

## JOYFUL MYSTERIES

(Prayed on Mondays, Saturdays & 7AM Mon to Sat online)

### First Joyful Mystery – The Annunciation

Grant us, Mary, by the graces of this mystery, a listening heart that responds to the call of the Lord with a loving yes joined to yours.

**Mary:** “I place a beam of light in your hands; it is the Flame of Love of my Heart. Add your love to this Flame and pass it on to others, my little one” (April 13<sup>th</sup>, 1962).

### Second Joyful Mystery – The Visitation

Open our hearts, Mary, to give joyfully and without counting and in a gratuitousness of love, as you did at the Visitation.

**Mary:** “My little Carmelite, so many sins are committed in this country. Help me. Let us save the country” (April 13<sup>th</sup>, 1962).

### Third Joyful Mystery – The Birth of Jesus

Mary, tenderness of the poor, make us discover the true riches of the Kingdom, you who lived them at the birth of Jesus.

**Mary:** “With this Flame full of graces that I give you from my Heart, ignite all the hearts in the entire country. Let this Flame go from heart to heart. This is the miracle becoming the blaze whose dazzling light will blind Satan” (April 13<sup>th</sup>, 1962).

### Fourth Joyful Mystery – The Presentation of Jesus in the Temple

Grant us, Mary, that we may recognise the Light of God in our lives, as Simeon recognised it at the Presentation of Jesus.

**Mary:** “I extend the effect of grace of the Flame of Love of my heart over all the peoples and nations, not only over those living in the Holy Mother Church, but over all the souls marked with the sign of the blessed Cross of my Divine Son” (September 16<sup>th</sup>, 1963).

### Fifth Joyful Mystery – The Finding of the Child Jesus in the Temple

Mary, who has welcomed in faith the mystery of the mission of your Son in the Temple, make us obedient to God's plan.

**Mary:** “I can no longer hold back my Flame of Love in my heart. Let it leap out into all of you.... Those accepting the Flame of Love will be intoxicated by the abundance of graces and they will proclaim everywhere, as I said before, that such a torrent of grace has never been granted since the Word became Flesh” (November 7<sup>th</sup>, 1963).

## LUMINOUS MYSTERIES

(Prayed on Thursdays & 11PM Mon to Sat online)

### First Luminous Mystery – The Baptism of Our Lord

O Mary, who kept everything in your heart, make us attentive to God's presence and grateful for the privileged grace of our baptism.

**Jesus:** “Look at Me. Always look into My eyes because in this new battle that Satan wants to wage against you, the look of My eyes will blind him” (January 14<sup>th</sup>, 1963).

### Second Luminous Mystery – The Wedding Feast at Cana

O Mary, Virgin of Cana, ask Jesus to change our hearts so that we may live ever more in the great freedom of God's children.

**Mary:** “Throughout the day, you should offer me your daily chores for the glory of God. Such an offering, made in a state of grace, also contributes to blind Satan” (November 30<sup>th</sup>, 1962).

### Third Luminous Mystery – The Proclamation of the Kingdom of God

By your unceasing prayer, Mary, obtain for us to be authentic witnesses of the Good News of Jesus Christ.

**Jesus:** “Speech is a gift of God and one day, we must give an account of our words. Through words, souls communicate with one another. Also through words, people get to know us” (July 26<sup>th</sup>, 1971).

### Fourth Luminous Mystery – The Transfiguration

May our lives be transformed by the Holy Spirit, and may your Flame of Love, Mary, warm our hearts so that we become pure and trusting like little children.

**Mary:** “Sacrifice and prayer! These are your instruments. The goal is to bring about the powerful work of Salvation. Oh, if your desires reach the throne of the heavenly Father, the results will be abundant” (July 22<sup>nd</sup>, 1963).

### Fifth Luminous Mystery – The Institution of the Holy Eucharist

O Mary, Virgin of Contemplation, help us to increase our intimacy with Jesus in the Eucharist, the Bread of Life of everyday.

**Mary:** “The participation in the Holy Mass is what helps the most to blind Satan” (November 22<sup>nd</sup>, 1963).

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Visit [WWW.FLAMEOFLOVE.IE](http://WWW.FLAMEOFLOVE.IE) to download the Full Rosary and Cenacle Prayer booklets, or email [LITERATURE@FLAMEOFLOVE.IE](mailto:LITERATURE@FLAMEOFLOVE.IE) to order Flame of Love Prayer books, Prayer Cards and Spiritual Diaries.

## SORROWFUL MYSTERIES

(Prayed on Tuesdays, Fridays & 3PM Mon to Sat online)

### First Sorrowful Mystery – The Agony in the Garden

“My Father, if it is possible, let this cup pass me by, nevertheless, let it be as You, not I would have it.” With you, Mary, may this become our prayer in all our trials.

**Jesus:** “My table is always set. I, the Master, have sacrificed everything. I give Myself” (January 16<sup>th</sup>, 1964).

### Second Sorrowful Mystery – The Scouring at the Pillar

May our suffering, united to the scourging of Jesus, become a prayer of offering to the world, with you, Mary.

**Jesus:** “After receiving My Precious Blood, examine your souls and become aware of the exhilaration that the power of My Precious Blood brings about in you. Do not be so insensitive. Let not routine lead you to my holy table, but rather the fervour of sacrificial charity, which ignites through contact with My love. Through Me-in as much as you remain united to Me it will burn sin out of your souls” (January 16<sup>th</sup>, 1964).

### Third Sorrowful Mystery – The Crowning with Thorns

May the thorns of our hearts make the garden of our life blossom in faith with you, Mary.

