reaching maturity and sharing the fullness of Christ.*"

Sixteenth Word

The song " my life is on your hands Oh Lord! in your hands I put my existence, we must die in order to live, in your hands I put my being" came constantly during the adoration.

Words of knowledge for healing

- Someone who is fearful that their long-held secret will be exposed
- Someone facing retirement and is anxious about a loss of identity
- A family facing eviction from a property they've lived in for years
- Someone who is feeling threatened/uneasy about a former manipulative 'friend' who is trying to establish contact again
- Man with a bad left leg
- Someone with a prolonged cough
- Someone getting a recurring headache
- Someone with toothache
- Someone suffering from self-doubt
- Man suffering from suicidal thoughts. Go and get help.
- Someone in despair about their future
- Someone doubting the future
- Someone having movement issues especially from sitting to standing because of their left hip
- Someone struggling with anger issues due to continual disappointments
- Someone with trouble focussing their eyes, especially when tired
- Woman with cold, swollen feet

ALTON DAY OF RENEWAL WORDS OF PROPHECY 27/7/2024

First Word

"Look at the book of my word. Read it avidly. Devour every page. Learn the Gospels off by heart. Be always ready to share my word with others. What would Jesus do is there in front of you. Come back to right living, to moral judgment, to love, and peace and joy; and come back to Faith."

And then I thought, Okay, you really want me to look at the Bible. So I opened the Bible I have by my computer and this is what I got. Psalm 37: "Do not get heated about the wicked, or envy those who do wrong. Quick as the grass they wither, fading like the green of the fields. Put your trust in Yahweh and do right. Make your home in the land and live secure. Make Yahweh your joy, and he will give you your heart's desires. Commit your destiny to Yahweh. Be confident in him, and he will act, making your uprightness clear as daylight and the justice of your cause as the noon."

Second word

I had these words: "Oh, how I long for our lives to mingle; I long for you to share my life. United with me, stagnant waters may be made fresh; barren land can be made fertile; hard hearts can be made soft. Do you truly believe that I can make integrity and praise spring up in the sight of the nations?"

Third word

"It is with great joy that I look on you today, just as you look on Me. 'Do not let your hearts be troubled or afraid' as I told you. Worry and fear should have no part in your lives. Trust yourselves wholly to Me and all will be well. This I promise you."

Fourth word

I had picture of an angelic trumpet that was being played. This is when the Blessed Sacrament was exposed. And as it was playing it was shooting out heavenly pollen and seeds. It was shooting it out to others, to activate them on their journey. So I pray this word: Lord, I thank you that the word says about the angels with the trumpets, and I thank you, Lord, that through the Blessed Sacrament being exposed, Lord, that trumpet was shooting out heavenly seeds and pollen, and I pray, Lord, that we would all catch it, so that we will be activated and in turn we can activate others. Amen.

Fifth word

"My children, it grieves me when I see your worries for your lives and your children. How can I make you trust me? I see all the pieces, and how they fit together. I can bring good out of situations in ways you cannot see. Never fear, know that I am with you always. Do not be dismayed, let me lead you and navigate the path ahead. For I will strengthen you and uphold you with my righteous right hand." That was Isaiah 41:10. And then the key verse is from Proverbs 3:5-6. "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways submit to him and he will make your path straight."

Sixth word

During adoration I had a strong sense that Jesus was saying: "Behold, I'm making all things new. That word is from Isaiah 43:19. But I then had a sense that, while Jesus was doing his part, There's a condition for us, there's an expectation that we are doing ours. Asking him "What is it that you're expecting us to do?" And then, Ephesians 4:23-24 came through, and it's this verse: "Be renewed in the spirit of your minds. And put on the new self, created after the likeness of God, in true righteousness and holiness." It took me back to the theme of holiness and being renewed in our mind. Jesus is doing his bit, but we have to do ours too.

Seventh word

The calling which was mentioned earlier today and our election. is that we're given divine power for everything needed in life, and godliness. If we go to 2 Peter chapter one verse 5, it says that "for this reason you must make every effort to support your faith with goodness; and goodness with knowledge; and knowledge with self control; and self control with endurance; and endurance with godliness; and godliness with mutual affection; and mutual affection with love. And if we have these things and they increase amongst us, we will be very effective and very fruitful in the knowledge of our Lord Jesus Christ." I hope that's helpful.

