

## **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. When you make the cross, think of the three Divine Persons. Make the sign of the cross five times, while thinking of my Five Wounds. Always look at my eyes bathed in blood. Tell everyone all that I tell you. (P.17)

*Our Prayer Cenacles of Reparation begin and end by making the sign of the Cross 5 times with meditation on the 5 Wounds as Jesus requested.*

### **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.

[Learn more on The Unity Prayer in the Devout Life Teaching 1.03, found here.](#)

*Jesus said, "Through this prayer, Satan will be blind and souls will not be led into sin. ( p.25 ) The Lord explained, "Satan being blind signifies a worldwide triumph of my Sacred Heart, the freedom of souls and a full opening of the road of salvation." (p. 87)*

### **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 pray the Hail Mary, include the following 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, "Because of the Holy Virgin's efficacious pleas, the Most Blessed Trinity granted the outpouring of the Flame of Love. For her sake, you must place this prayer in the Hail Mary" (February 2, 1982). Mary said, "I want to awaken humanity by this petition. This is not a new formula but a constant supplication.(p45-p.46.)*

## 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.