



FLAME OF LOVE MOVEMENT IRELAND

Cenacle Prayer Booklet

Created for The Flame of Love of the Immaculate Heart of Mary Movement Ireland

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SUGGESTED CENACLE PRAYERS

We begin our Cenacle by welcoming the Blessed Sacrament.

We pray, *'O Sacrament Most Holy, O Sacrament Divine, all praise and all thanksgiving
be every moment Thine.'* (x3)

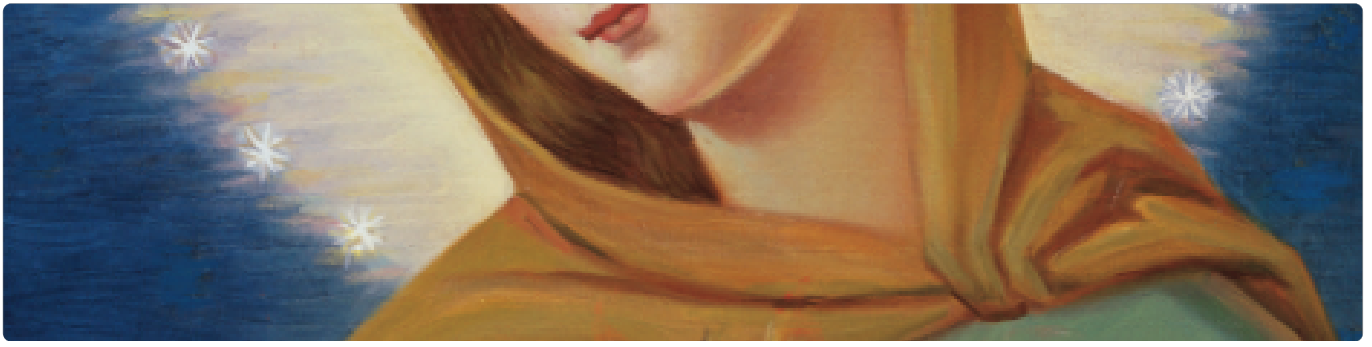


1 Prayer to the Holy Spirit

Come Holy Spirit, and fill the hearts of your faithful, enkindle in us the fire of Your love. Send forth Your Spirit and we shall be created, and You shall renew the face of the earth. Oh, Holy Spirit, grant us all the gifts to perfect the virtues, so we may live the beatitudes with Jesus Christ for the glory of the Father and the salvation of souls. O Holy Spirit, substantial Love of the Father and the Son, uncreated Love dwelling in the souls of the just, come down upon me like a new Pentecost and bring me an abundance of Your gifts, of Your fruits, and of Your grace; unite Yourself to me as the most sweet Spouse of my soul. I consecrate myself entirely to You. Invade me, take me, possess me wholly. Be the penetrating light which illumines my intellect, the gentle motion which attracts and directs my will, the supernatural energy which gives energy to my body. Complete in me Your work of sanctification and love. Make me pure, transparent, simple, true, free, peaceful, gentle, calm, serene even in suffering, and burning with charity toward God and neighbour. Kindle in me the fire of Your love and the flame of eternal charity. Amen

2 A Reading from the Letter of St Paul to the Ephesians (3: 14-21)

For this reason, I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge, that you may be filled to the measure of all the fullness of God. Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the Church and in Christ Jesus throughout all generations, for ever and ever! Amen



3 Consecration of the Flame of Love Apostolate

Lady of Mount Carmel, Queen of heaven and earth, and Our Mother, through whom Almighty God has delighted to extend the greatest movement of graces to mankind since the Word became Flesh, we consecrate to your Immaculate Heart, completely and forever, the Flame of Love Apostolate, formed to assist you in saving your children, accelerating your Triumph and welcoming the Second Pentecost of the Holy Spirit, by spreading the effect of grace of your Flame. We ask you to guide us in this, your apostolate, so that our planning conforms to your wishes and our efforts are always performed in your name, the holy name of Mary. Enable us to grow, under your guidance, so that the effect of grace of the Flame of Love will spread over all humanity. Send additional priests, and the faithful, who will embrace your endeavours, and help our apostolate to expand throughout this entire country and beyond. Cover us with your scapular of protection and your mantle of unity, harmony and love; keep us steeped in humility so we do not falter. Strengthen us against all attacks of the enemy. Grant us the desire to share in the redemptive activity of your Divine Son. Keep us strong, active and resolute; grant that our inevitable frustrations and failures will make us more determined than ever to continue our efforts, increasing your glory and thereby, the glory of Jesus, Our Saviour. We ask nothing in return but the pleasure of serving you. Strengthen us in prayer and contemplation so that our apostolic actions may conform to your will and exceed expectations. Most Blessed Trinity, please approve our consecration and through Mary, Our Mother, enable our apostolate to return lost sheep to your merciful bosom for all eternity. Amen

