



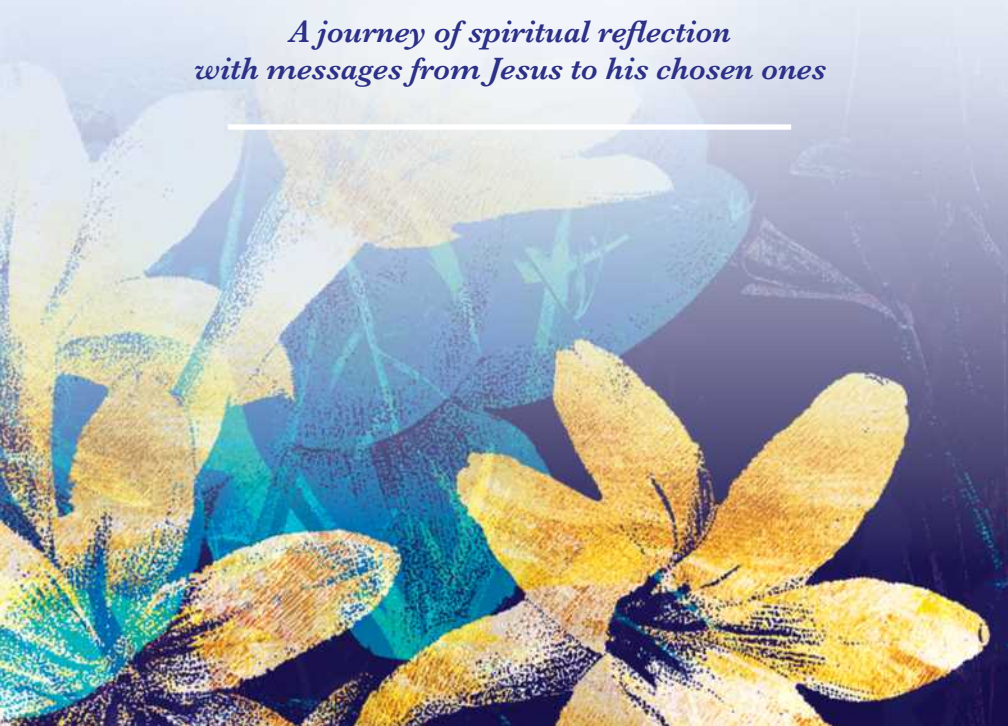
Fondation des  
**CHOISIS**  
de Jésus

# The Recipe for *Happiness*

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*A journey of spiritual reflection  
with messages from Jesus to his chosen ones*

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Dear Chosen One of Jesus, we are delighted to introduce you to "The Recipe for Happiness," a spiritual journey that we have lovingly crafted for you. This journey is designed to help you grow in happiness, aligning with Jesus' deepest desire for you.

With "The Recipe for Happiness," you will gain practical insights on overcoming fear and acting in faith. As you progress, you will notice a sense of peace settling over your journey. This peace will empower you to make decisions aligned with the Father's will and move forward in life with confidence.

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# The Recipe for Happiness

*A journey of spiritual reflection  
with messages from Jesus to his chosen ones*



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*The purpose of the Foundation is to support the distribution,  
implementation and integration of Our Lord's messages  
of Love entrusted to Leandre Lachance.*

Please note that the masculine gender is used in this document for the sole purpose of keeping the text simple.

Dear Chosen One of Jesus,

We are delighted to introduce you to "The Recipe for Happiness," a spiritual journey that we have lovingly crafted for you. This journey is designed to help you grow in happiness, aligning with Jesus' deepest desire for you.

As you embark on this 48-day journey, inspired by 48 extracts from the messages of Jesus found in the three volumes of "For the Happiness of My Own, My Chosen Ones – Jesus," you will receive daily ingredients for happiness in both text and audio formats.

Remember that, just like following a recipe, success in experiencing the happiness promised by Jesus comes from carefully following each step along the way. With "The Recipe for Happiness," you will gain practical insights on overcoming fear and acting in faith.

As you progress, you will notice a sense of peace settling over your journey. This peace will empower you to make decisions aligned with the Father's will and move forward in life with confidence.

Throughout this journey, you can find guidance in the Bible verse:

"Behold the Lamb of God who takes away  
the sin of the world" (John 1:29).

Furthermore, you will experience the presence of your holy Guardian Angel, who, as stated in the Book of

Exodus (23:20), is sent ahead of you to protect and guide you to the place the Lord has prepared for you.

Keep a notebook nearby to jot down your thoughts and reflections as you engage with these daily ingredients. Just as Jesus spoke to the heart of Léandre Lachance (the founder of The Chosen Ones of Jesus and author of the volumes) in the messages you will hear, Jesus seeks to build a loving and intimate relationship with you that will transform your heart.

Are you ready to begin this journey?

Remember, you become Love because you are loved by Love Himself!

Have a blessed trip on this spiritual path!

Scan this code to listen to each day's capsules:

With background music



Without background music



## **Themes for these 48 days**

- Day 1: Love extends its welcome to you
- Day 2: Jesus' love ardently pursues you
- Day 3: Jesus has specifically chosen you
- Day 4: Gaze through the eyes of faith
- Day 5: Embrace the freedom of God's children
- Day 6: Jesus seeks to reveal Himself within you
- Day 7: Jesus desires to embrace you in His loving arms
- Day 8: Your heart serves as the dwelling of Jesus' love
- Day 9: Jesus yearns to guide your path
- Day 10: Jesus aims to liberate you from all that binds you
- Day 11: Jesus is your Master
- Day 12: Jesus bestows upon you increased faith
- Day 13: The Father longs for your union with Jesus
- Day 14: Embrace the profound essence of Love
- Day 15: Anticipate the best that is yet to come
- Day 16: Discover newfound strength within
- Day 17: A new life bestowed upon earth
- Day 18: You have been chosen for a great mission
- Day 19: Shift your focus from self-centeredness
- Day 20: Experience the purification of hearts
- Day 21: Allow Jesus to effect transformative change in you
- Day 22: Look to Jesus as your ultimate model
- Day 23: When all seems awry...
- Day 24: You are continually being renewed
- Day 25: Love sets you free
- Day 26: You are never alone on this journey
- Day 27: True security resides with Jesus
- Day 28: Tap into the Source of Love, the Father
- Day 29: Embrace the journey of self-surrender

Day 30: Recognize your uniqueness, a precious gem  
Day 31: Jesus remains by your side always  
Day 32: The Holy Spirit actively works within you  
Day 33: Focus on the one truly essential thing  
Day 34: Remain in a state of wonder and awe  
Day 35: Embrace the profound value in suffering  
Day 36: Your heart is gradually becoming Love  
Day 37: Love overflows with incredible power  
Day 38: Jesus guides you  
Day 39: Persevere, never cease your journey  
Day 40: Remain faithful to Jesus' callings  
Day 41: The resounding 'YES' that transforms everything  
Day 42: It is the opportune time for communion with our  
          heavenly family  
Day 43: Everything is indeed grace  
Day 44: Make your mission fruitful and purposeful  
Day 45: Keep your heart perpetually attuned to Jesus  
Day 46: Join your sufferings with those of Jesus  
Day 47: Continue to advance with unwavering faith  
Day 48: Feel Jesus' presence drawing closer to you

These daily reflections are drawn from the profound  
and beautiful mission of the Chosen Ones of Jesus.

If you are unfamiliar with this organization,  
this journey will give you a chance to learn more about it.

To explore further, visit

[fcdj.org/en](http://fcdj.org/en)



## **A song to accompany you**

### **You make all things new**

(Marie-Anne Catry and Jessica Poulin)

(Translated from French)

Even if I don't understand  
Even if I am afraid, even if I am cold  
I want to do Your will  
I embrace life to glorify you  
Each time I cry out  
You are with me on my cross

### **You make all things new**

**You can already see the victory**

**Even if I can't see it**

**You make all things new**

**I live in you, you live in me**

You know my tears and my pain  
My sufferings, you take them as your own  
Alone, in a shroud of silence  
These wounds seem full of seeds  
Perfect and sovereign, of infinite value  
That will bear fruit in Your time

Scan this code and listen to this song as often as you like during this journey (song in French with English subtitles):



## **Retreat prayer**

### **We offer Jesus' prayer to His Father, our Father**

Father, I give You Glory for the flood of graces that  
You are pouring out on Your Chosen Ones at this moment.  
Father, I glorify You for bringing Your creation to fulfillment  
in Your Chosen Ones.

Father, I glorify You for making them vessels of Love,  
intimately united with My Heart and My Mother's Heart.

Father, I give You Glory for the multitude of hearts  
You will touch through them.

Father, I give You Glory for the new Church  
You are reconstructing now.

Father, I give You glory for this new society being rebuilt  
through Your Chosen Ones.

Father, I glorify You for allowing Your Mercy, Love,  
and Almighty Power to radiate within them, around them,  
and through them.

Thank You, Father, for this abundance of Love,  
for this Burning Fire of Love igniting the hearts  
of Your Chosen Ones at this moment.

I pray that this Fire of Love may spread to every heart.

Thank You, Father, for always answering my prayers.

Fill Your Chosen Ones with Your Love once more.

In a special way, pour out Your Love upon all those held  
in the hearts of those reciting this prayer.

May each of them be enveloped in Our Trinitarian Love.

AMEN.

(This prayer is from Message number 71 in Volume 1: "For the  
Happiness of My Own, My Chosen Ones, Jesus".)

*A new journey of spiritual reflection  
crafted especially for you, with love!  
Each day, you'll receive a new ingredient  
to guide you toward happiness...  
because this is Jesus' deepest desire for you!*



## Day 1: Love extends its welcome to you

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child,  
My Heart stands wide open, ready to embrace you.  
I patiently await your 'YES.' Let yourself be fulfilled,  
let yourself be loved, allow yourself  
to be consumed by the Fire of My Love!  
My love for you is immeasurable, it has no limits."*

In this message (number 20 from volume 1), Jesus pours out His boundless love for you. His love is so immense that He withholds nothing from you. He longs for unity with you, as He is with the Father, so that you may continually be nourished by Their love. Maintain a sense of wonder, and you will be drawn into increasing praise, a witness to His actions and Love. Leave behind the complexities; you are entering into profound simplicity.

## **Prayer**

Dear Jesus,  
Within my heart,  
I have the desire to let You embrace me fully  
and grant You my unconditional 'YES.'  
Come, fill me, love me, gratify me, cherish me,  
and enkindle me with the Fire of Your Love,  
For the transformation of my heart is  
Your divine work, not mine.  
Amen.

