

**GOD LOVES YOU!**

**Important Vital Information For  
People Who Are Denied  
Access To Food And  
Grocery Shopping**

## SUMMARY

**This informative video has FIVE PARTS:**

**PART ONE - Instructions for Blessing Food To Be Multiplied  
By God**

**PART TWO - Instructions for Blessing Holy Water with the  
Miraculous Medal**

## SUMMARY

PART THREE - How To Stay in a State of Grace without a Priest

PART FOUR - What To Do If You Have No Food To Multiply

PART FIVE - What if I am not Catholic or Orthodox? Will God help me?

## **PART ONE**

# **Instructions for Blessing Food To Be Multiplied By God**

## **INSTRUCTIONS**

**The following instructions are from God the Father on how to multiply food according to a March 2021 message given to a Latin-American Mystic.**

## INSTRUCTIONS

Sprinkle 3 drops of Holy Water on each food  
and ask for God's Mighty Intercession by  
prayer.

You must do this with faith and you must be in  
a state of grace in your soul.

## GOD THE FATHER'S PRAYER FOR MULTIPLYING FOOD

*“I, as the child of the Most High,  
belonging to His Beloved People,  
ask that through this Holy Water,  
my Father God multiply these foods  
so that they may serve as a livelihood  
for all members of this house or community.  
And through the infusion of the Holy Spirit,  
God the Father multiply this food. Amen”*

Here also are Two Important  
Before and After Meal Prayers given to a well-  
respected Catholic messenger From Our Lord,  
JESUS CHRIST, To Protect from Contamination  
(2013).

## BEFORE MEAL PRAYER

O Divine and Eternal Father, through the Most Precious Blood of Your Divine Son Jesus, we ask You to remove anything that is not from You in our food, our water, the air, in the medicine in this household, and in our bodies and souls and replace it with the pureness that was in the Garden of Eden before Adam and Eve sinned.  
Thank you. Amen.

AFTER MEAL PRAYER

*We give thee thanks for this pure food*

*from Thy bounty through Christ our Lord.*

*Amen.*

NOURISHMENT DURING FAMINE  
NOVEMBER 2012

Our Lord, JESUS CHRIST, to Catholic prophetess, Luz De María

“Beloved daughter, a spoonful of honey and some nuts will be enough nourishment for the survival of the body; they provide what is necessary for all organs to function properly. Mention this to My children so it will be a blessing for them in times of famine.”

## MIRACULOUS SUSTAINING GRAPES

During the 1930s, Our Lady appeared to Mother Rosa Quantrini in San Damiano, Italy.

Our Lady revealed that a native fruit in the mission fields - grapes - would sustain people of faith during the time of the antichrist, wars, famine, droughts, calamities, plagues and illness.

One blessed grape would be sufficient for one full day. To learn more on how to prepare the grapes, see this blog link:

**<https://maryrefugeofsouls.com/practical-advice-and-guidance/miraculous-sustaining-grapes>**

**PART TWO**  
**Instructions for Blessing**  
**Holy Water with the Miraculous Medal**

## INSTRUCTIONS

Exorcism Water is a type of holy water which is strengthened in power with more graces due to the blessings prayed by the priest. It is drinkable water that should be blessed by a priest using the traditional blessing rite from the Roman Ritual, which includes Exorcism prayers and adding exorcised salt to the holy water.

Instructions for the blessing of the water and salt by the priest  
can be downloaded on this webpage:

[https://maryrefugeofhollylove.files.wordpress.com  
/2020/08/exorcism\\_blessing\\_for\\_salt\\_and\\_water-pdf.pdf](https://maryrefugeofhollylove.files.wordpress.com/2020/08/exorcism_blessing_for_salt_and_water-pdf.pdf)

# Medal of the Immaculate Conception, otherwise known as the Miraculous Medal



According to a well-known Catholic priest with mystical gifts, if you are unable to obtain Exorcism Water, then take a blessed Miraculous Medal and let it soak in the water by saying this prayer:

*"Holy Virgin Mary, bless this water to purify me from the attacks of evil in my body, in the Name of the Father and of the Son, and the Holy Spirit. AMEN"*

The Miraculous Medal used in the Exorcism Water should be blessed by a priest (Catholic or Orthodox). If you are unable to have the medal blessed, then say this prayer:

*“O Mary conceived without sin, pray for us who have recourse to Thee. AMEN”*

**The Blessed Virgin Mary has promised that:**

“Those who repeat this prayer with devotion will be in a special manner under the protection of the Mother of God. Graces will be abundantly bestowed upon those who have confidence.”

## **PART THREE**

# **How To Stay in A State of Grace Without a Priest**

## INSTRUCTIONS

You must be in a state of grace to be able to multiply the food in prayer before God. To be in a state of grace, this means that you must be obedient to the Ten Commandments and seeking frequent Confession for your sins from a priest.

## THE TEN COMMANDMENTS

(Ordered by Catholic Tradition – Saint Augustine)

1. I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.

## THE TEN COMMANDMENTS

5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

**(Book of Exodus, Chapter 20, Verses 1-17)**

## INSTRUCTIONS FROM THE BOOK OF TRUTH

If you do not have access to a priest, you can pray the following prayer for 7-consecutive days for a plenary absolution of your sins by God.

