

# WORD OF GOD

## **Commandments of GOD**

This booklet is a sincere effort to help  
you to know the commandments of the  
**One & Only True Holy God**  
and there by reach the  
**Kingdom of God.**

**Private circulation only**

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**Commandments,  
Advices and Promises  
of the Lord our God**

Edited Book  
By  
SERVANT OF GOD

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## Preface

Beloved readers in Christ,

I am pleased to share the Commandments of Heavenly Father Almighty with you. This book consists of selected verses from the Old and New Testaments of the Bible. This book is divided into seventeen chapters. The first four chapters describe the commandments of God in a comprehensive manner. Chapters five to nine discuss the Judgment and the Mercy of God. Chapters ten to fourteen explain the confession procedure and basic prayers of the Catholic Church. Chapter fifteen enlightens the characteristics of the Holy Spirit and the experiences of a Spirit-filled person. Chapter sixteen briefly explains the reasons for the God fearing people fail to grow in the Spirit. The final chapter contains the Loreto Litanies.

I suggest you to use this book with high respect and fear. This is a book of GOD. Read this book diligently and meditate on it everyday to reach the Kingdom of GOD.

**“Seek first His kingdom and His righteousness,  
and all these things will be given to you as well”**

*(Matthew 6:33)*

by  
**Servant of GOD**

## **I. Commandments of our Lord**

### **Commandments of Jesus**      *Matt 22:37-40*

- 1. You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.**
- 2. You shall love your neighbour as yourself.**

### **Ten Commandments as written in the Bible**

*Exod 20:1-17*

Then God spoke all these Words:

**I** am the LORD your God, who brought you out of the land of Egypt, where you were slaves; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to thousands of generation of those who love Me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

**R**emember the Sabbath day, and keep it holy. Six days you shall labour and do all your work. But the seventh day is a Sabbath to the Lord your God; you shall not do any work - you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the Sabbath day and consecrated it.

**H**onour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

**Y**ou shall not murder.

**Y**ou shall not commit adultery.

**Y**ou shall not steal.

**Y**ou shall not bear false witness against your neighbour.

**Y**ou shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

## The Ten Commandments

1. **I am the Lord your God; you shall have no other gods before me.**
2. **You shall not take the Name of the Lord your God in vain.**
3. **Remember to keep holy the Lord's Day.**
4. **Honour your father and your mother.**
5. **You shall not murder.**
6. **You shall not commit adultery.**
7. **You shall not steal.**
8. **You shall not bear false witness against your neighbour.**
9. **You shall not covet your neighbour's wife.**
10. **You shall not covet your neighbour's goods.**

## **II. The worships against God**

**Get rid of the foreign gods you have with you;  
Wash and change your clothes**      *Gen 35:1, 2*

God said to Jacob, “Arise, go up to Bethel, and settle there. Make an altar there to the God who appeared to you when you fled from your brother Esau”. So Jacob said to his household and to all who were with him, “Put away the foreign gods that are among you, and purify yourselves, and change your clothes.”

**Do not make gods of Silver or Gold**      *Exod 20:22, 23*

The Lord said to Moses : Thus you shall say to the Israelites: “You have seen for yourselves that I spoke with you from heaven. You shall not make gods of silver alongside me, nor shall you make for yourselves gods of gold”.

**Make no mention of the names of other gods**  
*Exod 23:13*

Be attentive to all that I have said to you. Do not invoke the names of other gods; do not let them be heard on your lips.

**Sacrifice only to our Lord**      *Exod 22:20*

Whoever sacrifices to any god, other than the Lord alone, shall be devoted to destruction.

**You are to worship Yahweh your God***Exod 23:24-26*

You shall not bow down to their gods, or worship them, or follow their practices, but you shall utterly demolish them and break their pillars in pieces. You shall worship the Lord your God, and I will bless your bread and your water; and I will take sickness away from among you. No one shall miscarry or be barren in your land; I will fulfill the number of your days.

**Worshipping other gods is a snare to you***Exod 23:31-33*

I will set your borders from the Red Sea to the sea of the Philistines, and from the wilderness to the Euphrates; for I will hand over to you the inhabitants of the land, and you shall drive them out before you. You shall make no covenant with them and their gods. They shall not live in your land, or they will make you sin against me; for if you worship their gods, it will surely be a snare to you.

**My wrath may burn hot against the stiff-necked people***Exod 32:7-10*

The Lord said to Moses, “Go down at once! Your people, whom you brought up out of the land of Egypt, have acted perversely; they have been quick to turn aside from the way that I commanded them; they have cast for themselves

an image of a calf, and have worshipped it and sacrificed to it, and said, 'These are your gods, O Israel, who brought you up out of the land of Egypt!'. The Lord said to Moses, "I have seen this people, how stiff-necked they are. Now let me alone, so that my wrath may burn hot against them and I may consume them; and of you I will make a great nation".

**Do not get cursed, avoid other gods *Deut 7:25, 26***

The images of their gods you shall burn with fire. Do not covet the silver or the gold that is on them and take it for yourself, because you could be ensnared by it; for it is abhorrent to the Lord your God. Do not bring an abhorrent thing into your house, or you will be set apart for destruction like it. You must utterly detest and abhor it, for it is set apart for destruction.

**No carved images or pillars *Lev 26:1***

You shall make for yourselves no idols and erect no carved images or pillars, and you shall not place figured stones in your land, to worship at them; for I am the Lord your God.

**Hate completely all the places and idols of other gods *Deut 12:2, 3***

You must demolish completely all the places where the nations whom you are about to dispossess served their gods, on the mountain heights, on the hills, and under every leafy tree. Break down their altars, smash their pillars, burn

their sacred poles with fire, and hew down the idols of their gods, and thus blot out their name from their places.

Do not follow other gods, any of the gods of the peoples who are all around you. *Deut 6:14*

**Do not follow the religious practices of others** *Deut 12:30-32*

Take care that you are not snared into imitating them, after they have been destroyed before you: do not inquire concerning their gods, saying, “How did these nations worship their gods? I also want to do the same”. You must not do the same for the Lord your God, because every abhorrent thing that the Lord hates they have done for their gods. They would even burn their sons and their daughters in the fire to their gods. You must diligently observe everything that I command you; do not add to it or take anything from it.

**Do what is right in the sight of the Lord your God** *Deut 13:1-18*

If prophets or those who divine by dreams appear among you and promise you omens or portents, and the omens or the portents declared by them take place, and they say, “Let us follow other gods” (whom you have not known) and let us serve them, you must not heed the words of those prophets or those who divine by dreams; for the Lord your God is testing you, to know whether you indeed love the Lord your God with all your heart and soul. The Lord your God you shall follow, him alone you shall fear, his commandments you shall keep, his voice you shall obey, him you shall serve,

and to Him you shall hold fast. But those prophets or those who divine by dreams shall be put to death for having spoken treason against the Lord your God - Who brought you out of the land of Egypt and redeemed you from the house of slavery - to turn you from the way in which the Lord your God commanded you to walk. So you shall purge the evil from your midst.

If anyone secretly entices you - even if it is your brother, your father's son or your mother's son, or your own son or daughter, or the wife you embrace, or your most intimate friend saying, "Let us go worship other gods," whom neither you nor your ancestors have known, any of the gods of the peoples that are around you, whether near you or far away from you, from one end of the earth to the other, you must not yield to or heed any such persons. Show them no pity or compassion and do not shield them. But you shall surely kill them; your own hand shall be first against them to execute them, and afterwards the hand of all the people. Stone them to death for trying to turn you away from the Lord your God, Who brought you out of the land of Egypt, out of the house of slavery. Then all Israel shall hear and be afraid, and never again do any such wickedness.

If you hear it said about one of the towns that the Lord your God is giving you to live in, that scoundrels from among you have gone out and led the inhabitants of the town astray, saying, "Let us go and worship other gods," whom

you have not known, then you shall inquire and make a thorough investigation. If the charge is established that such an abhorrent thing has been done among you, you shall put the inhabitants of that town to the sword, utterly destroying it and everything in it - even putting its livestock to the sword. All of its spoil you shall gather into its public square; then burn the town and all its spoil with fire, as a whole burnt offering to the Lord your God. It shall remain a perpetual ruin, never to be rebuilt. Do not let anything devoted to destruction stick to your hand, so that the Lord may turn from His fierce anger and show you compassion, and in his compassion multiply you, as He swore to your ancestors, if you obey the voice of the Lord your God by keeping all his commandments that I am commanding you today, doing what is right in the sight of the Lord your God.

### **Do not turn away from the Lord *Deut 29:16-18***

You know how we lived in the land of Egypt, and how we came through the midst of the nations through which you passed. You have seen their detestable things, the filthy idols of wood and stone, of silver and gold that were among them. It may be that there is among you a man or woman, or a family or tribe, whose heart is already turning away from the Lord our God to serve the gods of those nations. It may be that there is among you a root sprouting poisonous and bitter growth.