## **Practical guidance for your spiritual journey**

Keep a journal or notebook nearby to record the teachings and insights Jesus imparts to you, for He has a purpose for you. Initially, refrain from attempting to decipher what you write. Instead, jot down what flows from your heart and emerges from within.

*You become Love because you are loved by Love Himself!*

Notes: \_\_\_\_\_  
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## Day 2: Jesus' love ardently pursues you

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My dear one, I yearn to proclaim My Love to you.  
Embrace the truth that I cherish you.*

*You do not grasp the breadth, the length, the height,  
and the depth of My Love.*

*The Love I hold for each of My earthly children knows no limits.  
I ardently pursue every soul to convey My Love to them,  
allowing them to savor its sweetness."*

In this message (number 19 from volume 1), Jesus extends a heartfelt invitation to listen attentively, He seeks you; He longs to find rest within you and establish His true abode. His love flows in a special way just for you, and He desires to pour that love into your heart, simultaneously embracing all your beloved ones. Take a moment today to bask in His love, allowing it to begin the transformation of your heart. This is what truly matters; everything else is secondary.

## **Prayer**

My gracious Jesus,  
I stand in unity of heart and mind with You, here I am.  
I trust in You. I believe in Your boundless Mercy,  
which welcomes me despite my unworthiness.  
I believe in Your Love, which adores me divinely,  
tenderly, and passionately.  
I believe in Your Goodness, eagerly awaiting my 'YES'  
to shower me with grace and blessings.  
I thank You for making my heart Your dwelling place.  
Amen.

## **Practical Guidance for your spiritual journey**

Three times today, take a three-minute pause and repeat this prayer:

"Yes, Lord, I am small; You are Mercy.

Yes, Lord, I know that You love me; You are Love.

Yes, Lord, I welcome Your graces; You are Good."

***You become Love because you are loved by Love Himself!***

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### **Day 3: Jesus Has specifically Chosen You**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child, deep within your heart, embrace the personal love I offer you.  
I have chosen you for a specific mission, and I rely on you.  
Accept and love yourself as My Father originally created you.  
Grant Me your unconditional 'YES.'  
Embrace humility and allow yourself to be guided by Me,  
without arguing or reasoning, often without understanding."*

In this message (number 33 from volume 1), Jesus reveals that He has chosen you for a specific mission. To discover it, you must first be prepared. This preparation involves surrendering to His guidance. And when you consent to be led, Jesus takes the opportunity to direct those around you as well.

Remember, under all circumstances, that Jesus is ever near, continually inspiring and leading you; for He desires to embed His Love for you and all His earthly children deeply into your thoughts, along with all the wisdom that accompanies this Love.



## **Prayer**

Sweet Jesus,  
I offer my 'YES' to Love for who I am,  
accepting myself just as Your Father created me.  
I extend my 'YES' to Love for others,  
embracing them just as Your Father created them.  
I present You with my 'YES' to draw my heart near to Yours,  
allowing the overflow of Your Love to fill it.  
I give You my 'YES' for this Covenant Relationship between us.  
I accept my own lowliness and willingly follow Your guidance  
without arguing or reasoning, even when I do not yet grasp  
what You intend to do within me, around me, and through me.  
Amen.

## **Practical guidance for your spiritual journey**

Today, practice:

Saying 'YES' to Love in all your actions,  
Saying 'YES' to Love for every person you encounter,  
Saying 'YES' to Love in every situation you find yourself in,  
And saying 'YES' to Love in response to all the events that come  
your way.

***You become Love because you are loved by Love Himself!***



## **Day 4: Gaze through the eyes of faith**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My little one, in situations that bring anguish, confusion, and profound anxiety to most, you can dwell in Peace and Joy. By perceiving everything through the lens of faith and recognizing your lowliness and God's boundless love for you, you will find within yourself all that is needed to confront external circumstances beyond your control."*

In this message (number 77 from volume 2), Jesus introduces you to the profound teachings of His School of Love, emphasizing the significance of complete surrender into the Father's hands.

You must adjust your perspective, putting on the spectacles of faith to perceive the world through the eyes of Jesus.

You will come to understand that the situations you lament are well-guided by the Father, even if the time for their resolution has not yet arrived.

## **Prayer**

Sweet Jesus,

I am acutely aware of how external events  
impact me significantly.

At times, I find myself drowning in confusion, anxiety,  
frustration, and am even tempted to give up entirely.

I offer my 'YES' to Love for my sense of helplessness.

I surrender to Love, allowing myself to be shaped  
and transformed.

I yield to Love, permitting my human perspective  
to be replaced by Your Divine Gaze,  
which continually renews me.

Amen.

## **Practical guidance for your spiritual journey**

Today, practice:

Saying 'YES' to Love for the world's happenings. Saying 'YES' to  
Love for all that touches your life. Offering gratitude to the  
Father through Christ Jesus for every circumstance in your  
current journey, viewing everything through the eyes of faith.

***You become Love because you are loved by Love Himself!***

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## Day 5: Embrace the freedom of God's children

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My beloved child, persist in unwavering faith,  
In earnest prayer, and in surrendering yourself to Me, your God.  
I shall guide you to uncover the profound freedom  
bestowed upon the children of God...  
I am the One who restores your Baptismal freedom."*

In this message (number 62 from volume 3), Jesus calls you to explore and encounter the genuine freedom granted to God's children. It is through your Baptism that you received this divine gift. Jesus assures you that you can re-enter this freedom He speaks of, for He intends to grant you the opportunity to live it anew. To achieve this, hold fast to your faith, persist in prayer, and yield to Jesus, your God, and you shall experience this magnificent freedom of God's children flourishing within you. Unbeknownst to you, you will become a vessel for God's divine work.

## **Prayer**

Sweet Jesus,  
Today, I comprehend that the freedom  
I seek is a gift bestowed by You.  
For me, it signifies a profound inner transformation,  
a shift in perspective, and letting go  
of my preconceived notions of liberty.  
So, I offer You my humble faith,  
along with all that I tend  
to keep control of on my way.  
I entrust You with my emotions  
and the judgments I encounter.  
I surrender my desire to remain perpetually  
united with You on this journey.  
Amen.

## **Practical guidance for your spiritual journey**

Today, unite yourself with Jesus and contemplate paragraph 265 of the Catechism of the Catholic Church:

*"By the grace of Baptism "in the name of the Father and of the Son and of the Holy Spirit", we are called to share in the life of the Blessed Trinity, here on earth in the obscurity of faith, and after death in eternal light".*

***You become Love because you are loved by Love Himself!***



## **Day 6: Jesus seeks to reveal Himself within you**

Dear Chosen One of Jesus

Today, Jesus speaks to your heart:

*"My child, it is I alone, your God, your Father, your Creator,  
Who can unveil the beauty and abundance of the Love  
I have instilled within you. I am filled with the fervent desire to reveal  
My presence more profoundly in you.  
I eagerly await your willingness to grant Me the freedom to act."*

In this message (number 23 from volume 1), Jesus conveys how immensely important you are to Him. His heart burns with the yearning to manifest Himself within you. The purpose behind His desire can be discerned in Saint Paul's letter to the Ephesians, chapter 1, verse 4: "He (the Father) chose us, in Christ, before the foundation of the world, to be holy and blameless before Him, in Love." Hence, Jesus aspires to manifest Himself in you, so that the Beauty and Abundance of God's Love – deposited in you at the very moment of your conception – may radiate through you, around you, and within you.

## **Prayer**

Dearest Jesus,  
Hearing You express Your desire  
to manifest Yourself in me soothes my heart.  
I comprehend that it stems from Love, a merciful love  
that meets me in my weakness, doubts, and misery.  
It is a Love that offers me a New Life, brimming with Peace,  
Joy, and Bliss. So here I stand, Jesus!  
I willingly offer You my 'Yes', that Your Glory may shine  
through me, around me, and from within me.  
Thank You for the privilege of being a witness to how  
You shall reveal Yourself in me.  
I grant You permission to open wide my heart,  
granting You the freedom to act within me.  
Amen.

## **Practical guidance for your spiritual journey**

Today, on five separate occasions during your day, unite yourself with Jesus amidst all your tasks and say to Him: "Here I am, Jesus, to serve You."

*You become Love because you are loved by Love Himself!*

**Notes:** \_\_\_\_\_  
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## **Day 7: Jesus desires to embrace you in His loving arms**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"Beloved child of My Heart,  
come and surrender yourself into My welcoming embrace.  
There, you shall encounter Peace, Joy, and boundless Love.  
By entrusting your burdens to Me, you will discover  
that My yoke is gentle and light.  
The sooner you place your trust in Me, your God,  
the sooner you will undergo transformation and bask in the Father's Love."*

In this message (number 63 from volume 3), Jesus reminds you that the Father desires you to taste His Love, that you may receive His Graces and Blessings in your life, regardless of your circumstances or the state of your heart.

Whenever a new burden weighs upon you or a fresh concern wells up within, practice surrendering it all to Jesus. In doing so, your trust in Him shall flourish. His Love will refine your heart,



liberating you from the attachments that hinder your closeness to Him, often triggered by negative emotions.

## **Prayer**

Sweet Jesus,  
I feel humbled by the vastness of Your Mercy for me.  
I say 'YES' to Your Love.  
I say 'YES' to becoming Love.  
I admit my incapacity to achieve Love on my own.  
I acknowledge my tendency to shoulder the burdens  
and concerns that assail me every day.  
I take refuge in Your loving embrace,  
pressing my heart close to Yours.  
Today, I hand over to You all that weighs me down.  
I place my trust in You. I believe in You. I hope in You.  
Amen.

## **Practical guidance for your spiritual journey**

Throughout this day, in your journal or notebook, promptly jot down anything that burdens or concerns you as they arise.

Then, seek consolation in the arms of Jesus, drawing your heart near to His. In the spirit of Father Don Dolindo's surrender prayer, say to Him: "Jesus, I surrender myself to you, take care of everything. Blessed be Your Name, and may Your Will be done."

***You become Love because you are loved by Love Himself!***



## **Day 8: Your heart serves as the dwelling of Jesus' love**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My precious one, your mind, intellect,  
and faculties must be in service to your heart, never the other way around.  
It is by aligning yourself to your heart that you can perceive, comprehend,  
and embrace the Love I wish to pour into you at this very moment."*

In this message (number 74 from volume 2), Jesus addresses your desire for understanding. When you turn to Isaiah 55, you come across the verse: "Your thoughts are not God's thoughts, nor are your ways God's ways." If you genuinely believe these are God's words, then you can grasp that your modes of thinking, pondering, and analyzing differ from God's ways.