4 Prayer Intentions

We pray in thanksgiving to God for the gift of life and creation, our shepherds, the dying, in honour of the Flame of Love of the Immaculate Heart of Mary for the release of holy souls from the place of suffering, our families, the unborn, the triumph of the Immaculate Heart of Mary, the salvation of the whole world, our personal petitions...

5 Meditation on Jesus' Five Wounds

We reflect on the sacrifice of love made for us and, in turn, offer ourselves to the Heavenly Father through all the wounds of our Saviour, Jesus Christ.

Suggested Vocal Prayer: We kiss the wound of Your *Sacred Left Hand*, with sorrow deep and true in reparation for our sins and the sins of the whole world (now make the Sign of the Cross and Repeat for each wound...)

- *Sacred Right Hand*
- *Sacred Left Foot*
- *Sacred Right Foot*
- *Sacred Side*

Amen



6 The Holy Rosary

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

The Apostles Creed

I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, Our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God, the Father Almighty; from there He will come 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 life everlasting. Amen.

Prayers for the Increase of Faith, Hope and Love

One Our Father, Three Hail Mary's and
One GloryBe



The Joyful Mysteries

Usually prayed on Monday & Saturday

1 The Annunciation

Grant us, Mary, by the graces of this mystery, a listening heart that responds to the call of the Lord with a loving 'yes' joined to yours.

Mary: 'I place in your hands a ray of Light. It is the Flame of Love of My Immaculate Heart! I love you, and united with you hand in hand I shall save you.'

2 The Visitation

Open our hearts, Mary, to give joyfully and without counting and in a gratuitousness of love, as you did at the Visitation.

Mary: 'There is so much sinning in the world! Help me save souls! I place in your hands a ray of light: the Flame of Love of My Immaculate Heart. Ignite your own heart with it and pass it on to others, at least to one more soul.'

3 The Birth of Jesus

Mary, tenderness of the poor, make us discover the true wealth of the Kingdom, you who lived it at the birth of Jesus.

Mary: 'This Flame of graces springing from my Immaculate Heart has to go from heart to heart. This will be the great miracle whose light will blind Satan.'

4 The Presentation of Jesus in the Temple

Grant us, Mary, that we may recognise the Light of God in our lives as Simeon recognised it at the Presentation of Jesus.

Mary: 'I will spread the flow of graces from My Flame of Love over all people and nations. Not just those belonging to the Catholic Church but over all those marked with the Sign of the Cross of my Divine Son.'

5 The Finding of the Child Jesus in the Temple

Mary, who has welcomed in faith the mystery of the mission of your Son in the Temple, make us obedient to God's plan.

Mary: 'I can no longer suppress My Flame of Love within me, let it flow towards you! Those who grant shelter to My Flame of Love will be empowered by an infusion of graces and will proclaim to the whole world that such an outpouring of graces has never been seen since the Word became Flesh...'

6 The Holy Rosary

After each mystery pray ...

My Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to heaven, especially those who are inmost need of Thy Mercy.

Come Holy Spirit! Come by means of the power of the Flame of Love of the Immaculate Heart of Mary.

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

St. Joseph, pray for us. (3 times)
Sing 'Ave Maria'.



The Luminous Mysteries

Usually prayed on Thursday

1 The Baptism of Our Lord

O Mary, who kept everything in your heart, make us attentive to God's presence and grateful for the privileged grace of our baptism.

Jesus: 'Let him who walks with Me look into My penetrating eyes and merge himself in them!'

2 The Wedding Feast at Cana

Mary, Virgin of Cana, ask Jesus to change our hearts so that we may live ever more in the great freedom of God's children.

Mary: 'The many graces that I give you, if you make good use of them, and you must always use them better and better, cause a great number of souls to become better.'

3 The Proclamation of the Kingdom of God

By your unceasing prayer, Mary, obtain for us to be authentic witnesses of The Good News of Jesus Christ.

Jesus: 'Should you want to speak publicly or if you were asked to do so, I will then be there to comfort you. Each word should be like a seed which must bear many fruits among your listeners.'