**Do not irritate Me by worshipping other gods***Deut 32:15-18*

Jacob ate his fill; Jeshurun grew fat, and kicked. You grew fat, bloated, and gorged! He abandoned God, who made him, and scoffed at the rock of his salvation. They made Him jealous with strange gods, with abhorrent things they provoked him. They sacrificed to demons, not God, to deities they had never known, to new ones recently arrived, whom your ancestors had not feared. You were unmindful of the Rock that bore you; you forgot the God who gave you birth.

**You shall have no other gods before Me***Isa 44:6-8*

Thus says the Lord, the King of Israel, and his Redeemer, the Lord of hosts: I am the first and I am the last; besides me there is no god. Who is like me? Let them proclaim it, let them declare and set it forth before me. Who has announced from of old the things to come? Let them tell us what is yet to be. Do not fear, or be afraid; have I not told you from of old and declared it? You are my witnesses! Is there any god besides me? There is no other rock; I know not one.

**You are the clay in the hands of the fashioner***Isa 45:5-9*

I am the Lord, and there is no other; besides me there is no god. I arm you, though you do not know me, so that they may know, from the rising of the sun and from the west,

that there is no one besides me; I am the Lord, and there is no other. I form light and create darkness, I make weal and create woe; I the Lord do all these things. Shower, O heavens, from above, and let the skies rain down righteousness; let the earth open, that salvation may spring up, and let it cause righteousness to sprout up also; I the Lord have created it. Woe to you who strive with your maker, earthen vessels with the potter! Does the clay say to the one who fashions it, "What are you making?" or "Your work has no handles?"

### **Worshipping other gods is a curse for you**

*Jer 7:5-11*

For if you truly amend your ways and your doings, if you truly act justly one with another, if you do not oppress the alien, the orphan, and the widow, or shed innocent blood in this place, and if you do not go after other gods to your own hurt, then I will dwell with you in this place, in the land that I gave of old to your ancestors forever and ever.

Here you are, trusting in deceptive words to no avail. Will you steal, murder, commit adultery, swear falsely, make offerings to Baal, and go after other gods that you have not known, and then come and stand before me in this house, which is called by my name, and say, "We are safe!" - only to go on doing all these abominations? Has this house, which is called by my name, become a den of robbers in your sight? You know, I too am watching, says the Lord.

**Do not provoke My anger by worshipping  
other gods**

*Jer 7:16-20*

As for you (Jeremiah), do not pray for this people, do not raise a cry or prayer on their behalf, and do not intercede with me, for I will not hear you. Do you not see what they are doing in the towns of Judah and in the streets of Jerusalem? The children gather wood, the fathers kindle fire, and the women knead dough, to make cakes for the queen of hell; and they pour out drink offerings to other gods, to provoke me to anger. Is it I Whom they provoke? Says the Lord. Is it not themselves, to their own hurt? Therefore thus says the Lord God: my anger and my wrath shall be poured out on this place, on human beings and animals, on the trees of the field and the fruit of the ground; it will burn and not be quenched.

**For the customs of the pagans are false**

*Jer 10:1-5*

Hear the word that the Lord speaks to you, O house of Israel. Thus says the Lord: Do not learn the way of the nations, or be dismayed at the signs of the heavens; for the nations are dismayed at them. For the customs of the peoples are false: a tree from the forest is cut down, and worked with an axe by the hands of an artisan; people deck it with silver and gold; they fasten it with hammer and nails, so that it cannot move. Their idols are like scarecrows in a cucumber field, and they cannot speak; they have to be carried, for they cannot walk. Do not be afraid of them, for they cannot do evil, nor is it in them to do good.

### **III. There is no enchantment against Jacob, no divination against Israel**

*Num 23:23*

**You shall not permit a female sorcerer to live**

*Exod 22:18*

**No one shall be found among you who is a soothsayer**

*Deut 18:10-12*

No one shall be found among you who makes a son or daughter pass through fire, or who practices divination, or is a soothsayer, or an augur, or a sorcerer, or one who casts spells, or who consults ghosts or spirits, or who seeks oracles from the dead. For whoever does these things is abhorrent to the Lord; it is because of such abhorrent practices that the Lord your God is driving them out before you.

**We shall confuse the charmers** *Isa 19:3*

And the spirit of the Egyptians within them will be emptied out, and I will confound their plans; they will consult the idols and the spirits of the dead and the ghosts and the familiar spirits;

**God confirms the Word of His servant**

*Isa 44:24-26*

Thus says the Lord, your redeemer, who formed you in the womb: I am the Lord, who made all things, who

alone stretched out the heavens, who by myself spread out the earth; who frustrates the omens of liars, and makes fools of diviners; who turns back the wise, and makes their knowledge foolish; who confirms the word of his servant, and fulfills the prediction of His messengers; who says of Jerusalem, "It shall be inhabited," and of the cities of Judah, "They shall be rebuilt, and I will raise up their ruins."

### **Can a sorcerer or an astrologer redeem you?**

*Isa 47:8-15*

Now therefore hear this, you lover of pleasures, who sit securely, who say in your heart, "I am, and there is no one besides me; I shall not sit as a widow or know the loss of children" - both these things shall come upon you in a moment, in one day: the loss of children and widowhood shall come upon you in full measure, in spite of your many sorceries and the great power of your enchantments. You felt secure in your wickedness; you said, "No one sees me". Your wisdom and your knowledge led you astray, and you said in your heart, "I am, and there is no one besides me". But evil shall come upon you, which you cannot charm away; disaster shall fall upon you, which you will not be able to ward off; and ruin shall come on you suddenly, of which you know nothing.

Stand fast in your enchantments and your many sorceries, with which you have laboured from your youth; perhaps you may be able to succeed, perhaps you may

inspire terror. You are wearied with your many consultations; let those who study the heavens stand up and save you, those who gaze at the stars, and at each new moon predict what shall befall you.

See, they are like stubble, the fire consumes them; they cannot deliver themselves from the power of the flame. No coal for warming oneself is this, no fire to sit before! Such to you are those with whom you have laboured, who have trafficked with you from your youth; they all wander about in their own paths; there is no one to save you.

**Do not be deceived by false prophets and  
diviners**

*Jer 29:8, 9*

For thus says the Lord of hosts, the God of Israel: Do not let the prophets and the diviners who are among you deceive you, and do not listen to the dreams that they dream, for it is a lie that they are prophesying to you in my name; I did not send them, says the Lord.

## **IV. Body and Lust**

### **You shall not uncover the nakedness**

*Lev 18:1-30*

#### **The Lord spoke to Moses, saying:**

Speak to the people of Israel and say to them: I am the Lord your God. You shall not do as they do in the land of Egypt, where you lived, and you shall not do as they do in the land of Canaan, to which I am bringing you. You shall not follow their statutes. My ordinances you shall observe and my statutes you shall keep, following them: I am the Lord your God. You shall keep my statutes and my ordinances; by doing so one shall live: I am the Lord.

None of you shall approach anyone near of kin to uncover nakedness: I am the Lord. You shall not uncover the nakedness of your father, which is the nakedness of your mother; she is your mother, you shall not uncover her nakedness. You shall not uncover the nakedness of your father's wife; it is the nakedness of your father. You shall not uncover the nakedness of your sister, your father's daughter or your mother's daughter, whether born at home or born abroad. You shall not uncover the nakedness of your son's daughter or of your daughter's daughter, for their nakedness is your own nakedness. You shall not uncover the nakedness of your father's wife's daughter, begotten by your father, since she is your sister. You shall not uncover the nakedness of your father's sister; she is your father's flesh. You shall not uncover

the nakedness of your mother's sister, for she is your mother's flesh. You shall not uncover the nakedness of your father's brother, that is, you shall not approach his wife; she is your aunt. You shall not uncover the nakedness of your daughter-in-law: she is your son's wife; you shall not uncover her nakedness. You shall not uncover the nakedness of your brother's wife; it is your brother's nakedness. You shall not uncover the nakedness of a woman and her daughter, and you shall not take her son's daughter or her daughter's daughter to uncover her nakedness; they are your flesh; it is depravity. And you shall not take a woman as a rival to her sister, uncovering her nakedness while her sister is still alive.

You shall not approach a woman to uncover her nakedness while she is in her menstrual uncleanness. You shall not have sexual relations with your kinsman's wife, and defile yourself with her. You shall not give any of your offspring to sacrifice them to Molech, and so profane the name of your God: I am the Lord. You shall not lie with a male as with a woman; it is an abomination. You shall not have sexual relations with any animal and defile yourself with it, nor shall any woman give herself to an animal to have sexual relations with it: it is perversion.

Do not defile yourselves in any of these ways, for by all these practices the nations I am casting out before you have defiled themselves. Thus the land became defiled; and I punished it for its iniquity, and the land vomited out its inhabitants. But you shall keep my statutes and my ordinances

and commit none of these abominations, either the citizen or the alien who resides among you (for the inhabitants of the land, who were before you, committed all of these abominations, and the land became defiled); otherwise the land will vomit you out for defiling it, as it vomited out the nation that was before you. For whoever commits any of these abominations shall be cut off from their people. So keep my charge not to commit any of these abominations that were done before you, and not to defile yourselves by them: I am the Lord your God.