As God has chosen your heart as His dwelling within you, it is by attuning yourself to your heart that you will allow Him to make you listen, comprehend, and benefit from what He wishes to bestow upon you through His Love.

## **Prayer**

My beloved Jesus,  
Today, I realize how divergent  
my path has been from Yours.  
You ask me to meet You  
in the depths of my heart,  
so that Your Love may unfurl within me,  
around me, and through me.  
Henceforth, You will inspire my thoughts, shaping my life.  
I comprehend that, with my consent,  
You can also guide, counsel, and accompany me,  
so that my intellect and faculties  
may be influenced by Your divine presence.  
I wholeheartedly offer my unconditional 'YES!'  
Amen.

## **Practical guidance for your spiritual journey**

Today, schedule appointments with Jesus every two hours and convey to Him: "You with me and I with You; You in me and I in You; You all to me and I all to You."

*You become Love because you are loved by Love Himself!*

Notes: \_\_\_\_\_

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## Day 9: Jesus yearns to guide your path

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child, draw near to Me.  
Once again, entrust your thoughts, plans, ideas,  
and worries to My Heart.  
You can clearly see that alone,  
you are too small, too weak, too fragile,  
and too vulnerable to choose the right path.  
Allow Me to lead you!"*

In this message (number 126 from Volume 1), Jesus directs your attention to His ability to assist you in making righteous decisions in every aspect of your life. To achieve this, you must be willing to follow His guidance, especially when faced with decisions or choices. To simplify this process, Jesus presents three straightforward steps for you to follow in this message:

Step 1: Unite yourself with Jesus and place your thoughts, plans, ideas, and concerns in His Heart.

Step 2: Recognize that everything you hold in your heart influences your thoughts, reflections, and analyses.

Step 3: Request Jesus to inspire your decisions or choices, even if they differ from your own expectations or desires.

This is how you allow Jesus to lead you.

## **Prayer**

Sweet Jesus,

I am grateful that You desire to assist me  
in making decisions aligned with Your divine will.

I am incapable of achieving this on my own.

Thus, I accept Your Love to inspire, accompany, counsel,  
and guide me every moment of the day and night.

To ensure my prayer is continuous and unceasing,

I link it with every beat of my heart,

so You may receive it continually.

Amen.

## **Practical guidance for your spiritual journey**

Today, revisit the three steps and put them into practice every three hours. In the days to come, you will find yourself naturally contemplating them more frequently.

*You become Love because you are loved by Love Himself!*



## **Day 10: Jesus aims to liberate you from all that binds you**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My precious one, you have nothing to fear,  
for I am a God of Love!  
I desire what is best for you.*

*Simply ask Me to release you from the chains that bind you  
to worldly attachments, your perspectives, your judgments of events,  
and your way of experiencing them. At your request, I will act!"*

In this message (number 5 from volume 3), Jesus seeks to deepen His intimate relationship with you. He conveys that in His Presence, you will discover what you seek. In essence, your attachments represent your viewpoint, your judgments, and your interaction with the world's happenings. He assures you that only He can liberate you from them. By requesting this of Him, you grant Him consent to work within you, around you, and through you.

## **Prayer**

Dearest Jesus of Love,

I am gradually realizing the concrete transformation to which You are calling me.

For this, I am deeply grateful.

Therefore, I ask You to come and sever these ties:

- those that bring me confusion,
- those that burden me with anxiety,
- those that confine me to myself,
- those that frustrate me and tempt me to despair after numerous personal failures.

Thank You, Jesus, for Your active presence in me and through me!

Amen.

## **Practical guidance for your spiritual journey**

Today, take five-minute breaks on five separate occasions to place yourself in the presence of Jesus.

- During these moments, contemplate the bonds that restrain you.
- Reflect upon the habits shaping your thoughts, judgments, and way of life.
- Above all, implore Jesus to free you from these shackles.

***You become Love because you are loved by Love Himself!***



## Day 11: Jesus is your Master

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My precious child, do not be afraid.  
Continue to draw near to Me,  
allowing Me to lead you – I am your Master.  
I guide you even in the smallest intricacies of your life.  
Keep granting Me your permission;  
I delight in seeing your willingness to receive  
what I long to bestow upon you.  
Through this, you shall become Love."*

In this message (number 43 from Volume 1), Jesus expresses His yearning to shower you with graces and blessings, enabling you to fulfill the unique mission for which you were created. He desires to relate to you as your Master. For this to occur, He requires your consent.

He wishes for you to approach Him without fear, so that He may provide guidance in the minutest aspects of your existence.



Thus, you will cultivate a profound relationship with Jesus, becoming a beacon of Love for others.

## **Prayer**

Sweet Jesus,  
I am grateful for the desire You have planted in my heart  
to become a vessel of Love and Light  
for those You intend to reach through me.  
Jesus, I wholeheartedly offer my complete  
and unconditional 'YES' to allow  
Your guidance through every detail of my life.  
May I echo this 'YES' with every breath, never wavering.  
Amen.

## **Practical guidance for your spiritual journey**

"Jesus, I give you my total and unconditional 'YES'," is what you shall declare today as you encounter someone new or face challenges throughout your day.

"Jesus, I give you my total and unconditional 'YES.'"

***You become Love because you are loved by Love Himself!***

Notes: \_\_\_\_\_

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## **Day 12: Jesus bestows upon you increased faith**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child, remain attentive to Me!  
Consider the boundless Love I hold for you!  
Keep your focus on Me. Allow yourself to be embraced by My Love.  
Stay humble and small. In your humility, you will find  
My Rest and My Love concealed. I bestow upon you a greater faith.  
Receive it not through your own merits  
but through My Grace and My Love. I grant you My Peace!"*

In this message (number 55 from Volume 1), Jesus desires to assist you in dwelling in His Peace. To achieve this, you must receive the gift of greater faith, which He bestows upon you today. He longs to shoulder your weariness, your anxieties, and your concerns so that you may belong to Him, even amidst life's chaos. Fix your gaze upon Him and allow His love to envelop you. He will swiftly act to alleviate your worries, leaving you in awe of His actions.

## **Prayer**

Oh Jesus,  
How comforting it is to witness  
Your unwavering attentiveness to me.  
Today, I recognize that Your Joy is found  
in setting me free from all that separates me from You,  
from anything that robs Your Peace from me,  
and everything that hinders me from receiving Your Love.  
So here I stand, Jesus, I say 'YES' to Your Love,  
Your Peace, and Your Grace.  
Lord Jesus, enter. I open the door of my heart to You.  
Come in and make my heart Your sacred abode!  
Amen.

## **Practical guidance for your spiritual journey**

Today, schedule at least five moments to fix your gaze upon Jesus, averting your attention from yourself. Welcome Him as you would an honored guest. Listen to Him as you would to your dearest friend. Converse with Him as you would with your most trusted confidant.

*You become Love because you are loved by Love Himself!*

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## Day 13: The Father longs for your union with Jesus

Dear Chosen One of Jesus,  
Today, the Father speaks to your heart:

*"My beloved child, I desire to witness your union with My son, Jesus, just as Jesus is united with Me. It is My Love that courses through you. As My Love flows through you, your thoughts align with Mine, becoming entirely inspired by Me."*

In this message (number 23 from volume 1), The Father burns with the desire to manifest Himself more fully within you. He longs to encounter you within the depths of your being, for that is the sacred space He has chosen to commune with you, to speak to you, to teach you, and above all, to love you. The Father is acquainted with all your struggles, your shortcomings, and your suffering. Surrender them to Him so that He may work within and through you.

Then, He can allow His Love to flow through you, reaching countless hearts that have yet to know Him, or those who yearn to return to Him but are uncertain how to do so.

## **Prayer**

Gracious Father,  
I embrace Your Love, that it may transform my heart  
and my entire being,  
So that the Love of Your Son, Jesus,  
may radiate from within me.  
Since my thoughts guide my actions and my will,  
I choose to unite with Jesus, allowing Your Love to course  
through me, so that my thoughts may be inspired by You,  
enabling me to proclaim:  
"Now, Father, it is You who are at work  
in me, with me, and through me."  
Amen.

## **Practical guidance for your spiritual journey**

Today, prior to each task, decision, or meeting, unite yourself  
with Jesus and declare to Him: "You are with me, and I am with  
You; You are in me, and I am in You."

*You become Love because you are loved by Love Himself!*

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## Day 14: Embrace the profound essence of Love

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child, you often ponder how to embody the true essence of Love,  
consistently and everywhere.*

*Living it is impossible unless you have become 'Love' itself.  
To achieve this, there is but one path: allow yourself to be transformed  
by the Source of Love, nurturing an intimate relationship  
with the Holy Trinity, fostering communion with the Saints in Heaven,  
and seeking the protection of the Holy Angels!"*

In this message (number 39 from volume 2), Jesus invites you to embark on a new way of existence. You must be willing to embrace the idea that certain aspects of your life need to undergo transformation. Do you aspire to become Love? If so, there is a singular route: allow yourself to be reshaped by Love, by forging an intimate connection with the Holy Trinity, by uniting with the Saints in Heaven, and by seeking the guardianship of the Holy Angels. Gradually, your thoughts and

desires will metamorphose, ushering in a new manner of speaking, acting, and using your time.

## **Prayer**

My beloved Jesus,  
I acknowledge that self-change is beyond  
my individual capacity. I need You. I cry out to You.  
I surrender my complete and unwavering 'yes' to You.  
I grant You permission to continue blessing me with life  
in this world while liberating me from its  
conventional thought patterns and the values it upholds.  
Amen.

## **Practical guidance for your spiritual journey**

Today, procure images of the Holy Trinity, Saints, and the Holy Angels. Position them before you so that they remain visible throughout the day. Unite yourself with Them in the presence of the Holy Spirit.

***You become Love because you are loved by Love Himself!***

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## **Day 15: Anticipate the best that is yet to come**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child, come even nearer to Me;  
I desire to fill you with My Love. Together, we have embarked  
on a long journey, but the most wonderful moments are yet to come.  
Your past, having been surrendered to the immense Mercy  
of the Father, must no longer occupy your thoughts.  
I cherish you tenderly."*

In this message (number 86 from volume 3), Jesus aims to instruct you in a fresh approach to navigate the challenges that arise in your life. You have been chosen from eternity for a profound and beautiful purpose. Jesus seeks your consent to delve deeper into its discovery. Entrust your past to the vast Mercy of the Father, relinquishing its hold on your mind. Embrace the daily challenges, for Jesus uses them to enhance the beauty of your soul. Your joy resides not in what you once were but in what you are now and what you will become in the future.