Eighth word

At the start of adoration, I saw these hands extended from the base of the monstrance, and I heard the words, "Surrender! Surrender yourself, surrender yourself to me."

Ninth word

What came to me this morning before the meeting was the line from Psalm 118: "This is the day the Lord has made. Let us rejoice and be glad in it." And during adoration I asked for a further word to extend that and I felt the Lord saying: "I want you to give your full attention to me. Be present to me,

as I am always present to you. Don't be distracted by mistakes of the past or worries for the future. Be present to me now. Be aware of my everlasting love and mercy. Rejoice, and be glad that I am sustaining your life and live your life to the full, filled with my Spirit."

Tenth word

A simple life lived well is a peaceful life.

Eleventh word

The humble person will be rewarded manifold.

Twelfth Word

Isaiah14:7 – "All the forces of darkness cannot stop what God has ordained."

Thirteenth Word

Jude v20-23: "But, dearly beloved, build your life on the foundation of your most holy faith praying in the Holy Spirit. Remain firm in the love of Jesus Christ our Lord which leads to eternal life. Try to convince those who doubt; others you will save, snatching them from condemnation. Treat the others with compassion, but also with prudence, shunning even the clothes that touch their body."

Fourteenth Word

I felt the Lord was saying 'Do not be afraid'

Fifteenth Word

The Lord of Hosts is raising an Army. Joshua 1:9 – "Behold, I am instructing you. Be strengthened and be steadfast. Do not dread, and do not fear. For the Lord your God is with you in all things, wherever you may go."

Sixteenth Word

"You are the light shining in the darkness. Cleave the darkness with the sword of My Spirit. Fight back against what holds you back. Move forward."

Words of knowledge for healing

- Persistent headache
- Upset stomach – Irritable bowel disorder? See Doctor
- Depression
- Blistered right heel
- Anxiety
- Pain in left knee.
- Repetitive strain injury – in right lower arm and elbow – too many games
- Someone with pain in their jaw.
- Someone finding it hard to forgive
- Someone having distressing ruminations about death
- Someone feeling guilty about being a bad parent and this being reinforced by an adult child

ALTON DAY OF RENEWAL WORDS OF PROPHECY 31/8/2024

First Word

During Holy Communion I had: "I send my peace out into the whole world. The gates of the underworld will not prevail against me. I will overcome the world to fill you with all you need." And then, during Adoration, it kind of continued: "Come, good and worthy servant, sit at my table; accept the truth I bring you. Grow in faith and love: share both with all. You know the truth of my presence here among you. Graces flow from the time you spend with me in the Eucharist - never doubt it. Grow your time you spend in Adoration. Come to me every day.

Second Word

"This is what God is asking of you: that you love tenderly, that you act justly, that you walk humbly with your God." [Micah 6:8] The emphasis is on love, and I said "Lord, love Putin, that wicked man?" "Yes, yes – love the little boy in him who is crying out for the love he never had."

Also, the monstrance looked so much like a church, and the great "I am," Jesus in the Eucharist, is at the centre of the church.

Third word

During the Adoration, I was reminded of the statement, that there is enough goodness and power in one piece of the blessed host to save the whole world.

Fourth word

During Adoration, I was actually struck by the humility of Jesus: He looks so little in the monstrance, and so ordinary against the grandeur of that monstrance. And basically, I thought, it is him who is all powerful and yet he's looking so little and so humble. I was really struck by his humanity. And then what came to mind was Matthew 11: 28 to 30, where Jesus invites all those who are weary and burdened to come to him because he's meek and gentle of heart, he's humble.

And I just have a sense that, as well as inviting many people who are weary today, Jesus continues to invite us to come to Him, but he's inviting us also to grow in humility. And it took me back to Fr Gareth's talk at the homily: that we're chosen, but we're not necessarily qualified. But in using our gifts and talents, God actually qualifies us, but we do need to be humble, to allow God to qualify us.

Fifth word

During Adoration, I really sensed the Lord saying he wants to speak to 3 people in particular, that are with us this morning: 2 ladies and a man. And the people that are facing really dark situations in their life, and they can't see a way out. And I sense one is in the area of wealth – financial. One's in the area of health – a medical situation. And the other one is the family situation. And what the Lord is saying to you this morning is that, despite the fact you think He's left you, He is even closer than you can imagine; and to stay firm in your belief, keep your eyes fixed on him because there is light at the end of the tunnel and it's going to come quicker than you can imagine.