### **Sins that defile the body and soul *Ezek 22:9-12***

In you are those who slander to shed blood, those in you who eat upon the mountains, who commit lewdness in your midst. In you they uncover their fathers' nakedness; in you they violate women in their menstrual periods. One commits abomination with his neighbour's wife; another lewdly defiles his daughter-in-law; another in you defiles his sister, his father's daughter. In you, they take bribes to shed blood; you take both advance interest and accrued interest, and make gain of your neighbours by extortion; and you have forgotten me, says the Lord God.

### **Gaze not on a maid and get destroyed**

*Sir 9:5-12*

Gaze not on a maid that thou fall not by those things that are precious in her.

Give not thy soul unto harlots, that thou lose not thine inheritance. Look not round about thee in the streets of the

city, neither wanders thou in the solitary place thereof. Turn away thine eye from a beautiful woman, and look not upon another's beauty; for many have been deceived by the beauty of a woman; for herewith love is kindled as a fire.

Sit not at all with another man's wife, nor sit down with her in thine arms, and spend not thy money with her at the wine; lest thine heart incline unto her, and so through thy desire thou fall into destruction. Forsake not an old friend; for the new is not comparable to him: a new friend is as new wine; when it is old, thou shalt drink it with pleasure.

Envy not the glory of a sinner: for thou knowest not what shall be his end. Delight not in the thing that the ungodly have pleasure in; but remember they shall not go unpunished unto their grave.

**Lusty person is not satisfied**      *Sir 23:16, 17*

Hot passion that blazes like a fire will not be quenched until it burns itself out; one who commits fornication with his near of kin will never cease until the fire burns him up. To a fornicator all bread is sweet; he will never weary until he dies.

**Do not look at a woman with lust**      *Matt 5:28*

But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart.

**God will revenge the lusty***Jer 5:7-9*

How can I pardon you? Your children have forsaken me, and have sworn by those who are no gods. When I fed them to the full, they committed adultery and trooped to the houses of prostitutes. They were well-fed lusty stallions, each neighing for his neighbour's wife. Shall I not punish them for these things? says the Lord; and shall I not bring retribution on a nation such as this?

**Evil things come from within, and make a person unclean***Mark 7:20-23*

And He said, "It is what comes out of a person that defiles. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

**Deeds to be avoided***Acts 15:28, 29*

For it has seemed good to the Holy Spirit and to us to impose on you no further burden than these essentials: that you abstain from what has been sacrificed to idols and from blood and from what is strangled and from fornication. If you keep yourselves from these, you will do well. Farewell.

**Lusty people are sentenced to death***Rom 1:25-32*

Because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, Who is blessed forever! Amen.

For this reason God gave them up to degrading passions. Their women exchanged natural intercourse for unnatural, and in the same way also the men, giving up natural intercourse with women, were consumed with passion for one another. Men committed shameless acts with men and received in their own persons the due penalty for their error.

And since they did not see fit to acknowledge God, God gave them up to a debased mind and to things that should not be done. They were filled with every kind of wickedness, evil, covetousness, malice. Full of envy, murder, strife, deceit, craftiness, they are gossips, slanderers, God-haters, insolent, haughty, boastful, inventors of evil, rebellious toward parents, foolish, faithless, heartless, and ruthless. They know God's decree that those who practice such things deserve to die-yet they not only do them but even applaud others who practice them.

**The acts coming from the flesh make one  
not to inherit the Kingdom of God *Gal 5:19-21***

Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the Kingdom of God.

## V. Blessings and Curses

### Blessings

*Deut 28:1- 14*

If you will only obey the Lord your God, by diligently observing all His commandments that I am commanding you today, the Lord your God will set you high above all the nations of the earth; all these blessings shall come upon you and overtake you, if you obey the Lord your God: Blessed shall you be in the city, and blessed shall you be in the field. Blessed shall be the fruit of your womb, the fruit of your ground, and the fruit of your livestock, both the increase of your cattle and the issue of your flock. Blessed shall be your basket and your kneading bowl. Blessed shall you be when you come in, and blessed shall you be when you go out. The Lord will cause your enemies who rise against you to be defeated before you; they shall come out against you one way, and flee before you seven ways. The Lord will command the blessing upon you in your barns, and in all that you undertake; He will bless you in the land that the Lord your God is giving you. The Lord will establish you as His Holy people, as He has sworn to you, if you keep the commandments of the Lord your God and walk in His ways. All the peoples of the earth shall see that you are called by the name of the Lord, and they shall be afraid of you. The Lord will make you abound in prosperity, in the fruit of your womb, in the fruit of your livestock, and in the fruit of your ground in the land that the Lord swore to your ancestors to give you. The Lord will open for you His rich storehouse, the heavens, to give the rain of your land in its season and to bless all your undertakings. You will lend to

many nations, but you will not borrow. The Lord will make you the head, and not the tail; you shall be only at the top, and not at the bottom - if you obey the commandments of the Lord your God, which I am commanding you today, by diligently observing them, and if you do not turn aside from any of the Words that I am commanding you today, either to the right or to the left, following other gods to serve them.

### **Curses**

*Deut 28:15- 57*

**B**ut if you will not obey the Lord your God by diligently observing all his commandments and decrees, which I am commanding you today, then all these curses shall come upon you and overtake you: Cursed shall you be in the city, and cursed shall you be in the field. Cursed shall be your basket and your kneading bowl. Cursed shall be the fruit of your womb, the fruit of your ground, the increase of your cattle and the issue of your flock. Cursed shall you be when you come in, and cursed shall you be when you go out. The Lord will send upon you disaster, panic, and frustration in everything you attempt to do, until you are destroyed and perish quickly, on account of the evil of your deeds, because you have forsaken me.

The Lord will make the pestilence cling to you until it has consumed you off the land that you are entering to possess. The Lord will afflict you with consumption, fever, inflammation, with fiery heat and drought, and with blight and mildew; they shall pursue you until you perish. The sky over

your head shall be bronze, and the earth under you iron. The Lord will change the rain of your land into powder, and only dust shall come down upon you from the sky until you are destroyed. The Lord will cause you to be defeated before your enemies; you shall go out against them one way and flee before them seven ways. You shall become an object of horror to all the kingdoms of the earth. Your corpses shall be food for every bird of the air and animal of the earth, and there shall be no one to frighten them away. The Lord will afflict you with the boils of Egypt, with ulcers, scurvy, and itch, of which you cannot be healed. The Lord will afflict you with madness, blindness, and confusion of mind; you shall grope about at noon as blind people grope in darkness, but you shall be unable to find your way; and you shall be continually abused and robbed, without anyone to help. You shall become engaged to a woman, but another man shall lie with her. You shall build a house, but not live in it. You shall plant a vineyard, but not enjoy its fruit. Your ox shall be butchered before your eyes, but you shall not eat of it. Your donkey shall be stolen in front of you, and shall not be restored to you. Your sheep shall be given to your enemies, without anyone to help you. Your sons and daughters shall be given to another people, while you look on; you will strain your eyes looking for them all day but be powerless to do anything. A people whom you do not know shall eat up the fruit of your ground and of all your labours; you shall be continually abused and crushed, and driven mad by the sight that your eyes shall see. The Lord will strike you on the knees and on the legs with grievous boils

of which you cannot be healed, from the sole of your foot to the crown of your head. The Lord will bring you, and the king whom you set over you, to a nation that neither you nor your ancestors have known where you shall serve other gods, of wood and stone. You shall become an object of horror, a proverb, and a byword among all the peoples where the Lord will lead you. You shall carry much seed into the field but shall gather little in, for the locust shall consume it. You shall plant vineyards and dress them, but you shall neither drink the wine nor gather the grapes, for the worm shall eat them. You shall have olive trees throughout all your territory, but you shall not anoint yourself with the oil, for your olives shall drop off. You shall have sons and daughters, but they shall not remain yours, for they shall go into captivity. All your trees and the fruit of your ground the cicada shall take over. Aliens residing among you shall ascend above you higher and higher, while you shall descend lower and lower. They shall lend to you but you shall not lend to them; they shall be the head and you shall be the tail. All these curses shall come upon you, pursuing and overtaking you until you are destroyed, because you did not obey the Lord your God, by observing the commandments and the decrees that He commanded you. They shall be among you and your descendants as a sign and a portent forever. Because you did not serve the Lord your God joyfully and with gladness of heart for the abundance of everything, therefore you shall serve your enemies whom the Lord will send against you, in hunger and thirst, in nakedness and lack of everything. He will put an iron yoke on your neck until He has destroyed you.