## Prayer

Sweet Jesus,

I acknowledge the weight of certain aspects of my past,  
and I place them in the care of the Father's Mercy.

I implore You for the grace of humility, gentleness, and  
patience to embrace the daily difficulties that cross my path.

I wholeheartedly offer my complete and unconditional 'yes'  
to the ongoing refinement of my soul each day,  
and to the profound and beautiful mission

You desire to entrust to me.

Amen.

## Practical guidance for your spiritual journey

Today, briefly pause every hour. Envelop yourself in the arms of Jesus, and say to Him: "I surrender my past to You, dear Jesus; it is no longer mine. Fill me with Your Love."

*You become Love because you are loved by Love Himself!*

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## **Day 16: Discover newfound strength within**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child, entrust to My Heart  
all the situations in which you feel taken advantage of.  
Strive to minimize confrontations.  
Observe how I conducted Myself when faced  
with those who challenged Me.  
From My example, you will draw newfound strength,  
allowing you to already embody the values of the New Society,  
very different from today's society."*

In this message (number 70 from volume 2), Jesus desires to reveal how you should conduct yourself within this New Society, where Love will have transformed every heart. Embrace your vulnerability and let your heart be moved; This is the only path to the transformation of hearts. Steer clear of conflicts, disputes, and the urge to engage in intense arguments, and instead, fix your gaze upon Jesus and His behavior in the presence of His

accusers and executioners. Then you will permit the Father's Love to work within you, making all things possible, even the impossible.

## **Prayer**

Jesus, my beloved,  
I acknowledge that, alone, I cannot attain this level of sanctity,  
nor can I adopt a perfect conduct when confronted.  
I firmly believe that only by continuously drawing  
from the Father's Wellspring of Love  
and allowing myself to be reshaped by this Love,  
can I behave as You desire.  
I offer my resounding 'YES' to the Father for His Love.  
Amen.

## **Practical guidance for your spiritual journey**

Today, seek assistance from your Guardian Angel in embracing your vulnerability whenever it surfaces. Request His guidance in avoiding conflicts, even when faced with injustice.

***You become Love because you are loved by Love Himself!***

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## Day 17: A new life bestowed upon earth

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child, it was from My tomb that a new Life emerged on earth,  
just when My persecutors believed they had triumphed.*

*Lazarus' body was in decay when I raised him from the dead.*

*I want these truths to be firmly rooted within you,*

*for they reveal how profound your hope and faith must be.*

*Recall that the historical events upon which your faith rests blossomed into  
power from what appeared as complete failure."*

In this message (number 29 from volume 2), Jesus reminds you that a true believer never surrenders hope. Do you still desire to maintain hope in God, for whom all things are possible? By responding with 'YES,' you will experience a renewed life in this earthly existence. The more Jesus seemed to fail in the eyes of humanity, the more God's Power shone forth. This is the hope that a chosen one of Jesus, like yourself, must nurture. You are enriched by the life of Jesus and all the Saints and Martyrs of the

Church over the past 2000 years. Embrace the Love of Jesus, and His Light will radiate within you. They will fortify your faith and hope, enabling you to navigate any trials, sufferings, or apparent failures that may cross your path.

## **Prayer**

Sweet Jesus,

I express gratitude for teaching me to view my failures as merely apparent.

For, in You, these failures can be transformed into gateways to Your Glory and my joy.

I offer my 'YES' to Love.

I offer my 'YES' to becoming Love.

I offer my 'YES' to cultivating boundless faith and an unwavering hope in the limitless possibilities of God.

I accept Your Love and welcome being loved.

Amen.

## **Practical guidance for your spiritual journey**

Today, reflect on your life and past, including all your failures. Place them in the Hands of Jesus, then release them from your thoughts, and repeat multiple times throughout the day: "All things work together for good to those who love God." (Rom 8:28)

*You become Love because you are loved by Love Himself!*



## **Day 18: You have been chosen for a great mission**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My dear children, time is of the essence; let the Fire of My Blazing Love ignite you so that you may set the entire earth aglow. Blessed are you, chosen for such a magnificent mission: to transform the face of the earth into a realm of Love, in accordance with the Father's divine plan. You are becoming 'Love'! Tenderly, I hold you in My love."*

In this message (number 20 from volume 2), Jesus calls upon you to respond to the Father's summons. Understand that every individual residing on this earth plays a role in enhancing Creation, making it even more beautiful. By allowing the Father to work through you, you contribute to the beauty of His Creation. Regrettably, many individuals turn away from this call, opting instead to heed the world's call. This divine Call from the Father bestows upon you a remarkable mission: to transform the earth's countenance so that His Kingdom may be established

and His Will carried out. By answering with 'YES,' the Father renews your being, just as He rejuvenates His Creation. Permit yourself to be ignited by the Fire of His Love, so that, in turn, He may set the entire world ablaze.

## **Prayer**

Dearest Jesus, I praise You,  
for I am fearfully and wonderfully made (Psalm 139:14).  
You do not focus on my flaws, nor on the state of my life,  
or my omissions, or the path I traverse.  
"For it was you who formed my inward parts; you knitted me  
together in my mother's womb" (Psalm 139:13).  
You speak to my heart so that I may listen to You,  
accept Your Love, and allow You to kindle it  
with the Fire of Your Love.  
I offer You my complete and unconditional 'YES'  
to this magnificent mission You have prepared for me.  
Amen.

## **Practical guidance for your spiritual journey**

Today, in all your actions, infuse them with the love and graces of God. Be devoted to this Love, so that it may flow into every heart.

*You become Love because you are loved by Love Himself!*



## Day 19: Shift your focus from self-centeredness

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My dear child, if only you knew the immense Love burning within My Heart for you! Cease squandering time by introspection or evaluating your self-worth. Come, surrender yourself into My loving embrace, open your heart wider to receive My Love.  
I cherish you just as you are. Yes, with tenderness and fervor, I love you.  
Accept My Embrace of tenderness. Heavenly, I love you!"*

In this message (number 70 from volume 3), Jesus calls upon you to shift your focus away from yourself, to cease self-centeredness. You have made significant progress alongside Jesus, yet the most remarkable lies ahead. The era of your transformative union with Him has arrived: You in Him, He in you, becoming one together.

Henceforth, squander no more time on self-scrutiny or self-judgment. Instead, throw yourself into the loving arms of Jesus. Open your heart even wider to embrace His Love, accepting



yourself as you are in this very moment. In this very instant, receive His Kiss of Tenderness, His loving embrace.

## **Prayer**

YES, Jesus, I long for this transformative union.  
I yearn for this beautiful path You invite me to walk with You.  
I have grown accustomed to self-examination  
and self assessment; it has become ingrained.  
I offer You my complete and unconditional 'YES'  
to liberate me from this habit. I say 'YES' to Love for who I am,  
embracing myself as God created me.  
Amen.

## **Practical guidance for your spiritual journey**

Today, turn away from the distractions of this world, and set your gaze, heart, mind, and faculties upon Jesus, the source of Light.

***You become Love because you are loved by Love Himself!***

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## Day 20: Experience the purification of hearts

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My dear child, what you receive from Heaven is already pure.  
Expressing gratitude for it contributes to your own purification.  
By offering what you have received, you participate in the purification  
of others and the entire world. What you receive from others, whether  
good or bad, will not negatively affect you if you do not hold onto it;  
rather, by promptly offering it to God, it becomes completely purified."*

In this message (number 36 from volume 2), Jesus teaches you regarding the purification of hearts. Love acts as a purifying force when you express gratitude, including for the pure blessings received from Heaven. Love purifies when you offer everything you receive from others, be it good or challenging. Hold onto nothing! Offer gratitude for all that descends from Heaven and extend everything received from others, regardless of its nature, for your personal purification and the purification of the entire world.

## **Prayer**

Yes, my dear Jesus,  
I yearn to be an instrument in the Father's hands  
and to undergo purification, shedding all  
that separates me from You.

I wholeheartedly say 'YES' to You, allowing Love  
to penetrate the depths of my heart.

I say 'YES' to You so that Your Love  
may course through me,  
reaching others and purifying their hearts.

I give thanks to the Father for His work within us  
and through us.

Amen.

## **Practical guidance for your spiritual journey**

Today, practice the art of receiving everything, expressing  
gratitude, and surrendering all to God.

*You become Love because you are loved by Love Himself!*

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## **Day 21: Allow Jesus to effect transformative change in you**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My dear child, why do you search for Me elsewhere?  
Discover My Presence within you to a greater extent,  
and you will have discovered everything.  
Do not strive to make yourself perfect; that task belongs to Me.  
Embrace the Love I pour into you at this very moment.  
I cherish you just as you are.  
My Love for you burns with divine intensity."*

In this message (number 5 from volume 3), Jesus questions why you hesitate to let Him transform you. You may seek Him elsewhere, but He resides within you. He tells you that you will find everything once you begin to acknowledge His Presence within you. He has chosen you for an intimate relationship and desires the best for you. You need not pursue perfection, for that is His sole work.

## **Prayer**

Oh, Jesus,  
You who are Gentle and Humble of heart,  
I grant You permission to transform me.  
May Your radiance shine through me.  
May I echo the words of Saint Paul:  
"It is no longer I who live, but Christ who lives in me."  
This desire, which I hold in my heart, I present before You.  
I acknowledge that without You, I am powerless.  
Amen.

## **Practical guidance for your spiritual journey**

In the Gospel of Saint John, chapter 15, verse 2, it is written:  
"(My Father) removes every branch in me that bears no fruit.  
Every branch that bears fruit, he prunes to make it bear more fruit."

Therefore, ask Jesus to prune away all the ties that bind you to the ways of this world and to your own perspectives, judgments, and experiences.

***You become Love because you are loved by Love Himself!***

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## Day 22: Look to Jesus as your ultimate model

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child, when faced with suffering, simply observe My behavior:  
Did I retreat from it? Did I attempt to diminish it?  
Did I try to change the conduct of others?  
No, I embraced it fully, living it out to fulfill My enduring mission.  
Let this example guide you in living out your own mission.  
Allow yourself to be led into this New World. I love you."*

In this message (number 3 from volume 3), Jesus desires to focus your attention on His conduct. By drawing inspiration from His actions, you will be better equipped to fulfill your own mission and serve as a witness to others as they enter this New World. Like Jesus, accept your sufferings, experience them, and unite them with His own suffering. In doing so, your sufferings will yield abundant fruit. Jesus did not shy away. Do not retreat. Jesus did not seek to reduce His sufferings. Do not diminish yours. Jesus did not attempt to change the behavior of others. Do not

attempt it either. He remained steadfast in His commitment to His Father's Will. Likewise, keep your gaze fixed on His Will.