**Jesus:** “Without faith and trust, no virtue can take root in you. They are the foundations for which we are preparing” (March 24<sup>th</sup>, 1963).

### Fourth Sorrowful Mystery – Jesus Carries the Cross

May our daily cross find meaning in the sorrowful Cross of Jesus, which has become glorious by His Resurrection.

**Jesus:** “Develop trust in your heart for Me. What hurts Me the most is that you do not trust me. It is in vain that you have faith, without trust you cannot grow closer to Me. Ask My sons to arouse courage in souls” (April 17<sup>th</sup>, 1962).

### Fifth Sorrowful Mystery – The Crucifixion

May the loving words uttered by Jesus on the Cross become seeds of life, love and forgiveness in all our hearts.

**Jesus:** “You see why I say, ‘Do not leave Me alone!’ Let Me give you abundant graces which are stored up in the immeasurable love of My Heart” (February 10<sup>th</sup>, 1963).

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We pray ALL FOUR MYSTERIES DAILY online (Mondays to Saturdays). All are Welcome to participate. Email [INFO@FLAMEOFLOVE.IE](mailto:INFO@FLAMEOFLOVE.IE) for the link.

## GLORIOUS MYSTERIES

(Prayed on Thursdays & 8PM Mon to Sat online)

### First Glorious Mystery – The Resurrection

Through the power of Your Resurrection, grant us Lord the taste of life, and reach out to those who have lost its meaning.

Mary: “When those persons consecrated to God and the faithful keep the Monday fast, they will free a multitude of souls from purgatory each time they receive Communion during that week, the very moment they receive the Holy Body of Our Lord Jesus Christ” (August 15<sup>th</sup>, 1980).

### Second Glorious Mystery – The Ascension

“Why are you standing here looking into the sky? Go out, proclaim the Good News.” May we become, O Lord, authentic witnesses of Your Resurrection.

Jesus: “The Church and the whole world is in grave danger. Even with your strength, you cannot change the situation. The Most Holy Trinity alone can help you, through the concerted intercession of the Most Blessed Virgin, all the angels, all the saints, and those souls whom you have freed from purgatory” (August 15<sup>th</sup>, 1980).

### Third Glorious Mystery – The Descent of the Holy Spirit

Send forth Your Spirit, Lord, and give us the audacity of Your true disciples.

Jesus: “I speak about the time of grace and the Spirit of Love quite comparable to the first Pentecost, flooding the earth with its power. That will be the miracle drawing the attention of all humanity. All that is the effusion of the effect of grace of the Blessed Virgin’s Flame of Love” (March 24<sup>th</sup>, 1963).

### Fourth Glorious Mystery – Assumption of Mary into Heaven

“I am the Resurrection and the Life.” May these words, Mary, maintain us in the hope and the certainty of an eternal tomorrow.

Mary: “Therefore, we have no right to wrap ourselves in silence but we also must remember that we are responsible for every spoken word. Therefore, we should walk and live in God’s presence pondering each word that we say. Our Father gave the gift of speech and you must make use of your gift. Do not be afraid to speak!” (July 26<sup>th</sup>, 1971).

### Fifth Glorious Mystery – The Coronation of Mary in Heaven

O Mary, crowned in glory, kindle in us continually by the Flame of Love of your Immaculate Heart.

Mary: “I grant to all the grace to see the results of their labours on behalf of My Flame of Love in each soul, in your country and in the entire world. You who are labouring and making sacrifices for the prompt outpouring of my Flame of Love, you are going to get to see it” (July 11<sup>nd</sup>, 1975).



### The Flame of Love HAIL MARY

Hail Mary, full of grace, the Lord is with Thee. Blessed art Thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners,

*SPREAD THE EFFECT OF GRACE OF THY FLAME OF LOVE OVER ALL OF HUMANITY*, now and at the hour of our death. Amen.

### The Flame of Love UNITY PRAYER

My Adorable Jesus, may our feet journey together. May our hands gather in unity. May our hearts beat in unison. May our souls be in harmony. May our thoughts be as one. May our ears listen to the silence together. May our glances profoundly penetrate each other. May our lips pray together to gain mercy from the Eternal Father. Amen.

### The Flame of Love FIVE WOUNDS MEDITATION

We kiss the Wound of Jesus’ Sacred left hand, right hand, left foot, right foot and sacred side on the crucifix while making the sign of the cross; each time reflecting on the sacrifice of love Jesus made for us.

For more information, to get involved or to request an introductory talk for your parish or prayer group, please visit our website and/or contact Flame of Love of the Immaculate Heart of Mary Movement, IRELAND

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**FLAME OF LOVE**  
IRELAND

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## The Meditated Rosary of the Flame of Love of the Immaculate Heart of Mary

these meditations can be found in *The Spiritual Diary of Elizabeth Kindelmann*



### Opening Prayers

The Flame of Love Five Wounds Meditation

The Sign of the Cross

The Apostles Creed

Prayers for the Increase of Faith Hope and Love  
(One Our Father, Three Hail Marys & One Glory Be)

### Prayers Between Decades

O My Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to Heaven, especially those who are in most need of Thy Mercy.

Come Holy Spirit! Come by means of the power of the Flame of Love of the Immaculate Heart of Mary.

The Unity Prayer

St Joseph, pray for us (X3). Sing 'Ave Maria'.

### Closing Prayers

Hail Holy Queen

Prayer to St Joseph

Prayer to St Michael

Prayers for the Pope’s Intentions  
(One Our Father, 1 Hail Mary, 1 Glory Be)

The Flame of Love Five Wounds Meditation

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