



There are four prayers that are essential to the Flame of Love Movement

**Prayer #1: Make the Sign of the Cross Five Times**

Jesus told Elizabeth, "A great battle awaits you, but you will conquer in the sign of the Cross. Do not be distracted when you make the sign of the Cross. Think about the three Divine Persons. Make public all that I tell you now: Make the sign of the Cross five times, while thinking of my Sacred Wounds. Always look at My eyes bathed in blood from so many blows that I received even from you." (April 8, 1962)

**Prayer #2: The Prayer of Jesus (The Unity Prayer)**

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

Jesus said, "This prayer is an instrument in your hands. By collaborating with Me, Satan will be blinded by it; and because of his blindness, souls will not be led into sin." (May 4, 1962)

**Prayer #3: Hail Mary: The Addition of the Important Petition**

Hail Mary, full of grace, the Lord is with Thee,  
 blessed are Thou among women,  
 and blessed is the fruit of Thy womb, Jesus.  
 Holy Mary, Mother of God, pray for us sinners,  
**spread the effect of grace of Thy Flame of Love over all of humanity,**  
 now and at the hour of our death. Amen.

For a long time, I did not dare to record Our Lady's petition, "When you say the prayer that honors me, the Hail Mary, include this petition '...spread the effect of grace of thy Flame of Love over all of humanity...'" When the bishop asked why this should be done, Jesus explained, "It is exclusively thanks to the efficacious pleas of the Most Holy Virgin that the Most Holy Trinity granted the effusion of the Flame of Love. By it, ask in the prayer with which you greet My Most Holy Mother." (October, 1962). Mary said, "I do not want to change the prayer by which you honor me; by this petition, I want rather to shake humanity. This is not a new prayer formula; it must be a constant supplication. (Spiritual Diary, page 101)

**Prayer #4: Prayer for the Propagation of the Flame of Love**

With the personal approval of his Holiness Pope Paul VI, November 1973

Blessed Virgin Mary, our cherished heavenly Mother, you love God and us, your children, so much that you offer us to your Divine Son Jesus on the Cross, to forgive us by our Heavenly Father and to obtain our salvation, so that all those who believe in Him do not perish but obtain Eternal Life.

With a filial confidence, we pray to you, Virgin Mary, that with the Flame of Love of your Immaculate Heart, kindled by the Holy Spirit, you ignite in our languid hearts the fire of a perfect love for God and all humanity, so that together with you, with one heart, we love God and our neighbor.

Help us to transmit this holy Flame to all people of goodwill, so that the Flame of Love extinguishes the fire of hatred everywhere on earth and that Jesus, the Prince of Peace, be the King and the center of all hearts in the Sacrament of His Love on the Throne of our altars. Amen.