

# **One**

## **The Call to Prayer and Fasting for Peace**

Appealing for peace in the Holy Land, Pope Francis expressed concern for the humanitarian situation in Gaza, calling on all parties to lay down their weapons and all Christians to pray and fast on October 27th for peace.

It is significant that the horrific events that have taken place in the Holy Land erupted on October 7th, the Feast of the Most Holy Rosary.

Nothing happens that is beyond the power of Divine Providence. Since Mary revealed the Rosary to St. Dominic more than 800 years ago, it has been the Rosary that has saved the Church and the world from crisis time and time again. This is powerfully demonstrated by the victory that was gained at Lepanto through the power of the Rosary on October 7th, 1571 and commemorated by the Feast of the Most Holy Rosary every year.

The Rosary, which looks like the most insignificant thing in human estimation, is the most powerful force in the world to stop wars, to change the course of human history, to return sinners to God, and to bring peace to your soul, peace to your family, and peace to the world.

At Fatima, as well as many other places, Our Lady has repeatedly said that only she can help us, that She is the Remedy. This is why she comes as the Queen of Peace. And the instrument of peace she offers her children is the Rosary.

We are at a decisive moment in human history. Will you be the hero, the coward, or the traitor? It's time to do what you can. It's time to pray the Rosary.

## **Two**

### **The Power of Fasting**

In Matthew 17, Jesus came down from the Mt. of Transfiguration and found his Apostles overpowered by a demon that possessed a little boy. Immediately, Jesus drove out the demon and the Apostles came to him privately to ask, “Why were we not able?” Jesus responded, “Because this kind of evil can only be driven out by prayer and by fasting.”

The Pope has asked us to add fasting to our prayer to drive out the evil of the world and restore peace.

There are many ways to fast. Fast on bread and water. Many people can't eat bread. Fine, fast from meat or skip a meal, or eat smaller portions or do 18-hour intermittent fasting. Maybe you are not used to fasting. You wouldn't begin running a marathon. Begin by walking.

Fasting from food is a good training ground to resist all forms of temptation, but there's probably more important things you need to cut out of your life, sinful things or the things that cause you to sin. Let's say we fast from screen time. Now we could use that time for more prayer or more time in a relationship with our family and friends and those in need.

The important thing is to start tomorrow Friday, Oct 27th, and offer it for peace in the world, to build a habit and persevere.

## **Three**

Peace comes when we turn back to God.

The problem in the world is that people have turned away from God. That always results in self-destructive behavior.

Since 1830, Mary has been appearing with a greater frequency and urgency, calling man to turn back to God and away from self-destruction.

Our Lady wants us to understand the seriousness of the situation. At this time, peace is threatened in a special way. Therefore, She invites us to commit to greater prayer, especially through the Rosary, and through more time in mental prayer on the Word of God, or by going to a daily Mass and Eucharistic Adoration.

Over and over she tells us that much of what happens depends on prayer, fasting, and perseverance. That prayer and fasting can stop wars and change the course of human history.

God has sent Our Lady on a rescue mission. She is with us and she is inviting us to seriously increase our prayer and to begin fasting.

She is the remedy, but she relies on her children. Won't you answer her call?

## **Four**

### **Opposing the Flaming Sword**

On June 26th, 2000, Cardinal Ratzinger, who later became Pope Benedict XVI, revealed publicly the third part of the secret of Fatima in which Our Lady gave the three shepherd children an apocalyptic vision.

Though the vision and the secret were given in 1917, it was made public in the year 2000 because it refers to our time. Ratzinger explained, "The angel with the flaming sword on the left of the Mother of God recalls similar images in the Book of Revelation. This represents the threat of judgment that looms over the world. Today the prospect that the world

might be reduced to ashes by a sea of fire no longer seems pure fantasy: man himself, with his inventions, has forged the flaming sword.”

“The vision then shows the power that stands opposed to the force of destruction – the splendor of the Mother of God and, stemming from this in a certain way, the summons to penance. In this way, the importance of human freedom is underlined: the future is not in fact unchangeably set, and the image that the children saw is in no way a film preview of a future in which nothing can be changed.”

“Indeed, the whole point of the vision is to bring freedom onto the scene and to steer freedom in a positive direction. The purpose of the vision is not to show a film of an irrevocably fixed future. Its meaning is exactly the opposite: it is meant to mobilize the forces of change in the right direction. Therefore, we must totally discount fatalistic explanations of the secret...Rather, the vision speaks of dangers and how we might be saved from them.”

Let’s mobilize the forces of change in the right direction, specifically by prayer and by fasting.

## **Five**

Our Lady comes to bring peace.

It is true that the world is threatened in a special way. And when we turn on the news we find danger all around us. Satan wants to spread danger. He wants us overwhelmed by fear and anxiety so that hatred will grow. But Our Lady comes as the Queen of Peace. Her mission is to call us back to God who is Our Father Almighty.

We are not naïve, the world is in danger. But we need not be overwhelmed by fear and anxiety.

Why? Because God is Our Father Almighty and no matter what happens, He will work all things for good for us, for our loved ones, and for the world. With God as Our Father we are safe!

So entrust yourself, your family, your business, entrust everything to Jesus through Mary. Place it all under her protection by praying the memorare, “Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy 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 thy mercy hear and answer me. Amen.”

Now get to work, to pray, to fast, and to a childlike trust in our Father, because the world depends on you.