## **Prayer**

My Good and Beloved Jesus,  
I implore Your Grace to help me imitate You.  
I say 'YES' to the Will of the Father.  
I have faith in His Love for me.  
I embrace my sufferings  
and unite them with Yours,  
believing that, through Your Love,  
they can be transformed  
into Graces and Blessings  
for all of humanity, even for those  
who have contributed to my suffering.  
Amen.

## **Practical guidance for your spiritual journey**

Today, view your life's circumstances through the lens of Jesus and ask Him, "Jesus, what is Your perspective on this?"

*You become Love because you are loved by Love Himself!*

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## Day 23: When all seems awry...

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child,  
you are precious in My sight,  
and I have full control over your situation.  
When nothing is moving forward in your eyes,  
that is when I am most active.  
If I choose to involve you,  
it's to nurture your faith."*

In this message (number 123 from volume 1), Jesus reassures you that He is overseeing the situations you have entrusted to Him. It is precisely when you perceive these situations as stagnant that Jesus accomplishes His greatest work. He expects you to exercise your faith more fervently. Pray to Jesus, upon whom everything depends. Act with faith by giving, receiving, and embodying Love. This will be proof that you are a disciple of Jesus.



## **Prayer**

Yes, Jesus,  
I enroll myself in Your School of Love.  
Speak to me, inspire me, and fill me with Your Presence.  
I say 'YES' to the situations I find myself in,  
whether they bring happiness or sorrow.  
I am confident that You are caring for me  
and the situations I have entrusted to You,  
even if I cannot yet see any results.  
I come forward to be a witness  
to Your Action through me, through others,  
and through events.  
Amen.

## **Practical guidance for your spiritual journey**

Today, remember that in Jesus' School, Love is the answer to all suffering and challenges. The more love you give, the more love you will receive.

***You become Love because you are loved by Love Himself!***

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## **Day 24: You are continually being renewed**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My very little one,  
the new inner self that is taking shape  
within you is in a perpetual state  
of praise, adoration, gratitude, and thanksgiving.  
This inner jubilation sustains you,  
knowing that all irritations, sufferings, illnesses,  
or other trials contribute to your purification."*

In this message (number 52 from volume 2), Jesus wishes to converse with you about the emerging new self within you. Through your deep connection with Him, a transformation is occurring from within. Welcome the inner movements of praise, adoration, gratitude, and thanksgiving that arise within you.

Surrender to Jesus your annoyances, sufferings, illnesses, and any other tribulations so that He may use them for your purification.

## **Prayer**

My Good Jesus,  
I rejoice at the very idea of what is unfolding within me,  
even if my understanding is incomplete.  
I choose joy instead of sorrow in the face of life's challenges.  
I say 'YES' to remaining connected to Your Love  
and spreading Your Love.  
I join You in thanking the Father  
because His divine plan is at work.  
Amen.

## **Practical guidance for your spiritual journey**

Today, keep your focus on the Father. Do not allow worldly thoughts to influence you. In every circumstance, find joy in Christ Jesus.

*You become Love because you are loved by Love Himself!*

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## Day 25: Love sets you free

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"Child of My Heart,  
entrust your burdens to Me, for you are weary from bearing them.  
Let Me carry them upon My shoulders and present them to the Father.  
In this, you shall find true freedom, for Love sets you free.  
Blessed are you for allowing yourself to be guided on the path to freedom,  
thus becoming 'Love.'  
I love you with boundless love."*

In this message (number 9 from volume 2), Jesus calls upon you not to seek any other Master but Him, as He longs to relieve you of your burdens. He yearns to shoulder your load, awaiting your surrender. Embrace your humility, fragility, weakness, vulnerability, and powerlessness. This will enable Jesus to lead you to your heart's true desires, allowing you to respond to the call embedded in the depths of your soul. With Jesus, you become Love. What more could you desire?

## **Prayer**

Oh Jesus,  
Though I have given You many 'YES' responses,  
You ask once more.  
I wholeheartedly offer my complete and unconditional 'YES'  
for You to bring Your work to fruition within me,  
for "I am fearfully and wonderfully made" (Psalm 138:14).  
Yes, Jesus, guide me on the path to freedom as a child of God.  
You proclaimed: "Come to me, all you that are weary  
and are carrying heavy burdens, and I will give you rest"  
(Matthew 11:28).  
Hence, I entrust my burdens to You,  
choosing not to dwell on my sufferings,  
but instead to fix my gaze upon the Father,  
centered on His Goodness, Mercy, and Love.  
I open wide the door of my heart to You.  
Amen.

## **Practical guidance for your spiritual journey**

Today, in every facet of your life, welcome the Goodness, Mercy,  
and Love of the Father, for it is His desire.

*You become Love because you are loved by Love Himself!*

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## Day 26: You are never alone on this journey

Dear Chosen One of Jesus,  
Today, the Father speaks to your heart:

*"My child, Mary, my humble servant,  
is on a mission to accompany and guide you.  
She walks beside you, and on the other side stands  
My Son, Jesus, ever close to you.*

*If your eyes were unveiled to witness the Saints and this vast Angelic Army,  
you would realize that you are not alone but surrounded by divine presence.*

*Have no fear; continue your journey with unwavering faith.  
With My Fatherly blessing and love, I embrace you."*

In this message (number 65 from volume 2), The Father seeks to reassure you that you are not alone. Mary accompanies and directs you on one side, while Jesus stands beside you on the other. Saints and Angels envelop you. Accept your role as a humble instrument in the Father's hands, as He intends to work through you, leading others to offer themselves for diverse missions in return.

In this way, you participate in changing the face of the earth.  
The Father orchestrates every detail with utmost care.

## **Prayer**

Our Father,  
Once again and eternally,  
I embrace Your guidance through Your Love.  
Grant me the grace to always seek Your wisdom in my  
interactions with others.  
Grant me the grace to resist  
the influences of the Enemy,  
who endeavors to obstruct  
Your plans for me.  
Bestow upon me the grace  
to remain steadfastly focused on You,  
so, I may increasingly exemplify  
Your work through me.  
Amen.

## **Practical guidance for your spiritual journey**

Today, envision yourself as a child learning to walk, holding the hands of Jesus and Mary. Beseech the Father for EVERYTHING, even the insignificant.

*You become Love because you are loved by Love Himself!*



## Day 27: True security resides with Jesus

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child, have no fear, for you have found favor in My eyes.  
I grasp your hand, just as I did with Peter  
when fear caused him to sink into the sea.  
I make you this promise: whenever fear engulfs  
you and casts you into insecurity,  
call out to Me, and I will take your hand, ensuring your safety."*

In this message (number 39 from volume 1),

Jesus calls you to draw near to Him, to tap into the wellspring of His Love, which brings you Peace and Joy. Alongside His Love, these qualities serve as your genuine sources of security. Throughout your life, you might have believed that external possessions and goods could give inner security, peace, and joy. Yet, Jesus reveals this is false. Observe the world around you, and you will be convinced. When fear begins to grip your heart, cry out to Jesus, just as Peter did, and He will rush to your aid.



## **Prayer**

Sweet Jesus, You declared:

"Peace, I leave with you; My Peace I give to you." (John 14:27)

It is Your Peace that I yearn for.

I give You my 'YES' to find it within me.

I say 'YES' to this great passage into  
which You are leading me right now.

Like Peter, who was afraid and doubted,

I cry out to You because, at times, my faith wavers too.

Amen.

## **Practical guidance for your spiritual journey**

Today, whenever you find yourself entangled in negative emotions, promptly call out to Jesus in faith, saying: "Jesus, come and rescue me. I love You!"

*You become Love because you are loved by Love Himself!*

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## Day 28: Tap into the Source of Love, the Father

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My little one,  
On your own, you cannot reach the level of holiness to respond perfectly  
in confrontations. Only by constantly drinking from the wellspring  
of the Father's Love and allowing this Love to transform you  
can you achieve the desired conduct. In simpler terms,  
it is through asking and permitting the Father's Love to work within you  
that everything becomes possible, even that which may seem impossible."*

In this message (number 70 from volume 2), Jesus emphasizes that every child of God is destined for holiness. Nevertheless, no child can become a saint through their efforts alone. One aspect of this holiness is the ability to respond perfectly in the face of confrontation. This is solely achievable by remaining connected to the Father's source of Love and consistently offering your 'YES' in all situations and circumstances. In doing so, every aspect of your life becomes possible, even the impossible.

## **Prayer**

My Gracious Jesus,

I acknowledge my sensitivity to the circumstances and situations that I encounter.

I am aware of how wounded my pride is.

Therefore, I earnestly desire to be transformed by Your Love, allowing me to dwell in Your Peace and Joy.

I also yearn for Your Love to work through me, whether I am aware of it or not, to transform others.

In Your boundless Love, fill my heart with Peace, Joy, and Love, and do the same in the hearts of those reached by Your Love through me.

Amen.

## **Practical guidance for your spiritual journey**

Today, entrust to the Heart of Jesus all the situations you face, especially those in which you feel exploited.

*You become Love because you are loved by Love Himself!*

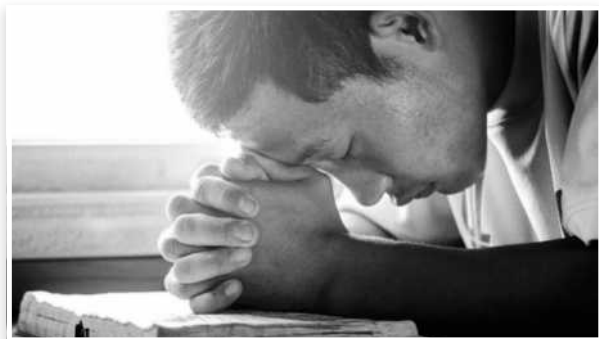
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## **Day 29: Embrace the journey of self-surrender**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My dear child,  
For your mission to reach its fullest realization, you must be  
willing to surrender yourself, your plans, your thoughts,  
your way of being and acting. This surrender often comes with suffering,  
but how you embrace that suffering determines how swiftly it  
contributes to the transformations desired by the Father."*

In this message (number 40 from volume 3), Jesus speaks to you about the unique mission that only you can fulfill. To fully realize it, you must free yourself from the worldly mindset that surrounds you. Be prepared to relinquish your own plans in favor of God's plans for you. Be willing to let go of your way of thinking, your way of being, and your way of acting to adopt God's mindset, God's way of being, and God's way of acting. Accept the suffering that accompanies these small "deaths" or losses as you transition into this new phase of your mission.