4 The Transfiguration

May our lives be transformed by the Holy Spirit, and may your Flame of Love, Mary, warm our hearts.

Jesus: 'The aim is to make known the value of the work of salvation! Ah! If only your aspirations for salvation could reach the throne of the Heavenly Father! The success would then be greater! Burn! Like the bush in flames of fire that did not burn up! I need a sacrifice that does not consume itself and whose fire reaches Me!'

5 The Institution of the Eucharist

O Mary, Virgin of Contemplation, help us to increase our intimacy with Jesus in the Eucharist; the Bread of Life of every day.

Jesus: 'Participation in the Sacrifice of the Holy Mass increases to the highest degree the blindness of Satan.'

6 The Holy Rosary

After each mystery pray ...

My Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to heaven, especially those who are inmost need of Thy Mercy.

Come Holy Spirit! Come by means of the power of the Flame of Love of the Immaculate Heart of Mary.

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

St. Joseph, pray for us. (3 times)
Sing 'Ave Maria'.



The Sorrowful Mysteries *Usually prayed on Tuesday & Friday*

1 The Agony in the Garden

My Father, if it is possible, let this cup pass me by, nevertheless, let it be as You, not I, would have it. With you, Mary, may this become our prayer in all our trials.

Jesus: 'My table is always set, without interruption. I, the Master, have sacrificed everything! My Self I give you.'

2 The Scourging at the Pillar

May our suffering, united to the scourging of Jesus, become a prayer of offering to the world, with you Mary.

Jesus: 'When receiving Holy Communion, look deeply into your soul and feel the effects My Precious Blood produces within you. Do not be insensitive to that! It is not by habit that you should come to My table, but rather propelled by a love that will be fuelled as it touches Mine, and which through Me, and in union with you, will burn away the sins of your soul.'

3 The Crowning with Thorns

May the thorns of our heart make the garden of our life blossom in faith with you, Mary.

Jesus: 'Without faith and trust, no virtue can take root in you. They are the foundation of this holy project for which we are preparing.'

4 Jesus carries the Cross

May our daily cross be enlightened by the sorrowful Cross of Jesus, which has become glorious by His Resurrection.

Jesus: 'We give you the strength and courage to take the first steps, but you should not delay accomplishing My will, or simply dismiss it with the back of your hand.'

5 The Crucifixion

May the loving words uttered by Jesus on the Cross become seeds of life, love and forgiveness in all our hearts.

Jesus: 'If you do not come to Me, how then can I bestow My graces upon you? The fullness of graces is stored up in My Heart. My Heart is an unending source of love.'

6 The Holy Rosary

After each mystery pray ...

My Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to heaven, especially those who are inmost need of Thy Mercy.

Come Holy Spirit! Come by means of the power of the Flame of Love of the Immaculate Heart of Mary.

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

St. Joseph, pray for us. (3 times)
Sing 'Ave Maria'.



The Glorious Mysteries

Usually prayed on Wednesday & Sunday

1 The Resurrection

Through the power of Your Resurrection, grant us, Lord, the taste of life, and reach out to those who have lost its meaning.

Mary: 'When the consecrated and the laity observe absolute fasting on Monday, they deliver also many poor souls from Purgatory at each Holy Communion during that week, at the time they receive the Holy Body of Our Lord Jesus Christ.'

2 The Ascension

'Why are you standing here looking into the sky? Go out, proclaim the Good News.' May we become, O Lord, authentic witnesses of Your Resurrection.

Jesus: 'The Church is in great danger and you cannot remedy the situation with earthly means or efforts. The Most Holy Trinity and the Holy Virgin alone, the Angels and all the Saints, and with the assistance of all the souls delivered by you from Purgatory, are still able to provide for the needs of the Militant Church.'

3 The Descent of the Holy Spirit

Send forth Your Spirit, Lord, and give us the audacity of Your true disciples.

Jesus: 'I could compare this torrential flood to the first Pentecost. It will submerge the earth by the power of the Holy Spirit. All mankind will take heed at the time of this great miracle. Here comes the torrential flow of the Flame of Love of My Most Holy Mother. The world, darkened already by the lack of faith, will undergo formidable tremors and then people will believe!'