The Lord will bring a nation from far away, from the end of the earth, to swoop down on you like an eagle, a nation whose language you do not understand, a grim-faced nation showing no respect to the old or favour to the young. It shall consume the fruit of your livestock and the fruit of your ground until you are destroyed, leaving you neither grain, wine, and oil, nor the increase of your cattle and the issue of your flock, until it has made you perish. It shall besiege you in all your towns until your high and fortified walls, in which you trusted, come down throughout your land; it shall besiege you in all your towns throughout the land that the Lord your God has given you. In the desperate straits to which the enemy siege reduces you, you will eat the fruit of your womb, the flesh of your own sons and daughters whom the Lord your God has given you. Even the most refined and gentle of men among you will begrudge food to his own brother, to the wife whom he embraces, and to the last of his remaining children, giving to none of them any of the flesh of his children whom he is eating, because nothing else remains to him, in the desperate straits to which the enemy siege will reduce you in all your towns. She who is the most refined and gentle among you, so gentle and refined that she does not venture to set the sole of her foot on the ground, will begrudge food to the husband whom she embraces, to her own son, and to her own daughter, begrudging even the afterbirth that comes out from between her thighs, and the children that she bears, because she is eating them in secret for lack of anything else, in the desperate straits to which the enemy siege will reduce you in your towns.

## **VI. Repent and you will have everlasting life**

**If you do not diligently observe all the Words,  
you will be afflicted** *Deut 28:58-61*

If you do not diligently observe all the Words of this law that are written in this book, fearing this glorious and awesome Name, the Lord your God, then the Lord will overwhelm both you and your offspring with severe and lasting afflictions and grievous and lasting maladies. He will bring back upon you all the diseases of Egypt, of which you were in dread, and they shall cling to you. Every other malady and affliction, even though not recorded in the book of this law, the Lord will inflict on you until you are destroyed.

**Turn to Me and you will be blessed**

*Deut 30:10-18*

When you obey the Lord your God by observing His commandments and decrees that are written in this book of the law, because you turn to the Lord your God with all your heart and with all your soul. Surely, this commandment that I am commanding you today is not too hard for you, nor is it too far away. It is not in heaven, that you should say, “Who will go up to heaven for us, and get it for us so that we may hear it and observe it?” Neither is it beyond the sea, that you should say, “Who will cross to the other side of the sea for us, and get it for us so that we may hear it and observe it?” No,

the word is very near to you; it is in your mouth and in your heart for you to observe. See, I have set before you today life and prosperity, death and adversity. If you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the Lord your God will bless you in the land that you are entering to possess. But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess.

**Do not delay to repent; the wrath of the  
Lord will come upon you** *Sir 5:2-9*

Do not follow your inclination and strength in pursuing the desires of your heart. Do not say, “Who can have power over me?” for the Lord will surely punish you. Do not say, “I sinned, yet what has happened to me?” for the Lord is slow to anger. Do not be so confident of forgiveness that you add sin to sin. Do not say, “His mercy is great, he will forgive the multitude of my sins”, for both mercy and wrath are with him, and his anger will rest on sinners. Do not delay to turn back to the Lord, and do not postpone it from day to day; for suddenly the wrath of the Lord will come upon you, and at the time of punishment you will perish. Do not depend on dishonest wealth, for it will not benefit you on the day of calamity. Do not winnow in every wind, or follow every path.

**Only acknowledge your guilt**      *Jer 3:12, 13*

Go, and proclaim these Words toward the north, and say: Return, faithless Israel, says the Lord. I will not look on you in anger, for I am merciful, says the Lord; I will not be angry forever. Only acknowledge your guilt, that you have rebelled against the Lord your God, and scattered your favours among strangers under every green tree, and have not obeyed my voice, says the Lord.

**You will be sentenced according to your deeds***Ezek 18:5-18*

If a man is righteous and does what is lawful and right - if he does not eat upon the mountains or lift up his eyes to the idols of the house of Israel, does not defile his neighbour's wife or approach a woman during her menstrual period, does not oppress anyone, but restores to the debtor his pledge, commits no robbery, gives his bread to the hungry and covers the naked with a garment, does not take advance or accrued interest, withholds his hand from iniquity, executes true justice between contending parties, follows my statutes, and is careful to observe my ordinances, acting faithfully - such a one is righteous; he shall surely live, says the Lord God. If he has a son who is violent, a shedder of blood, who does any of these things (though his father does none of them), who eats upon the mountains, defiles his neighbour's wife, oppresses the poor and needy, commits robbery, does not restore the pledge,

lifts up his eyes to the idols, commits abomination, takes advance or accrued interest; shall he then live? He shall not. He has done all these abominable things; he shall surely die; his blood shall be upon himself. But if this man has a son who sees all the sins that his father has done, considers, and does not do likewise, who does not eat upon the mountains or lift up his eyes to the idols of the house of Israel, does not defile his neighbour's wife, does not wrong anyone, exacts no pledge, commits no robbery, but gives his bread to the hungry and covers the naked with a garment, withholds his hand from iniquity, takes no advance or accrued interest, observes My ordinances, and follows My statutes; he shall not die for his father's iniquity; he shall surely live. As for his father, because he practiced extortion, robbed his brother, and did what is not good among his people, he dies for his iniquity.

**Repent and you will live** *Ezek 18:30-32*

Therefore I will judge you, O house of Israel, all of you according to your ways, says the Lord God. Repent and turn from all your transgressions; otherwise iniquity will be your ruin. Cast away from you all the transgressions that you have committed against me, and get yourselves a new heart and a new spirit! Why will you die, O house of Israel? For I have no pleasure in the death of anyone, says the Lord God. Turn, then, and live.

**I have no pleasure in the death of the wicked***Ezek 33:10-16*

Now you, mortal, say to the house of Israel, Thus you have said: “Our transgressions and our sins weigh upon us, and we waste away because of them; how then can we live?” Say to them, As I live, says the Lord God, I have no pleasure in the death of the wicked, but that the wicked turn from their ways and live; turn back, turn back from your evil ways; for why will you die, O house of Israel? And you, mortal, say to your people, The righteousness of the righteous shall not save them when they transgress; and as for the wickedness of the wicked, it shall not make them stumble when they turn from their wickedness; and the righteous shall not be able to live by their righteousness when they sin. Though I say to the righteous that they shall surely live, yet if they trust in their righteousness and commit iniquity, none of their righteous deeds shall be remembered; but in the iniquity that they have committed they shall die. Again, though I say to the wicked, “You shall surely die”, yet if they turn from their sin and do what is lawful and right - if the wicked restore the pledge, give back what they have taken by robbery, and walk in the statutes of life, committing no iniquity - they shall surely live, they shall not die. None of the sins that they have committed shall be remembered against them; they have done what is lawful and right, they shall surely live.

**The one who does the will of My Father in  
Heaven will enter His Kingdom**    *Matt 7:21-27*

Not everyone who says to Me, ‘Lord, Lord’, will enter the Kingdom of heaven, but only the one who does the will of My Father in heaven. On that day many will say to me, ‘Lord, Lord, did we not prophesy in Your Name, and cast out demons in Your Name, and do many deeds of power in Your Name?’ Then I will declare to them, ‘I never knew you; go away from Me, you evildoers.’

Everyone then who hears these Words of Mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock. And everyone who hears these Words of Mine and does not act on them will be like a foolish man who built his house on sand. The rain fell, and the floods came, and the winds blew and beat against that house, and it fell - and great was its fall!

**Renew yourselves from the bottom of your  
heart**    *Eph 4:17-32*

Now this I affirm and insist on in the Lord: you must no longer live as the Gentiles live, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of their ignorance and hardness of heart. They have lost all sensitivity and have abandoned themselves

to licentiousness, greedy to practice every kind of impurity. That is not the way you learned Christ! For surely you have heard about Him and were taught in Him, as truth is in Jesus. You were taught to put away your former way of life, your old self, corrupt and deluded by its lusts, and to be renewed in the spirit of your minds, and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.

## **VII. Jesus our Redeemer**

**The Word that I have spoken will serve as judge** *John 12:47, 48*

I do not judge anyone who hears my words and does not keep them, for I came not to judge the world, but to save the world. The one who rejects me and does not receive my word has a judge; on the last day the word that I have spoken will serve as judge.

**There is salvation in My Name** *Acts 4:12*

There is salvation in no one else, for there is no other name under heaven given among mortals by which we must be saved.

**Believe in Him; Receive forgiveness** *Acts 10:43*

All the prophets testify about him that everyone who believes in Him receives forgiveness of sins through His Name.

**Jesus is the only forgiver** *Acts 13:37, 38*

But he, whom God raised again, experienced no corruption. Let it be known unto you therefore, my brothers, that through this man is preached unto you the forgiveness of sins.

## VIII. Love - A Holy Virtue

### Commandments of love

*Mark 12:28-31*

One of the scribes came near and heard them disputing with one another, and seeing that he answered them well, he asked Him, “Which commandment is the first of all?” Jesus answered, “The first is, ‘Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with your entire mind, and with all your strength’. The second is this, ‘You shall love your neighbour as yourself’. There is no other commandment greater than these”.

### To my beloved I will reveal Myself *John 14:21*

They who have my commandments and keep them are those who love me; and those who love me will be loved by My Father, and I will love them and reveal myself to them.

### Those who love Me follow My Word

*John 14:23, 24*

Jesus answered him, “Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them. Whoever does not love me does not keep my words; and the word that you hear is not Mine, but is from the Father who sent me”.