## **Prayer**

Compassionate Jesus,  
I am coming to understand the depth of Your Love  
and how profoundly You wish to work in me,  
through me, and for me. I also recognize my resistance,  
despite the 'YES' I have given You.  
YES, I surrender my plans, my way of thinking,  
my way of being, and my way of acting.  
I say 'YES' to the suffering and losses that may arise  
from this surrender. I say 'YES' to entering this new phase  
of my mission. Jesus, I trust in You completely,  
allowing Your loving embrace to enfold me.  
Thank You for the boundless love You shower upon me!  
Amen.

## **Practical guidance for your spiritual journey**

Today, contemplate what is the most important: you as a person  
along with all that resides within you, through the profound  
intimacy you are cultivating with Jesus.

*You become Love because you are loved by Love Himself!*

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## Day 30: Recognize your uniqueness, a precious gem

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My dear child,  
You are more than a beautiful lamb to Me;  
you are a rare and precious gem.  
I hold your heart close to Mine and to that of Mother Mary, so  
it may be entirely consumed in the Fire of My Blazing Love...  
Tenderly, I love you; intensely, I love you."*

In this message (number 134 from volume 1), Jesus calls upon you to treasure the time you have. To Him, you are not just a beautiful lamb but a rare and invaluable gem – a precious pearl. He urges you not to waste time by dwelling on your past, what you have been, or what you have done. Do not even ponder what you will do in the future. Instead, focus on what you are becoming: Love incarnate. Allow yourself to be consumed by the Fire of His Love as you draw your heart closer to both Jesus and Mary, His Mother.

## **Prayer**

My Beloved Jesus,  
I cherish the image of being a rare  
and priceless gem in Your eyes.  
This image reflects your care for me,  
portraying me as a true treasure.  
I recognize the dullness of my self-perception  
compared to Your radiant, fervent,  
and love-filled gaze upon me. Therefore,  
as I envision the way You cherish me with boundless Love,  
I draw my heart closer to Yours and that of Mary, my Mother.  
I allow myself to be fulfilled, loved, satisfied, cherished, and  
consumed by the fire of Your Love,  
knowing that the transformation of hearts is Your divine work.  
Amen.

## **Practical guidance for your spiritual journey**

Today, accept the immeasurable love and complete forgiveness  
that is offered to you. Embrace being engulfed and consumed by  
the fiery embrace of Jesus' Love.

*You become Love because you are loved by Love Himself!*

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## **Day 31: Jesus remains by your side always**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My dear child, continue to surrender your sufferings to Me as soon as you feel their weight. In doing so, you will discover My Presence more and more, and this will lighten your burdens. Always remember, you are never alone: I am with you always."*

In this message (number 7 from volume 2), Jesus instills in your heart the habit of entrusting everything to Him. This way, you will no longer allow yourself to be crushed by the weight of your burdens and sufferings. If you could comprehend how profoundly His suffering has made His Mission fruitful, you would no longer hesitate to surrender EVERYTHING to Him. From the beginning of this journey, you have walked with Him. He desires to carry all your tribulations alongside you. Moreover, He longs to share in the jubilation that His Love will bring. Remember that Jesus never abandons you; He is with you always.



## **Prayer**

My Gracious Jesus, You assumed our human nature to bear our sufferings and illnesses (Matthew 8:17).

Today, once again, You urge me to entrust EVERYTHING to You, including the burdens that weigh me down and the barriers that separate me from You.

You repeatedly emphasize Your desire for me to belong to You, liberated from my burdens and sufferings.

Yet, it appears as though I persist in relying solely on myself.

YES, Jesus, I accept my sufferings. I acknowledge that they will contribute to the fruitfulness of my mission, just as Your sufferings made Your mission fruitful.

I offer them to the Father, in union with Yours, so that they may be transformed into Graces and Blessings  
Amen.

## **Practical guidance for your spiritual journey**

Today, recognize the profound value of suffering, as it allows you to delve deeper into Love and experience the perpetual presence of Jesus within you.

*You become Love because you are loved by Love Himself!*

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## Day 32: The Holy Spirit actively works within you

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My precious child, you are truly a witness to the fact that it is not your own actions but the Holy Spirit who is at work within you, around you, and through you. Together, let us offer gratitude to the Father for this truth. Allow My hand to guide you. Turn your gaze towards the Father and, in My company, contemplate His tenderness in choosing to collaborate with you, even when He could act alone. Ponder His mercy, which allows Him to work through you without requiring your perfection."*

In this message (number 4 from volume 2), Jesus invites you to recognize that the Holy Spirit resides within you, leading you on the path of holiness towards the fullness of Love. When you view life through the eyes of faith, you will discern the active presence of the Holy Spirit within you, surrounding you, and working through you.

Continue to allow Him to be your guide. Offer gratitude because He has chosen you as His instrument. Contemplate His

tenderness and mercy towards you, regardless of the state of your heart or your current emotions.

## **Prayer**

My Gracious Jesus,  
I surrender myself to be guided by Your divine Hand.  
I direct my gaze towards the Father. In Your holy presence,  
I contemplate His tenderness in choosing me despite  
my limited faith. With You, I meditate on His mercy  
in choosing me, despite my sinful humanity.  
With You, I reflect on His almighty power,  
capable of working through me with my simple 'YES.'  
With You, I ponder His generosity in giving so much despite  
my smallness. With You, I perceive His boundless,  
limitless love, without constraints or boundaries.  
Amen.

## **Practical guidance for your spiritual journey**

Today, recognizing the urgency of the moment, waste no time  
and give your unconditional 'YES':

- Allow the Holy Spirit to work within you, around you, and through you.
- Acknowledge your lowliness in all circumstances.
- Receive His love in every moment.

***You become Love because you are loved by Love Himself!***



### **Day 33: Focus on the one truly essential thing**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My cherished child,  
Move forward with unwavering faith,  
without the need to comprehend where I am leading you.  
For you, there is only one important thing: allowing yourself to be guided  
and captivated by My boundless Love.  
Remain attentive to the individuals I place along your journey  
and to the divine inspirations I provide. Oh, how I love you!"*

In this message (number 74 from volume 1), Jesus yearns to redirect your focus to what truly matters: yielding to His guidance and letting yourself be conquered by His Love. His message is not directed at your intellect or faculties but speaks directly to your heart, the dwelling of the intuitions and inspirations He imparts.

This journey you are embarking upon is but the genesis of a profoundly graceful period. Observe the wondrous effects of

Love within you, around you, and at times, through you. Persist in withholding nothing for yourself, offering everything to the Father. Abstain from comparisons with others, for the path He has chosen for you is as unique as you are.

## **Prayer**

Oh, my Sweet Jesus,  
I stand in awe, offering praise  
and thanksgiving for the privilege of bearing witness  
to Your divine work, particularly the transformations occurring  
within and around me. Here I am, Jesus, like a little child,  
persisting in allowing myself to be guided, loved, fulfilled,  
and cherished. I comprehend that this is Your way of Love.  
Amen.

## **Practical guidance for your spiritual journey**

Today, refrain from making comparisons, as they obstruct your discovery of this path of Love. Instead, repeatedly affirm: "Because I am precious in Your sight, and You love me (Isaiah 43:4). I praise You, for I am fearfully and wonderfully made (Psalm 139:14)."

***You become Love because you are loved by Love Himself!***

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## **Day 34: Remain in a state of wonder and awe**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My beloved child,  
Remain in a state of perpetual wonder and increase your praise.  
The more you exist in a state of praise,  
the more you shall bear witness to Our divine presence and boundless Love.  
This, in turn, will kindle additional praises  
and stimulate greater wonders within you.  
Thus, you shall enter, even within your earthly existence, into eternal joy."*

In this message (number 20 from volume 1), Jesus extends an invitation for you to be amazed by everything that surrounds you and inhabits you – all that resides within you. Today, He asks you to perceive all things through His loving gaze, knowing that nothing is impossible for Him. To initiate His divine actions, He begs you to praise Him ceaselessly, regardless of where you are and regardless of what you do. Through such praises, you shall become a witness to His divine intervention in the lives of those

in your proximity and amid the circumstances in which you find yourself. Your faith shall strengthen as you observe Love unfurling even in the smallest details of your existence.

## **Prayer**

Jesus, my beloved,  
I draw near to Your sacred heart,  
wholeheartedly surrendering my 'YES' to Your call.  
I understand that this is the most direct way  
through which You guide me, as you want and when you want.  
I love you.  
Amen.

## **Practical guidance for your spiritual journey**

Today, allow your heart to be filled with wonder and awe, recognizing that the Father, Jesus, and the Holy Spirit are actively at work in your daily life, as well as in the lives of those around you.

***You become Love because you are loved by Love Himself!***

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## Day 35: Embrace the Profound Value of Suffering

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My dear child,  
If only you comprehended the immense value of suffering  
as a means to delve deeper into Love...  
Suffering, when embraced and offered to the Father in union with Mine,  
transforms into an abundance of graces and blessings."*

In this message (number 7 from volume 2), Jesus extends an invitation to contemplate the profound worth of suffering, for it allows you to dive into a more profound experience of Love. You are blessed when you encounter suffering, for it aligns with the path Jesus took, rendering His mission and ultimate sacrifice fruitful. Consequently, it is reasonable to anticipate that your own suffering will likewise enrich your mission. When you accept your suffering with an open heart and offer it to the Father in communion with Jesus' own sufferings, your suffering is transformed into abundant graces and blessings.



## **Prayer**

My Gracious Jesus,  
I am Your devoted disciple, and You are my Master.  
I consent to take the path of suffering,  
mirroring Your own journey.  
I consent to unite with You,  
holding up my cross and following you.  
I acknowledge the profound privilege of Your redemptive  
mission for my sake.  
Furthermore, I hand over to you the burden  
of my suffering to You as soon as I feel it,  
that I may realize how light Your yoke is.  
Amen.

## **Practical guidance for your spiritual journey**

Today, bear in mind that you are never alone, and Jesus perpetually walks by your side. It is in His presence that you must navigate both moments of jubilation and tribulation.