Sixth word

During Adoration I heard these words: "You are loved. You are adored. You are mine." But, during the night when I was sleeping (and this has not happened to me before) I had the words Ephesians 1:17 just come in front of me, and I thought it might be relevant to today. And it's "May the God of Christ Jesus our Lord, the Father of glory, reveal Himself to you and give you a spirit of wisdom and revelation, that you may know Him."

Seventh word

During Adoration, initially of the 2 candles, the one on the right was actually lower in stature, but the flame was a lot higher. And following what Father Gareth said, it made one realize that, it doesn't matter who we are, wherever we are, the light of Christ will always shine through us. We must maintain that hope when the flame diminishes; keep hoping the light of Christ will be in us. We must stay strong with that.

And then afterwards, I was noticing the host and the way it was cradled: for me it was as if he's sitting on the boat, and I often have this image in my life that I'm in a boat – am I to get out of the boat on the stormy sea, or whatever it is - but that's my life. But to remember that Christ's got the whole world in his hand. He's in that boat with us at all times. Following on from what somebody else just said - to be humble. Jesus is with us all the time in our boat. He's the light of the world, and we must maintain that belief and that hope and that trust in him.

Eighth word

During the Adoration time at the beginning I felt that Jesus said either to me or to anyone, "I'm going to break through that wall of stone of fear and resistance around your heart with the fire of my love." And then after that, I had a picture of the Titanic, or a cruise liner like that, with the point of it just breaking through all the ice, just going through it. And when the lady mentioned about him being in the boat with us, that just flew into my mind.

Ninth word

This morning I was focusing on the Eucharist, and I saw an image of Jesus just standing there and he was holding a cross of light. I looked for a Scripture relating to the cross, and what came up was Matthew, 16:24 "Whoever wants to be my disciple must deny themselves, and take up their cross and follow me."

Tenth word

Mine's also a very small thing, and I wasn't going to share it, but some other people have mentioned the world. As I was gazing at the host, it suddenly took on the shape of the world and I felt Jesus was just saying, "I have the whole world in my hands."

Eleventh word

I felt that the Lord wanted to speak a word to those who find it difficult to believe that he is truly present in the Eucharist. I believe, I felt, that Jesus was saying this: "As I said to Thomas, 'blessed are those who do not see, and yet believe.' Believing means putting your complete trust in me (this is what Jesus says) I am the Lord. I am the way, the truth, and the life. I would not lie to you. Make the decision to believe and trust me to work that belief into your heart by my Holy Spirit."

That word about breaking through the ice around your heart, I think ties in with this. It's up to Jesus to make that belief happen in your heart; but you have to make the first step in saying that you believe, that you trust in him, even if you don't really understand. Because we will never really understand in this life how he can be present in the Eucharist, but he's promised that it's true and we take him at his word.

Twelfth Word

Please take God's Word as medicine. Proverbs 4: 20-27

Thirteenth word

Parable of the Vineyard workers being hired - God chooses at all stages of life.

Fourteenth word

I am with you at all times! Come to me all you are overburdened and I will give you rest.

Fifteenth word

I repeatedly saw the host change and the words to describe from crib to cross.

Sixteenth word

Heb 13 v21 "He will train you in every good work that you may do his will , for it is he who works in us that pleases him , through Jesus Christ , to whom all glory be for ever and ever . Amen."

Seventeenth word

An image of a Church/place of retreat that is a little difficult to get to. It is at height with a sharp drop downwards on at least one side.

Eighteenth word

"Because you don't seem to see any changes in the circumstances for which you are praying..... don't think that I'm powerless. Don't think that I'm indifferent but trust me, I'm working out my purposes, it will come quickly."

Nineteenth word

"I have prepared your way. fear not to take the next step"

Words of Knowledge for healing

- Someone who feels they can never live up to the expectations of a parent, this casts a shadow on their life.
- Pain in the left side of the head, mainly forehead and temple.
- A deep aching, sadness in the chest. Cramps in lower legs
- Upset stomach.
- Headaches on left side of head.
- Croaky voice.
- Feeling nauseous.
- Repetitive Strain Injury in right hand.
- Fear of Covid and mpox.
- Low mood, no motivation to do anything, can't see a way forward, maybe a little depressed.