**Greatness of Love***1 Cor 13:4-10*

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, and endures all things. Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part; but when the complete comes, the partial will come to an end.

**The Fruits of the Holy Spirit***Gal 5:22-24*

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

## **IX. The Lord is my Shepherd**

### **The Lord is my Shepherd**

*Psa 23*

The Lord is my shepherd, I shall not want.

He makes me lie down in green pastures;

He leads me beside still waters;

He restores my soul.

He leads me in right paths for his name's sake.

Even though I walk through the darkest valley,

I fear no evil;

for You are with me;

Your rod and Your staff - they comfort me.

You prepare a table before me

in the presence of my enemies;

You anoint my head with oil;

my cup overflows.

Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the Lord

my whole life long.

**I will deliver those who love Me***Psa 91*

You who live in the shelter of the most High,  
who abide in the shadow of the Almighty,  
will say to the Lord, “My refuge and my fortress;  
my God, in whom I trust”.

For He will deliver you from the snare of the fowler  
and from the deadly pestilence;

He will cover you with His pinions,  
and under His wings you will find refuge;  
His faithfulness is a shield and buckler.

You will not fear the terror of the night,  
or the arrow that flies by day,  
or the pestilence that stalks in darkness,  
or the destruction that wastes at noonday.

A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you.

You will only look with your eyes  
and see the punishment of the wicked.

Because you have made the Lord your refuge,  
the most High your dwelling place,  
no evil shall befall you,  
no scourge come near your tent.

**F**or he will command his angels concerning you  
to guard you in all your ways.  
On their hands they will bear you up,  
so that you will not dash your foot against a stone.  
You will tread on the lion and the adder,  
the young lion and the serpent you will trample  
under foot.

**T**hose who love me, I will deliver;  
I will protect those who know my Name.  
When they call to me, I will answer them;  
I will be with them in trouble,  
I will rescue them and honour them.  
With long life I will satisfy them,  
and show them my salvation.

**The Lord will keep you away from all evil.***Psa 121*

I lift up my eyes to the hills -from where will my  
help come?

My help comes from the Lord,  
Who made heaven and earth.

He will not let your foot be moved;  
he who keeps you will not slumber.

He who keeps Israel  
will neither slumber nor sleep.

The Lord is your keeper;  
the Lord is your shade at your right hand.

The sun shall not strike you by day,  
nor the moon by night.

The Lord will keep you from all evil;  
He will keep your life.

The Lord will keep  
your going out and your coming in  
from this time on and forevermore.

**I will pour My Spirit upon your descendants*****Isa 44:1-5***

But now hear, O Jacob my servant, Israel whom I have chosen! Thus says the Lord who made you, Who formed you in the womb and will help you: Do not fear, O Jacob my servant, Jeshurun whom I have chosen. For I will pour water on the thirsty land, and streams on the dry ground; I will pour my spirit upon your descendants, and my blessing on your offspring. They shall spring up like a green tamarisk, like willows by flowing streams. This one will say, "I am the Lord's", another will be called by the name of Jacob, yet another will write on the hand, "The Lord's", and adopt the name of Israel.

## **X. Put on the Armor of God**    *Eph 6:10-18*

Finally, be strong in the Lord and in the strength of His power. Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the Word of God.

**Pray in the Spirit** at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.

**XI. Praise the Lord***Psa 136*

O give thanks to the Lord, for He is good,  
for His steadfast love endures forever.  
O give thanks to the God of gods,  
for His steadfast love endures forever.  
O give thanks to the Lord of Lords,  
for His steadfast love endures forever;  
Who alone does great wonders,  
for His steadfast love endures forever;  
Who by understanding made the heavens,  
for His steadfast love endures forever;  
Who spread out the earth on the waters,  
for His steadfast love endures forever;  
Who made the great lights,  
for His steadfast love endures forever;  
the sun to rule over the day,  
for His steadfast love endures forever;  
the moon and stars to rule over the night,

for His steadfast love endures forever;  
Who struck Egypt through their firstborn,  
for His steadfast love endures forever;  
and brought Israel out from among them,  
for His steadfast love endures forever;  
with a strong hand and an outstretched arm,  
for His steadfast love endures forever;  
Who divided the Red Sea in two,  
for His steadfast love endures forever;  
and made Israel pass through the midst of it,  
for His steadfast love endures forever;  
but overthrew Pharaoh and his army in the Red Sea,  
for His steadfast love endures forever;  
Who led his people through the wilderness,  
for His steadfast love endures forever;  
Who struck down great kings,  
for His steadfast love endures forever;  
and killed famous kings,  
for His steadfast love endures forever;

Sihon, king of the Amorites,  
for His steadfast love endures forever;  
and Og, king of Bashan,  
for His steadfast love endures forever;  
and gave their land as a heritage,  
for His steadfast love endures forever;  
a heritage to His servant Israel,  
for His steadfast love endures forever.

It is He who remembered us in our low estate,  
for His steadfast love endures forever;  
and rescued us from our foes,  
for His steadfast love endures forever;  
Who gives food to all flesh,  
for His steadfast love endures forever.  
O give thanks to the God of heaven,  
for His steadfast love endures forever.

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**XII. Seek Me with all your heart and you  
will find Me** *Jer 29:11-14*

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile.

*Jer 33:3*

Call to me, and I will answer you; I will tell you  
wonderful and marvellous things that you know nothing about.

## **XIII. The Sacrament of Penance and Reconciliation**

### **Confess your sins to the priest**

Can we confess our sins directly to the Lord to receive forgiveness? Or should we confess our sins to the priest to receive forgiveness? When we meditate the Bible with the help of the Holy Spirit, we come to know that we receive forgiveness from the Lord for our sins when we confess it to the priest.

#### **Evidences:**

1. Then he shall burn all its fat on the altar, just as he burns the fat of other animals killed for the fellowship offering. In this way the priest shall offer the sacrifice for the sin of the ruler, and he will be forgiven. ***Lev 4:26***
2. Joshua said to him, “My son, tell the truth here before the Lord, the God of Israel, and confess. Tell me now what you have done. Don’t try to hide it from me”. ***Josh 7:19***
3. David said to Nathan, “I have sinned against the Lord”. ***2 Sam 12:13***
4. People came to him from Jerusalem, from the whole province of Judea, and from the country near river Jordan. They confessed their sins to him and he baptized them in Jordan. ***Matt 3:5, 6***

5. Then He (Jesus) breathed on them and said, “Receive the Holy Spirit. If you forgive people’s sins, they will be forgiven; if you do not forgive them, they are not forgiven”. **John 20:22, 23**
6. All this is done by God, Who through Christ changed us from enemies into His friends and gave us the task of making others His friends also. Our message is that God was making the human race His friends through Christ, God did not keep an account of their sins, and He has given us the message, which tells them how He makes them His friends. Here we are, then, speaking for Christ, as though God Himself were making His appeal through us. We plead on Christ’s behalf: let God change you from enemies into friends! **2 Cor 5:18-20**
7. You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show Mercy to you. **Prov 28:13**

**NOTE:**

*Let us consider that when a person confesses his sins straight to God there is no need for him to hide his sins. But he will try to hide his sins when he confesses to another person. We are called not to hide any of our sins when we confess to a priest. Bishops and priests, by virtue of the sacrament of Holy Orders, have the power to forgive all sins “In the name of the Father, and of the Son, and of the Holy Spirit.”*

## Procedure for Confession

O, Holy Trinity, I, a great sinner come before you. I have sinned against your love and that of others through my thoughts, words and deeds. Have mercy on me. Grant me perfect contrition for my sins, that I may detest them with deep sorrow.

Given below are some list of sins. Please read prayerfully and recollect.

### **1. I am the Lord your God; you shall have no other gods before me** *Exod 20:2-6, Matt 22:37*

- **Worshipped other gods and took part in their rituals.** *Exod 22:20*
- **Vowed to other deities and made offering and wore amulets.**
- **Gave sacrifices to other gods, offered food to idols and ate the food offered to idols.** *1 Cor 10:20*
- **Believed and went after astrology, horoscope, numerology, palmistry and such evil practices.** *Deut 18:9 - 11*
- **Removed effects of evil eye, as others do, performed lighting of lamps to other gods.**
- **Indulged in sorceries and witchcrafts to make money or to spoil other's lives.** *Gal 5:20; Rev 22:15*

## **2. Do not invoke the name of the Lord your God in vain**

*Deut 5:11*

- Swore in the name of the Lord and of the Saints.
- In the time of trouble and sadness, I blamed the Lord for it. *Sir 23:11*
- Received curses for making false promises. *Matt 5:33*
- Did not carry out the vows made to the Lord. *Matt 5:33*
- Slandered, spoke badly about priests, nuns and servants of God and spoiled their name or was a cause for them to fall into sin or invited them to troubles. *Psa 105:15; Sir 7:31-33*

## **3. Observe the Sabbath day and keep it holy**

*Deut 5:14, 15*

- Did not attend Sunday Mass for simple reasons.
- Without proper preparation, I received Holy Eucharist. *1 Cor 11:27-29*
- Did not fast and abstain from the unclean food on the days of obligation.
- Failed to confess at least once a year.
- Lived in idleness. *2 Thes 3:6; Prov 6:6-11*