*You become Love because you are loved by Love Himself!*

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## **Day 36: Your heart is gradually becoming Love**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child,  
Each time you call out to Me,  
I hasten to you, cradling you in My embrace once more.  
How I cherish drawing your heart ever closer to Mine,  
for with each encounter,  
it grows into a more profound Love."*

In this message (number 85 from volume 1), Jesus comforts you by affirming your transformation into "Love." Gradually, your attachments to the earthly world weaken, like decaying cords relinquishing their grip.

You have embarked upon the path that leads to Love, moving at your own speed. There is no need to hurry; just allow yourself to be lovingly guided.

## Prayer

Beloved Jesus,  
I realize I am like a newborn child,  
needing time to evolve into a child and then into an adult.  
I recognize that my journey  
towards becoming Love requires time;  
and to be what you want me to be: holy;  
not by my own strength but because our Father is Holy;  
it is my deep desire which I cannot accomplish alone.  
Yet, You can act through me.  
Today, I surrender my helplessness,  
granting You authority over my being. I love You!  
Amen.

## Practical guidance for your spiritual journey

Today, align yourself with Jesus to experience His humility, patience, and gentleness in all your activities.

*You become Love because you are loved by Love Himself!*

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## Day 37: Love overflows with incredible power

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My dear child,  
Your trials and tribulations are markers on your journey,  
guiding you deeper into the embrace of Love.  
Love erupts with incredible force  
from the depths of a purified heart.  
Purification invariably leads to jubilation,  
drawing you closer to your Creator and your God.  
The nearer you draw to Him,  
the more you partake in His divine gifts  
of Peace, Joy, and Love."*

In this message (number 14 from volume 3), Jesus emphasizes that Love surges with power from within a purified soul. Just as precious metals like gold are refined by fire to reveal their true worth, so too are humans, the most valuable creations on Earth, purified by the fires of Love and Suffering.

Sometimes, these fires burn concurrently for a swifter and more profound transformation. How you embrace and accept these fires is the key to their efficacy.

## **Prayer**

Sweet Jesus,

I grasp that purification leads not only to jubilation but also to a closer communion with You, allowing me to benefit from the abundance of Your Peace, Joy, and Love.

I wholeheartedly offer my unconditional 'YES' to the blossoming of my entire being.

I grant You permission to nurture and develop the gifts and charisms that the Father instilled in my heart at the very moment of my creation.  
Amen.

## **Practical guidance for your spiritual journey**

Today, invest time in contemplating these three questions:

1. Have you chosen to follow the Father's Will or your own?
2. Do you aspire to do good or merely act upon your own pleasure?
3. Are you willing to surrender your life into God's hands, or do you prefer to orchestrate it according to your own design?

***You become Love because you are loved by Love Himself!***



## Day 38: Jesus guides you

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My dear child, I thank you for placing your trust in me and for continuing to move forward, even when you do not know where I am leading you.*

*You understand that you are making progress under my guidance.*

*The vital knowledge for you is that I am ever-present with you.*

*I dwell within you, steering you toward becoming a vessel overflowing with My Love. Know this: I cherish you, tenderly and profoundly."*

In this message (number 83 from volume 2), Jesus wants you to recognize that He leads you intricately, even in the smallest details of your life. Your trust in Him is well-placed. As you move forward with unwavering faith and trust, He will inspire and confirm your aspirations through the individuals He places on your journey. Some of these people, chosen by Him, will help and support in both your personal and professional life. Keep walking forward even without knowing where He leads you, and you will witness even greater manifestation of His Action.

## **Prayer**

Gracious Jesus,  
I offer my profound gratitude for being my guiding light,  
even when the path ahead remains obscure.  
You are my Shepherd; I shall not want.  
You make me lie down in green pastures;  
You lead me besides still waters; you restore my soul.  
You lead me in the right path for Your Name's sake.  
Surely goodness and mercy shall follow me  
all the days of my life (Psalm 23). I love You.  
Amen.

## **Practical guidance for your spiritual journey**

Today, express your gratitude to God through Christ Jesus for every circumstance you encounter. "In everything give thanks; for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:18). By doing so, you open the door to receive a shower of graces and blessings, not only for yourself but also for those around you, strengthening your faith and hope in Him.

***You become Love because you are loved by Love Himself!***

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## Day 39: Persevere, never cease your journey

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My beloved,*

*Do not allow the Adversary to hinder or slow your progress.*

*He consistently acts to sow doubt or to make you believe – even before your prayer or words are uttered – that others will reject your message...*

*Learn to place your trust in the Father, for He is the God of the impossible!"*

In this message (number 88 from volume 1), Jesus encourages you not to surrender to doubts rooted in the opinions of others. This unsettles the Evil One, who seeks to instigate qualms and guilt within you. Realize that the Father has chosen you to touch the hearts of specific individuals, both men and women. If you neglect to pray for or communicate with those entrusted to you, under the pretext that they may not be receptive, then the Adversary will claim a minor victory, thereby delaying the Father's Plan of Love.



It is not your prerogative to decide for another. Their hearts may be more receptive than you presume. Learn to place your trust in the Father, who is the God of the impossible. Allow Him to manage it! Il ne t'appartient pas de décider à la place de l'autre. Son cœur est peut-être plus ouvert que tu le crois. Apprends à faire confiance au Père qui est le Dieu de l'impossible. Laisse-le faire !

## **Prayer**

Dearest Jesus,  
I often rely on my past experiences  
to presume what the future holds. When I do this,  
I realize I am no longer placing my faith in You,  
for whom nothing is impossible.  
I ask your forgiveness for all the times in the past  
when I acted as if I could control my life and the lives  
of others. I ask You for the faith of an apostle.  
Thank You, Jesus. I love You!  
Amen.

## **Practical guidance for your spiritual journey**

Today, act as a person of profound faith, entrusting everything into the Father's hands. Refrain from self-doubt; embrace being loved, so you can love others through the tender eyes of the Father.

***You become Love because you are loved by Love Himself!***



## Day 40: Remain faithful to Jesus' callings

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"Beloved child of the Father,  
Remain steadfast in your response to the divine callings I place  
in your heart, particularly that of aligning yourself with Me to implore  
the Father to pour out His Love into a multitude of hearts.  
Fear not, for you have found favor with the Father.  
Come, and surrender yourself into My loving embrace...  
Each time you do so, you shall find Joy, Peace, and boundless Happiness.  
This, I promise you!"*

In this message (number 44 from volume 3), Jesus invites you to answer the callings He places within your heart. The more faithfully you answer these calls, the greater the transformation that will unfold within the hearts of others. Every resounding 'YES' you offer, wholeheartedly and without reservation, holds immeasurable power. Even when you respond with hesitation, fear, or doubt, your 'YES' still possesses great power.

Every unconditional 'YES' you give leads to new life. It is through these affirmations that you progress along the path of perfection and holiness.

## **Prayer**

Beloved Jesus,  
I understand that You have chosen me for a profound and noble mission. I realize that, for the time being, I must set aside my own aspirations and desires to align my thoughts, desires, and prayers with the Divine Will. I unite my heart with Yours, as well as with that of Your Blessed Mother, to be one with the Heart of the Father. I thank You for enabling me to remain faithful in responding to Your pressing calls within my heart. Amen.

## **Practical guidance for your spiritual journey**

Today, to honor the Father, surrender yourself into the embrace of Jesus. In doing so, you shall taste and experience the Joy, Peace, and boundless Happiness that the Father has reserved for you.

***You become Love because you are loved by Love Himself!***

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## Day 41: The resounding 'YES' that transforms everything

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My little one,  
To embrace Love and truly benefit from it,  
you must offer your complete and unconditional 'YES' to the Father.  
Through this 'YES,' the Father – your Father, My Father, Our Father –  
bends towards you, drawing **Himself** closer to initiate the necessary  
transformations, enabling you to live from the depths  
of your heart and dedicate your faculties in **His** service."*

In this message (number 74 from volume 2), Jesus calls upon you to experience the 'YES' that has the power to change everything, which involves living from the depths of your heart. Therefore, Jesus invites you to align your thoughts, intellect, and faculties in service to your heart. By dwelling on this level, you will be able to perceive, comprehend, and embrace the workings of Love within you, around you, and through you. Embrace the act of

saying 'YES' to Love, allowing Love to mold and refine you until you surrender to Love's mastery.

## **Prayer**

Sweet Jesus,  
I acknowledge that I cannot open my heart by myself.  
I offer my 'YES' to You, entrusting You with its care.  
I recognize my insignificance before God.  
I permit You to quench my thirst with Your Love.  
Jesus, I draw near to You, leaning upon You,  
so I may hear Your tender whispers in my ear:  
"Child of My Heart, I love you, I love you, I love you."  
Amen.

## **Practical guidance for your spiritual journey**

Today, embrace the presence of Jesus as He draws near to nurture your faith, empower you to share hope with others, and infuse His Divine Charity into your heart, as well as into the hearts of those around you.

***You become Love because you are loved by Love Himself!***

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## **Day 42: It is the opportune time for communion with our heavenly family**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My precious child, now is the moment for prayer, adoration,  
and the practice of the Sacraments. Through these means,  
you maintain profound intimacy with Me, entering into communion  
with the Saints of both Heaven and Earth,  
all beneath the protective Mantle of My Blessed Mother.  
You are also guided by the Holy Spirit and guarded by the Holy Angels.  
Thus, you need not fear!"*

In this message (number 76 from volume 3), Jesus directs your focus on the fact that the world is entering a period of extreme importance. Our heavenly family and God's earthly children must join forces and work in unison, for this is a period calling for prayer, adoration, and the devout practice of the sacraments. Jesus desires to work through you to touch countless hearts. Engage in prayer and fasting, placing Jesus – the Eucharist – at

the core of your life. Embrace the Sacrament of Reconciliation to maintain purity of heart. Refrain from self-absorption and keep your gaze fixed upon the Father, who leads you toward the Civilization of Love.

## **Prayer**

Dearest Jesus,

I enter into communion with Your Blessed Mother, the Saints in Heaven, the Holy Angels, and the Holy Archangels, as well as with all devoted men and women who adore You here on Earth. I unite my prayers with theirs in the communion of the Holy Spirit. I grant You permission to work through me, spreading Your message and Your teachings swiftly.

Amen.

## **Practical guidance for your spiritual journey**

Today, give your 'YES' to the Will of the Father, closing the door to the forces of darkness that strive, through any means, to sow confusion in the hearts and minds of people.