You should say this prayer only after a thorough examination of your conscience for any sins against the Ten Commandments.

## INSTRUCTIONS

For a Nightly Examination of Conscience, see this message given by the Blessed Mother Mary at Holy Love Ministries:

<https://www.holylove.org/message/400>

**NOTE:** This Examination of Conscience should be used along with the Ten Commandments.

## INSTRUCTIONS

If you have any sins, you should confess them directly to God asking for His forgiveness and pardon through the 7-day absolution prayer. You should have contrition for your sins – desiring to amend your life.

NOTE: This prayer can be used by unbaptized persons and Christians that are not Catholic or Orthodox.

**PLENARY ABSOLUTION PRAYER FOR SINS, FROM JESUS**

*(Must be prayed for 7-consecutive days.*

*From the Book of Truth given to Maria Divine Mercy)*

*O My Jesus, You are the Light of the earth. You are the Flame that touches all souls. Your Mercy and Love knows no bounds. We are not worthy of the Sacrifice You made by Your death on the Cross. Yet we know that Your Love for us is greater than the love we hold for You. Grant us, O Lord, the Gift of Humility, so that we are deserving of Your New Kingdom.*

Fill us with the Holy Spirit, so we can march forth and  
lead Your army To proclaim the Truth of Your Holy  
Word and prepare our brothers and sisters For the  
Glory of Your Second Coming on earth. We honour You.  
We praise You. We offer ourselves, our sorrows, our  
sufferings as a gift to You to save souls. We love You,  
Jesus. Have Mercy on all Your children wherever they  
may be. AMEN

**PART FOUR**  
**What To Do If You Have**  
**No Food To Multiply**

## A SPECIAL PERSONAL COVENANT OF LOVE WITH GOD

For those who believe and trust in God the Father and His Divine Son, Jesus — and remain truly faithful by rejecting reception of anything that will genetically-alter their DNA — God will remain faithful to them — as a special personal covenant of love — and He will protect and nourish them as needed to survive in this very evil age.

## **Saint Agnes of Rome (304 A.D.)**

subsisted daily for several months by Spiritual Communion when she was held captive in a brothel. The Lord protected her virginity until her martyrdom.

Saint Agnes would like to spiritually adopt any person of good-will and any child of God as she will intercede for their physical needs daily before the Throne of God.

**THIS IS A MATTER OF FAITH AND TRUST**

**For those who are Catholic or Orthodox,**

**God will sustain His faithful ones  
by Spiritual Communion.**

## INSTRUCTIONS FOR SPIRITUAL COMMUNION

For a proper Spiritual Communion, a person needs to:

1. Pray the Spiritual Communion Prayer.
2. Go through the actual physical motions of receiving Holy Communion by a priest, because the person is receiving an actual Consecrated Host from a nearby Holy Tabernacle from the hands of an angel.
3. Stick out your tongue to properly receive the Consecrated Host.
4. Bless yourself with the Sign of the Cross.
5. Say "Amen"

TRADITIONAL PRAYER  
Act of Spiritual Communion

My Jesus, I believe that You are present in The Blessed Sacrament. I love You above all things and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You were already there, I embrace You and unite myself wholly to You; permit not that I should ever be separated from You. Amen.

## INSTRUCTIONS FOR SPIRITUAL COMMUNION

Then, you should bless yourself with the Sign of the Cross and spend at least 15-20 minutes inwardly adoring the Real Presence of Our Lord, Jesus Christ, as HE is truly within you during those precious moments. Note, Spiritual Communion can be received multiple times a day.

## **PART FIVE**

**What if I am not Catholic or Orthodox?  
Will God help me?**

The Holy Bible states:  
*“love overcomes a multitude of sins”.*

God loves ALL of His  
beloved children,

including Christians of other  
denominations, non-believers,  
and pagans...

**...if such people can approach God with an honest, open, and trusting heart, willing to convert by rejecting sin and willing to love Papa God and His Divine Son, Jesus Christ.**

**Then, even if such people are in the beginning steps of learning the Gospel (Good News), God will use their mustard seed of faith, hope, and love, and grant them special graces in order to survive this difficult time of trials.**

However, it is essential that such people have sincerity (no duplicity) of the heart, because that is what God is looking for in their prayers.

Also, they must seek the Sacrament of Baptism when available to them.

***“No one who comes to Me shall ever be hungry,  
No one who believes in Me shall ever thirst.  
No one who comes will I ever reject”.***

**Your Beloved JESUS**  
**(Gospel of John, Chapter 6, verses 35-37)**

*“I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!”*

Your Beloved JESUS  
(Gospel of John, Chapter 16, verse 33)

## THE SINNER'S PRAYER

"Dear God,

I know I'm a sinner, and I ask for your forgiveness.

I believe Jesus Christ is Your Son. I believe that  
He died for my sins and that you raised Him to life.

I want to trust Him as my Savior and follow  
Him as Lord, from this day forward.

Guide my life and help me to do your will.

I pray this in the name of Jesus. Amen."

For More Information About  
The End Times And Daily Christian Prophecies:

***VISIT: Mary Refuge Of Souls***

**<https://MaryRefugeOfSouls.com>**

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