#### 4. Honour your father and mother

*Exod 20:12; Deut 5:16*

- Did not obey and respect parents and elders in the Lord. *Eph 6:1, 2*
- Despised the words of elders and servants of God. *Prov 13:13, 18*
- Cursed my parents and gave them trouble. *Lev 20:9*
- Hurt the feelings of my parents and elders through my words and deeds. *1 Tim 1:9*
- Neglected my parents and elders, and despised them in their diseases and old age. *Prov 23:22*
- Did not bring up children in Christian discipline and instruction. *Eph 6:4; 1 Tim 3:4*

#### 5. Do not commit murder

*Exod 20:13*

- Committed murder or helped in the act of murder.
- Done abortion or thoughts of abortion or helped in the act of abortion. *Wis 12:6*
- Spoiled the name of others and slandered against others.
- Did not forgive others, took revenge on others or thought of taking revenge. *Matt 6:14*

- Created problems for others, beaten and wounded others.
- Took advantage of downtrodden, orphans and widows. *Jer 7:6*
- Attempted suicide. *Deut 21:23*
- Was the cause for others to commit suicide.
- Rejoiced over others' misfortunes. *Prov 17:5*

## **6. Do not commit adultery** *Exod 20:14*

- Committed adultery or helped others to commit adultery.
- Had sexual intercourse with close relatives. *1 Cor 6: 9-10; Lev 18:6*
- Deceived children, innocent, the poor and close associates for my sexual desires. *Mark 9:42; 2 Pet 2:18*
- Committed masturbation. *1 Cor 6: 9; CCC n. 2352*
- Involved in homo/lesbian sex, helped others for it. *Rom 1:27; 1 Tim 1:10; Jude 1:7*
- Committed adultery with beasts. *Exod 22:19*
- Committed adultery like animals (bend over). *Heb 13:4; (CCC) n. 2351, 2352.*
- Had lustful thoughts against virginity. *Mark 7:21 (CCC) Catechism of the Catholic Church,*

- Involved in habits like watching movies, television, books and friends which/who induced my sexual desires.
- Spoke/enjoyed double meaning words that lead to sexual thoughts. *Prov 17:20*
- Committed adultery in my heart when looked at a man/woman. *Matt 5:28*
- Got drunk and involved in orgies. *Gal 5:21*
- Licked the male/female genital organs (Oral sex).  
*Rom 1: 24-26;*

*Catechism of the Catholic Church, (CCC) n. 2351,2352*

- Led a sexually perverted and disordered married life. *Wis 14:26*

## **7. Do not steal** *Exod 20:15*

- Involved in the act of stealing. (Now I accept to return back what I stole) *Ezek 33:15*
- Stole in my own house.
- Accepted bribe. *Exod 23:8*
- Charged exorbitant interest for the money lent. *Prov 28:8*
- Earned dishonest wealth. *Jer 6:13*
- Used false measures, tampered with scales. *Amos 8:5*

**8. Do not give false witness** *Exod 20:16*

- Gave false witness.
- Let the guilty go free by accepting bribe. *Isa 5:23*
- Twisted my talks, made false accusations on the innocent. *Exod 23:1, 2*
- Lied, criticized others, slandered against others. *Sir 7:14*
- Acted in a biased way, supported the guilty. *Prov 24:24*
- Deceived/Cheated others by my cunning words. *Prov 24:28*
- Broke the relationship of others with my false talks. *Prov 17:9*

**9. Do not covet another man's wife** *Exod 20:17*

- Had sexual intercourse with other man's wife. *Lev 18:20, 20:10*
- Had sexual intercourse with brother's wife/sister's husband. *Lev 18:16-18*
- Unfaithful towards husband/wife. *Matt 19:9*

- **Desired for another man's wife.**      ***Deut 5:21***
- **Broke the relationship between husband and wife.**
- **Broke the relationship of family.**

### **10. Do not covet another man's goods**

***Exod 20:17***

- **Coveted another man's goods, thought of doing it or destroyed for not able to get it.**
- **Gathered goods by deceiving others.**      ***Prov 10:2***
- **Deprived of another man's living.**      ***Sir 34:22***

### **Cardinal Sins**

Pride, Anger, Lust, Sloth, Gluttony, Envy, Laziness.

### **Sins that come from heart and make a man unclean**

Jesus went on to say, "It is what that comes out of a person that makes him unclean, from inside a person's heart, come the evil ideas which lead him to do immoral things, to rob, kill, commit adultery, be greedy, and do all sorts of evil things; deceit, indecency, jealousy, slander, pride and folly. All these evil things come from inside and make him unclean".

***Mark 7:20-23***

## **People who will not possess the Kingdom of God**

Surely you know that the wicked will not possess God's Kingdom. Do not fool yourselves; people who are immoral or worship idols or adulterers or homosexual perverts or who steal or who are greedy or are drunkards or who slander others or are thieves none of these will possess God's Kingdom. *1 Cor 6: 9, 10*

## **People of the Last Days**

People will be selfish, greedy, boastful, and conceited; they will be insulting, disobedient to their parents, ungrateful, and irreligious; they will be unkind, merciless, slanderers, violent, and fierce; they will hate the good. They will be treacherous, reckless, and swollen with pride; they will love pleasure rather than God; they will hold to the outward form of our religion, but reject its real power. Keep away from such people. *2 Tim 3:2- 5*

After reading the above and contemplating all the sins you have committed feel real contrition for your sins and take a firm resolution not to do them again. Go to the priest and confess the sins in the following way.

Forgive me Father, for I am a sinner.

It is since \_\_\_\_ weeks/months I made my last confession.

(Confess your sins without hiding anything.)

For the sins that I have confessed and the sins that I have forgotten to say I ask you pardon and your absolution. After carefully listening to the absolution of the priest, do the given penance.

### **Act of Contrition**

**O** Almighty and most Merciful God, I give You thanks with all the powers of my soul for this and all other mercies, graces, and blessings bestowed on me, and prostrating myself at your sacred feet, I offer myself to be henceforth forever yours. Let nothing in life or death ever separate me from You! I renounce with my whole soul all my treasons against You, and all the abominations and sins of my past life. I renew my promises made in baptism, and from this moment I dedicate myself eternally to Your love and service. Grant that for the time to come, I may detest sin more than death itself, and avoid all such occasions and companies as have unhappily brought me to it. This I resolve to do by the aid of your divine grace, without which I can do nothing. Amen.

## **XIV. Prayer brings Victory**

### **1. Our Father**

**O**ur Father, Who art in heaven, hallowed be Thy name;  
Thy kingdom come, Thy will be done, on earth as it is in  
heaven. Give us this day our daily bread and forgive us our  
trespasses, as we forgive those who trespass against us and  
lead us not into temptation, but deliver us from evil. For Yours  
is the Kingdom and the Power and the Glory for ever. Amen.

### **2. Prayer to the Holy Spirit**

**C**ome, O Holy Spirit, come! From Your bright and  
blissful Home Rays of healing light impart. Come, Father of  
the poor, Source of gifts that will endure Light of every  
human heart.

**Y**ou of all consolers best, Of the soul most kindly  
Guest, Quickening courage do bestow.

**I**n hard labour You are rest, In the heat You refresh  
best, And solace give in our woe.

**O** most blessed Light divine, Let Your radiance in  
us shine, And our inmost being fill.

**N**othing good by man is thought, Nothing right by  
him is wrought, When he spurns Your gracious Will.

**C**leanse our souls from sinful stain, Lave our dryness

with Your rain, Heal our wounds and mend our way.

**B**end the stubborn heart and will, Melt the frozen,  
Warm the chill, Guide the steps that go astray.

**O**n the faithful who in You, Trust with childlike piety,  
Deign Your sevenfold gift to send.

**G**ive them virtue's rich increase, Saving grace to die  
in peace, Give them joys that never end. Amen. Alleluia.

### **3. Lamb of God, you take away the sins of the world ...**

Lamb of God, you take away the sins of the world:  
*have mercy on us.*

Lamb of God, you take away the sins of the world:  
*have mercy on us.*

Lamb of God, you take away the sins of the world:  
*grant us peace.*

### **4. The Apostles' Creed**

**I** believe in God the Father Almighty, Creator of Heaven and earth; I believe in Jesus Christ, His only Son, our Lord; He was conceived by the power of the Holy Spirit and was born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day He rose again. He ascended into

Heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

### **5. Hail Mary**

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

### **6. Hail Holy Queen**

Hail! Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To You do we cry, poor banished children of Eve. To You do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, Your eyes of Mercy towards us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement! O loving! O sweet Virgin Mary! Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

### **7. Remember, O most gracious Virgin Mary**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,

implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in mercy hear and answer me.