***You become Love because you are loved by Love Himself!***

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## Day 43: Everything is indeed grace

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My child, have no fear.  
You stand in favor before Me.  
During those moments  
when your thoughts are entangled by worldly distractions,  
you encounter your vulnerability and limitations.  
Without Me, you can do nothing, not even pray;  
all is bestowed as grace!"*

In this message (number 102 from volume 1), Jesus gently reminds you that every facet of existence is infused with grace, and you need not fear, for His favor rests upon you. Count yourself blessed when confronted with challenges that illuminate your human frailty.

...Embrace this vulnerability and present it to Him. Through this act, you will increasingly be filled with His Love.



Welcome His Love, for it holds greater power than any thoughts that obstruct your union with Jesus.

## **Prayer**

Dearest Jesus,  
I am discovering that our love relationship deepens  
in my utter helplessness and insignificance.  
In those moments, I feel fulfilled.  
I surrender my life, my plans, and my desires to You.  
I express gratitude for opening  
and closing the doors as needed.  
Allow me to become a compliant instrument in Your hands!  
Use me as a soothing balm for Your Heart,  
which aches from the waywardness  
of Your beloved people, those whom You love  
but who resist Your call.  
Love me, fill me, and transform me,  
so that I may reach the hearts of those  
who have gone astray  
Amen.

## **Practical guidance for your spiritual journey**

Today, extend your 'YES' on behalf of those whom Divine Providence has placed upon your path. Entrust them beneath the protective Mantle of the Blessed Virgin Mary. Offer thanks to the Father for His ongoing work within and through them.

*You become Love because you are loved by Love Himself!*



## **Day 44: Ta mission doit être fécondée**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My little one,  
Your suffering is necessary for your mission to bear fruit.  
Tenderly, I love you!"*

In this message (number 37 from volume 2), Jesus teaches you that the mission He has entrusted to you must bear fruit. Your suffering serves as the catalyst for this fruitfulness, similar to how rain bestows fertility upon the earth.

Understand that it was through His profound Suffering, especially during His Agony in the Garden of Olives, that Jesus' Mission and His ultimate Sacrifice became fruitful.

Considering that His mission found fruitfulness through His suffering, is it not natural that your own suffering should likewise nurture your mission? Jesus invites you to incorporate this teaching into your life.

## **Prayer**

Dearest Jesus,  
I had not fully grasped the profound value  
of suffering to draw closer to Your Love.  
Today, I understand how fervently You desire to transform  
suffering into graces and blessings when I accept  
and offer it to the Father in unity with Your own sufferings.  
I wholeheartedly give my 'YES' to follow in Your path.  
I offer my 'YES' to walk in communion with You,  
bearing my cross as I follow Your footsteps.  
Since You have already paid the price for my salvation,  
I can surrender my sufferings to You in exchange for Your yoke.  
Through this, I will come to realize  
how You lighten my burdens.  
Blessed are You, my Jesus!  
Amen.

## **Practical guidance for your spiritual journey**

Today, continue to entrust your burdens, worries, concerns, and sufferings to Jesus, allowing Him to transform them into Graces and Blessings for both you and all of humanity.

***You become Love because you are loved by Love Himself!***

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## **Day 45: Keep your heart perpetually attuned to Jesus**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My beloved child,  
Do not be troubled, for you have found favor in My presence,  
and I am by your side. Keep your heart directed toward Me,  
for therein lies the wellspring of Peace, Joy, and Love,  
regardless of the circumstances swirling around you.  
Remember that what matters the most is the bond you share with Me,  
not the reactions, conduct, or dispositions of others."*

In this message (number 54 from volume 1), Jesus expresses His desire to have your heart continually oriented toward Him, so that you may dwell within His abiding Peace, Joy, and Love.

This depth of dwelling enables you to confront any situation with humility and serenity, marked by love, gentleness, goodness, and firmness. In such moments, Jesus assumes control of the situation, guiding your words and inspiring those around you.

This is how you become not only a witness of Him to others but also a witness to His Divine Power.

## **Prayer**

Sweet Jesus,

Help me to remain in a state of worship and gratitude.

May I perpetually marvel at the work You accomplish within me, around me, and through me.

I entrust my concerns to You with unwavering trust, recognizing that without You, I am utterly helpless.

Love me. Fill me. Transform me!

Amen.

## **Practical guidance for your spiritual journey**

Today, always bear in mind what is the most important: your relationship with Jesus, more than anything else. Pay little attention to the reactions, conduct, or dispositions of others.

***You become Love because you are loved by Love Himself!***

Notes: \_\_\_\_\_  
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## Day 46: Join your sufferings with those of Jesus

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My beloved child,  
If only you comprehended the profound value of suffering  
to delve deeper into Love...  
All suffering is transformed into graces  
and blessings when it is embraced  
and offered to the Father in unity with Mine."*

In this message (number 7 from volume 2), Jesus stresses the significance of joining your suffering with His own, as this is the only path to transmuting transforming them into Graces and Blessings. Just as He had to endure suffering before His resurrection, you too must allow Love to purge the old self within you, paving the way for a new creation.

This transition from the old you to the new you involves a journey through suffering. Each time the Father liberates you from an attachment, you undergo a small death, marked by

suffering and sorrow, only to emerge into a fresh realm of Peace, Joy, and Happiness.

## **Prayer**

Dearest Jesus,  
Suffering often unsettles me.  
It unsettles my inner balance and turns my focus inward.  
Yet, I humbly request the gift of humility to embrace it,  
knowing that You call upon me to do so.  
I seek the grace of docility to offer my suffering  
to the Father in unity with Yours.  
Grant me patience throughout this transformative process  
of my heart. Bestow upon me gentleness as I endure suffering.  
Jesus, I align myself with You.  
Amen.

## **Practical guidance for your spiritual journey**

Today, whenever your suffering feels burdensome and arduous,  
seek refuge in the loving arms of Jesus.

***You become Love because you are loved by Love Himself!***

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## **Day 47: Continue to advance with unwavering faith**

Dear Chosen One of Jesus,  
Today, Saint Joseph speaks to your heart:

*"My child,  
Facing earthly challenges does not signify that God has forsaken you.  
Quite the contrary, consider the difficulties that Mary  
and I faced while Jesus was with us.  
Contemplate the trials that Jesus Himself endured.  
Reflect upon those of the Saints. Without exception,  
they too confronted adversity. Why should your path be any different?"*

*Saint Joseph*

In this message (number 23 from volume 2), Saint Joseph urges you to persist in unwavering faith. It is within difficulties and sufferings that you uncover your limitations, your vulnerabilities, and your helplessness. These experiences humble you and inspire you to place your trust entirely in the Father.



Throughout your life, you have placed your security in material possessions, and you reside in a world where material wealth holds great value. A profound inner conflict unfolds within you, where your choices are made. Fear not when you anchor your trust in the Father.

## **Prayer**

Heavenly Father,  
I gave You my 'YES' to release me  
from the bonds that separate me from You.  
I comprehend that this is a lengthy journey filled with pain.  
I unite my will with Yours to become what You desire me  
to be amidst the circumstances of my life.  
I approach You with the innocence of a child:  
teach me to follow Your lead with unwavering faith.  
I ask the Saints of Heaven, along with the Holy Angels  
and Holy Archangels, to accompany me on this path.  
Amen.

## **Practical guidance for your spiritual journey**

Today, implore Saint Joseph, patron saint of the universal Church, to intercede on your behalf, that you may receive divine inspiration and sound counsel from others, enabling you to take timely and righteous actions in alignment with the Father's Will.

***You become Love because you are loved by Love Himself!***



## **Day 48: Feel Jesus' presence drawing closer to you**

Dear Chosen One of Jesus,  
Today, Jesus speaks to your heart:

*"My beloved child,  
Do not hesitate to draw near and find comfort in My arms.  
Whenever you take a step towards Me, I take ten steps to meet you.  
I have but one desire: to be closer to you. I love you."*

In this message (number 122 from volume 1), Jesus reaffirms His proximity to you. You have taken numerous steps on your journey towards Him, and for each stride you have made, He has moved tenfold closer to reach you. He kneels before you, begging you to give Him your complete 'YES' without reservation or condition, for His Heart overflows with love for you.

He asks you to be an ever-greater source of comfort to Him by accepting His love. Jesus implores you to cease dwelling on your own shortcomings and the world's trials. Instead, lift your gaze and hold steadfast in your faith, believe in the Father's Great

Return, believe in the Father's profound love and the work of the Holy Spirit. For He loves you, madly, tenderly, and divinely.

## **Prayer**

Sweet Jesus, "How majestic is your name in all the earth!

You have set your glory above the heavens.

Out of the mouths of babes and infants,

you have founded a bulwark because of your foes,

to silence the enemy and the avenger." (Psalm 8:2).

"What shall I return to the Lord for all His bounty to me?"

(Psalm 116:12).

"I will pay my vows to the Lord in the presence

of all His people." (Psalm 116:18).

Amen.

## **Practical guidance for your spiritual journey**

Today, as an offering of "thanksgiving sacrifice" (Psalm 116:17),

offer this prayer to the Lord: recite the Our Father, Hail Mary,

and Glory to the Father three times, followed by your complete,

unconditional, and irrevocable 'YES.'

***You become Love because you are loved by Love Himself!***

Notes: \_\_\_\_\_

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The messages from Jesus, reflected upon throughout  
this journey, are drawn from the three volumes of  
*For the Happiness of My Own, My Chosen Ones*,  
available for free at  
[FCDJ.ORG/EN](http://FCDJ.ORG/EN)



## Testimonies

This journey has deepened my thirst for greater daily intimacy with the Lord. We have discovered the infinite value of suffering when accepted and lived with Jesus in a total and unconditional "yes" – the only source of infinite grace. I'm already dreaming of another journey, one that leads us further along the path of Love. Come what may! May the Holy Spirit help you. "Lord, not my will, but yours." (Lk 22:42)

To you who, with the help of the Holy Spirit, have made this journey possible for us: may the Lord shower his blessings on each and every one of you. May he fill you with his divine dew, causing flowers of joy, peace, love and hope blossom in you, around you and through you. To God be the glory!

**M.P.**

Every day, I would look forward to reading/listening to the content of the journey, which is so simple and effective. It's a great resource for prayer. I appreciated the discreet musical accompaniment. These were moments of profound nourishment!

**A.**

I'm so grateful to be experiencing this Lent with you- it's my first time living it with the Chosen Ones of Jesus, and what a beautiful experience it has been!

Lord, I open my heart wide to you fill it with your Love. Amen.

**M.D.**





To all those who contributed  
to the creation of this journey,

**THANK YOU!**

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