Holy Mary born without sin, refuge for sinners, as refuge we fly unto thee, show mercy upon us and pray to your son for us. (3 times) Hail Mary...(3 times)

## **8. Soul of Christ**

Soul of Christ, be my sanctification. Body of Christ, be my salvation. Blood of Christ, fill all my veins. Water from Christ's side, wash out my stains. Passion of Christ, my comfort be. O good Jesus, listen to me. In thy wounds I fain would hide. Never to be parted from thy side. Guard me should the foe assail me. Call me when my life shall fail me. Bid me come to thee above. With thy saints to sing thy love world without end. Amen.

*On each large rosary beads pray:*

**“Jesus, meek and humble of heart,  
make my heart like unto Thine.”**

*On each small beads recite:*

**“Sweet Heart of Jesus, be Thou my love!”**

*At the end of each group of ten, say:*

**“Sweet Heart of Mary, be my salvation!”**

*At the conclusion, say:*

**“Sacred Heart of Jesus, have mercy on us.  
Immaculate Heart of Mary, pray for us.  
May the Sacred Heart of Jesus  
be praised, glorified, loved and preserved  
throughout the world now and forever more.  
Amen.”**

### **9. The Chaplet of the Divine Mercy**

We can pray this chaplet, using ordinary rosary beads of five decades. We begin with the Our Father, the Hail Mary and the Apostles Creed.

*Then on the large beads we pray:*

**Eternal Father, I offer you the Body and Blood,  
Soul and Divinity of Your Dearly Beloved Son, Our Lord,  
Jesus Christ, in atonement for our sins and those of the  
whole world.**

*On the small beads we pray:*

***For the sake of His sorrowful Passion, have  
mercy on us and on the whole world.***

*And at the end, we pray three times:*

**Holy God, Holy Mighty One, Holy Immortal  
One, have mercy on us and on the whole world.**

## **Prayer**

Eternal God, in Whom Mercy is endless, and the treasury of compassion inexhaustible, look kindly upon us, and increase Your Mercy in us, that in difficult moments, we might not despair, nor become despondent, but with great confidence, submit ourselves to Your Holy Will, which is Love and Mercy Itself. Amen.

### **10. Bless the Lord, O My Soul**

Bless the LORD, O my soul: and all that is within me  
bless His Holy Name.

Bless the LORD, O my soul, and forget not all His  
benefits. *Psa 103:1, 2*

### **11. Glory Be**

Glory be to the Father, and to the Son, and to the  
Holy Spirit. As it was in the beginning, is now, and ever shall  
be, world without end. Amen.

### **12. By the sign of the Holy Cross Prayer**

By the sign of the Holy Cross , O Lord deliver us  
from all that is evil, in the Name of The Father and of The Son  
and of The Holy Spirit. Amen.

## **XV. Fruits and Gifts of the Holy Spirit**

### **Fruits of the Holy Spirit** *Gal 5:22*

Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness and Self-control.

### **Gifts of the Holy Spirit** *1 Cor 12: 3- 11*

Wherefore I give you to understand, that no man speaking by the Spirit of God calls Jesus accursed: and that no man can say that Jesus is the Lord, but by the Holy Ghost. Now there are diversities of gifts, but the same Spirit. And there are differences of administrations, but the same Lord. And there are diversities of operations, but it is the same God which works all in all. But the manifestation of the Spirit is given to every man to profit with it. For to one is given by the Spirit the Word of wisdom; to another the Word of knowledge by the same Spirit; To another faith by the same Spirit; to another the gifts of healing by the same Spirit; To another the working of miracles; to another prophecy; to another discerning of spirits; to another different kinds of tongues; to another the interpretation of tongues: But all these works are done by the same Spirit as He wishes.

The faithful who are filled by the Holy Spirit may exhibit the following Physical, Emotional or Spiritual Expressions:

## **I. Bodily Expressions**

### **i. Shivering, Trembling and Jolting**

Some persons will tremble, bounce like a doll made of cloth or will shiver like a leaf in the wind. We find in the Bible that some persons had experienced trembling and shivering when they were filled by the Holy Spirit.

*Dan 10:7-10*

### **ii. Jumping, Rising High and Rotating**

Some will jump like a rubber ball up and down uncontrollably. Some will suddenly jump or will rotate like a top.

*Ezek 2: 2; 3:24*

### **iii. To Breathe on Someone, Whistling**

Some will blow air and some will produce a whistling noise. This is an indication of a spiritual activity near that place. This also represents that God is blessing a person. We read from the Bible that Jesus breathed on the disciples and said, "Receive the Holy Spirit".

*John 20:22*

### **iv. Heat and Vibration on the Body**

Some will feel hot or feel a kind of vibration in their hands or lips. This represents that the person bestows a gift from God, like the Gift of Healing or the Gift of proclaiming the Word of God. This may also represent the Presence of

God. Some could not bear the heavy Presence of God and will fall down and lay on the ground for hours as if being pasted on the floor. *Dan 10: 7, 9, 17*

#### **v. Dancing in the Holy Spirit**

As David danced before God with his full strength, some may begin to dance in the presence of God. *2 Sam 6:14*

#### **vi. Thrown down on the ground by the Spirit**

Hundreds of people will be thrown down on the ground by the power of God as though a sea wave throws them. *John 18:6; Rev 1:17*

#### **vii. Running or Rotating speedily**

Some will rotate speedily. Some will get terrified with a shock. Some will run, jump and dance. The only right explanation for all these happy events is divinity.

#### **viii. Cutting and Swinging**

Some will make movements like a karate performer. Some will swing their hands as if they hold an invisible sword. This represents a spiritual battle and breaking of bondages.

### **ix. Fluttering of eyelids**

This is a common experience. The eye-lids will flutter. This indicates the special presence of the Holy Spirit. Sometimes this fluttering will be faster and the eye-balls of the person seem to move quickly in the eye-sockets. This represents a growth in prophetic vision.

### **x. Labour pain**

Some will experience labour pain as if they are going to deliver a child. There will be real pain and sufferings. This is an indication that through them God bestows gifts and anointing to others. *Rom 8: 22, 23; Isa 42:14; Gal 4:19*

## **II. Expressions based on Emotions**

### **i. Holy Laughing**

Some will laugh continuously without any control irrespective of one's uniqueness in laughing or one's willingness to laugh. Although a person is humble or self denying, he may receive this gift of holy laughing. This is expressing the happiness that God has bestowed on them, through their bodies. *Psa 126:2*

### **ii. Crying and shedding tears**

If God gives more emotions to someone, he generally begins to cry, shed tears and lament. When this blessing is given, repentance will take place easily.

Sometimes when there is inner healing, tears will flow down. In other occasions, it denotes that someone is praying to God with a contrite heart. ***John 11: 33-35***

While reading the Bible, praying and thinking of God's love, tears will continually flow down from the eyes. However there is a chance that this crying may become laughter all of a sudden. ***Heb 5:7***

### **iii. Happiness, Satisfaction, Courage and Worship**

We come to know from the conversion of Saul to Paul, that when a person is filled with the Holy Spirit, he receives happiness, satisfaction, courage and zeal for God. He prays and meditates on God's plan. ***Acts 9: 1-20***

### **iv. Prophetic Gestures; Figurative or Symbolical Prophesying**

When a person receives a prophetic message from God, he may express it to others by mime, gestures or movements of his body. We read in ***Acts 21:10-11*** that Agabus took Paul's belt and used it to tie up his own hands and feet. Here Agabus acts the message which he has for Paul. Sometimes the Old Testament prophets had acted their messages. See ***1 Kings 11:29-31; Isaiah 20:2-4; Jeremiah 13:4*** and ***Ezekiel 4:1-3***.

### **III. Spiritual Expressions**

#### **i. Feeling the heaviness of the Glory of God**

There are occasions when people feel the heaviness due to the excessive presence of God. They may bend themselves until they fall on the floor or stoop their heads and bodies slowly. For the term 'Glory of God', the equivalent Hebrew word is 'Kabad' (kaw- bad'). Meaning of this word is the heaviness or weight of God. Ezekiel and Daniel had experienced this heaviness. *2 Chro 7:3, 4; 2 Cor 4:17*

#### **ii. Growing in the Spirit**

Now a days many are filled and edified by the Holy Spirit. This has become a common incident. When the believers gather together, they grow in the Spirit of God. Some are filled and instructed by the Holy Spirit when they are alone. They feel happy, satisfied and experience the peace of God. During this experience they may receive the gifts of the Holy Spirit like Gift of healing, Filling of the Holy Spirit, Gift of Vision, deliverance, authority from God etc., *Acts 9:31*

#### **iii. Speechlessness**

The speaker may lose his strength or ability to speak. This happens to many preachers and leaders who try to give sermons or witness. Their hearts and souls are active during that period, but they cannot speak. This speechlessness may continue for a few minutes or hours or days together.

*Ezek 3:26; Dan 10:15; Luke 1:22*

#### **iv. Drunk in the Spirit**

To enjoy the presence of God is now a common experience. People lose their strength to walk and to speak clearly as though they are drunkard. While 'Drunk in the Spirit' of God, one's mind, feelings, soul and will are fully conscious and have a clear relationship with God. During this spiritual event, extreme joy, laughter, meditation, worshipping, words of wisdom and prophecies will also be revealed. Some people will be filled with the Holy Spirit for days together. We read in the Bible thus: 'Indeed, these are not drunk, as you suppose'. They are filled by the Spirit of God. *Acts 2:15*

#### **v. Being in a trance**

While experiencing the power of the Spirit some will be in an unconscious state bound with God. They witness inexplicable experiences. Peter and Paul have been in a state of trance. *Acts 10:10, 11:5, 22:17*

#### **vi. Tongues and Visions**

We cannot say that these gifts are only prevalent among the Pentecost and Charismatic Churches. In few Catholic Churches and mostly in other Churches, as the Holy Spirit is giving the gift of tongues, they speak in tongues continually. Some people may speak more than hundred types of tongues.

*Acts 2:4; 10:44,45; 19:1-11; 1 Cor 12:10*

A spirit glided past my face; the hair of my flesh bristled.

*Job 4:15* (Even if evil spirit crosses , the hair bristles.)

In the last days it will be, God declares that I will pour out My Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams. Even upon My slaves, both men and women, in those days I will pour out My Spirit; and they shall prophesy. *Acts 2:17, 18; Joel 2:28, 29*

These Bible verses are fulfilled in our life time.

### **Get advice from a true servant of God**

During sincere confession some will often yawn and other may vomit frequently (*Jer 25:27*). Some will make a terrible noise. (*Mark 1:26*). Please do not stop this. However, considering the situation, you must control yourself. If you observe these behaviour in your body, please consult a true servant of God. Gift of Tongues is the basic quality of a true servant of God. If they do not have the gift of tongues, for them these changes seems to be strange and perhaps they may not guide you in a proper way.

You must always be persistent in confessing your sins and in your prayers. It is essential to keep away from committing sins. Now a days ogling at opposite sex and masturbation are prevalent. These are abhorrent sins to our Lord. If one who has received the Holy Spirit, commits sin, the last state of that person will be worse than the first.

*(Matt 12:43-45)*

These things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's, except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are discerned spiritually. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny. 'For who has known the mind of the Lord so as to instruct Him?' But we have the mind of Christ. *1 Cor 2:10-16*

## **XVI. What blocks us from true fellowship with God?**

Sin blocks us from experiencing a deep fellowship with God (*Isa 59:1,2*). To grow in the Spirit of God, it is essential for the children of God to stop committing sin once for all.

In *Matthew 7:21*, Jesus plainly taught obedience to God's law. Jesus also explains in *Matthew 19:16-17* that obeying the Ten Commandments is a prerequisite for receiving God's gift of eternal life. So we must be diligent in following the Ten Commandments.

On meditating the Word of God, we identify three major barriers that break our close relationship with God.

### **1. The Worships against God**

This is a grave sin. This sin is considered "grave" or "mortal" because this sin breaks our relationship with God and takes us completely away from God. So take a sincere resolution not to commit this sin even at the point of losing our life.

### **2. Our thoughts and intentions should be pleasing to God**

And He (Jesus) said, "It is what comes out of a person that defiles. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander,

pride, folly. All these evil things come from within, and they defile a person.” **(Mark 7:20-23)**

### **3. Your body is the temple of the Holy Spirit**

***1 Cor 3:16***

Our five senses get corrupted by our lustful immoral behaviour. Anyone who looks at a woman with lust has already committed adultery with her in his heart **(Matt 5:28)**. So when a man or a woman looks at one another lustfully, not only their eyes get defiled but also their thoughts and then their whole body gets corrupted. Likewise, by the act of any lustful immoral behaviour (sexual passion), you not only corrupt your organ associated with it, but also the mind because of your thoughts and finally your whole body gets defiled. This is UNACCEPTABLE TO GOD. Hence it is our duty to keep ourselves away from the lust and unnatural immorality (pervert)like homosexuality (gay / lesbian) **(Wis 14: 26, Lev 18:22; Rom 1: 26,27; Jude 1: 7)** intercourse with a woman during her menses **(Lev 18:19; Ezek 22: 10)** masturbation **(1 cor 6:9)**, intercourse with animals **(Lev 18:23)**, intercourse like animals (bend over) **(Heb 13:4)**.

For our praise and worship to reach God, it is essential to preserve our mouth holy. We should speak only those words that are Holy and acceptable to God.

Fools fold their hands and consume their own flesh **(Ecclesiastes 4:5)** Do not let your mouth lead you into sin, and do not say before the messenger that it was a mistake;

why should God be angry at your words, and destroy the work of your hands? *Ecclesiastes 5:6*

The human person was designed by God so that sexual relations would consist in acts of genital-to-genital intercourse, open to life, between one man and one woman. Other kinds of sexual acts are contrary to this intention and purpose of God.

Examples of intrinsically disordered sexual acts include: masturbation, homosexual acts, any sexual acts with more than two participants, oral sex, anal sex, manual sex, sexual acts involving objects or devices, etc.

These acts are immoral, even if such acts are between a man and a woman who are married to each another.

*Catechism of the Catholic Church, (CCC) n. 2352.*  
<http://www.catechism.cc/articles/marriage-sins.htm>

Lust is disordered desire for or inordinate enjoyment of sexual pleasure. Sexual pleasure is morally disordered when sought for itself, isolated from its **procreative** and **unitive** purposes.

*Catechism of the Catholic Church, (CCC) n. 2351.*

**Procreative** means generative; producing new life or offspring.

**Unitive** means genital-to-genital intercourse of husband and wife.

[http://www.vatican.va/archive/ccc\\_css/archive/catechism/p3s2c2a6.htm](http://www.vatican.va/archive/ccc_css/archive/catechism/p3s2c2a6.htm) #1

Your mouth is to eat with and is part of your digestive system. It is not for oral sex.

***<http://www.christian-life-advisor.com/oral-sex-and-christian-marriage.html>***

Both fellatio and cunnilingus acts abuse human organs and destroy the holiness of body and soul. This will not generate a new life or child.

The above mentioned sins are prevalent among the believers. This is the reason why the Spirit of God is not able to dwell in our bodies and hence we are unable to grow in HIM. ***(Rom 12:1)***

If you have committed any of the above mentioned sins, repent in tears. Take a strong resolution NOT to commit any of these sins. Confess everything to a priest and continue to live a sin free life.

Blessed are the pure in heart, for they will see God ***(Matt 5:8)***. If your eyes are pure and free from sin, you can see visions. If your ears are pure, you can hear HIS voice. You can recognize God's voice, if your thoughts and motives are in tune with the will of God. ***(John 10:27)***

Dear children of God, let us pray and ask forgiveness from God continuously. If you surrender your body, soul and spirit, and seek Him with all your heart and with all your soul and with all your strength and with all your mind, then His Spirit will overpower you. Let us endure to the end and inherit the Eternal Life. Amen! ***(Matt 24:13)***

## **XVII. The Loreto Litanies**

Lord have mercy.

Christ have mercy.

Lord have mercy.

Christ hear us.

Christ graciously hear us.

God, the Father of heaven,

*have mercy on us.*

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, One God,

Holy Mary,

*pray for us.*

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother of the Church,

Mother of divine grace,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

Mother admirable,  
Mother of good counsel,  
Mother of our Creator,  
Mother of our Saviour,  
Mother of mercy,  
Virgin most prudent,  
Virgin most venerable,  
Virgin most renowned,  
Virgin most powerful,  
Virgin most merciful,  
Virgin most faithful,  
Mirror of justice,  
Seat of wisdom,  
Cause of our joy,  
Spiritual vessel,  
Vessel of honour,  
Singular vessel of devotion,  
Mystical rose,  
Tower of David,  
Tower of ivory,  
House of gold,  
Ark of the covenant,  
Gate of heaven,  
Morning star,  
Health of the sick,  
Refuge of sinners,

Comfort of the afflicted,  
Help of Christians,  
Queen of Angels,  
Queen of Patriarchs,  
Queen of Prophets,  
Queen of Apostles,  
Queen of Martyrs,  
Queen of Confessors,  
Queen of Virgins,  
Queen of all Saints,  
Queen conceived without original sin,  
Queen assumed into heaven,  
Queen of the most holy Rosary,  
Queen of families,  
Queen of peace.

Lamb of God, who takes away the  
sins of the world,  
***spare us, O Lord.***

Lamb of God, who takes away the  
sins of the world,  
***graciously hear us, O Lord.***

Lamb of God, who takes away the  
sins of the world,  
***have mercy on us.***

**Versicle: Pray for us, O holy Mother of God.**

***Response: That we may be made worthy of the promises of Christ.***

**Let us Pray!**

Grant, we beseech thee,  
that we, your servants,  
may enjoy perpetual health of mind and body;  
and by the intercession of the Blessed Mary,  
ever virgin,  
may be delivered from present sorrow,  
and obtain eternal joy.  
Through Christ our Lord. – Amen.

*(This Marian litany was originated at the Shrine of Our Lady of Loreto (Italy), in 1558. It was approved by the Catholic Church in 1587 for the public use by Pope Sixtus V.)*

**\* Private circulation only \***

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