4 The Assumption of Mary into Heaven

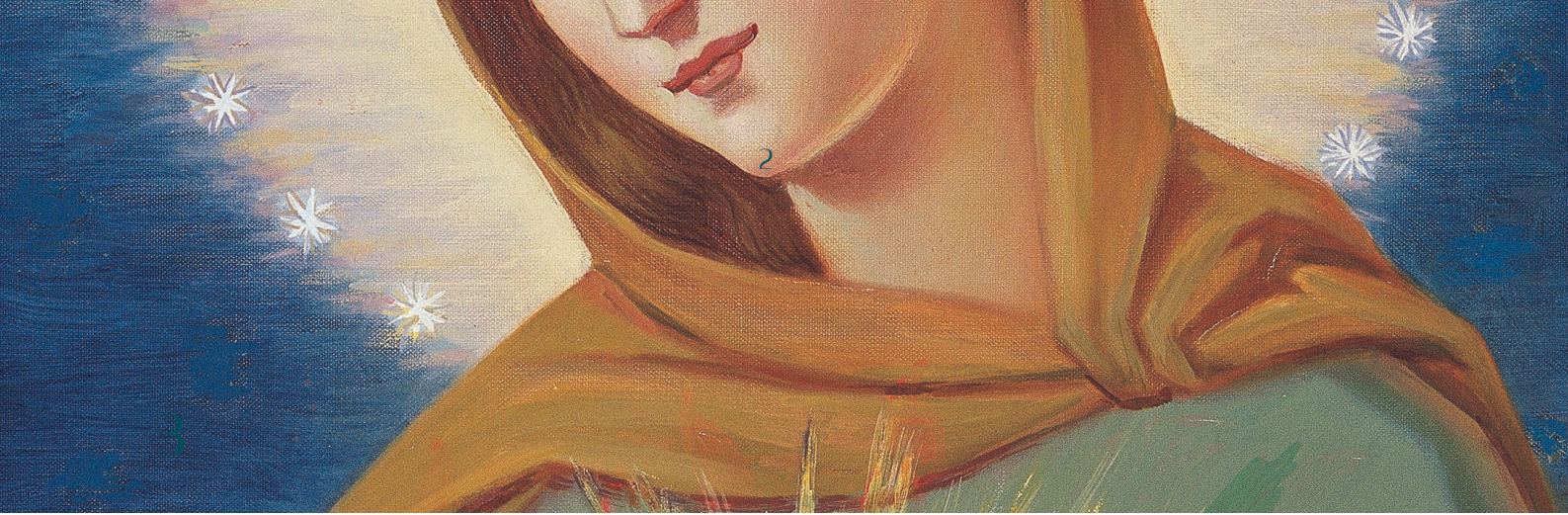
'I am the Resurrection and the Life.' May these words, Mary, maintain us in the hope and the certainty of an eternal tomorrow.

Mary: 'Only through speech can My Flame of Love become known. I am standing with sadness in my heart by the side of the world. You have no right to remain silent, neither by cowardice nor pride, neither by negligence nor fear of sacrifice. The words you speak about me must be impregnated with all the fervour of your soul so that mankind can be touched by the mystery of heaven.'

5 The Coronation of Mary in Heaven

O Mary, crowned in glory, kindle us continually by the Flame of Love of your Immaculate Heart.

Mary: 'I grant to all of you the grace to be able to see the success of your effort, with regard to the diffusion of My Flame of Love, as well as in each heart taken individually, as well as in your country and the whole world. You who toil and make sacrifices, you will see that My Flame of Love will submerge very soon the whole of humanity.'



7 Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, hail our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of thy 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.

Let us pray: O God, whose only begotten Son by his life, death and Resurrection has purchased for us the rewards of eternal salvation; grant we beseech thee, that meditating on these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

May the divine assistance remain always with us, and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

8 Adoration

My adorable Jesus, we ask you to take us in spirit before your Eucharistic Presence throughout the world.
(Pause for silent reflection)



9 Our Blessed Mother

Blessed Mary, take us and place us where we belong in the Divine Fire. Share with us your Immaculate Conception.
(Pause for silent reflection)



10 Prayer to St Joseph *Select One*

Pope Pius XIII Version

Glorious St. Joseph, model of all who are devoted to labor, obtain for me the grace to work in the spirit of penance in expiation of my many sins; to work conscientiously by placing love of duty above my inclinations; to gratefully and joyously deem it an honour to employ and to develop by labor the gifts I have received from God, to work methodically, peacefully, and in moderation and patience, without ever shrinking from it through weariness or difficulty to work; above all, with purity of intention and unselfishness, having unceasingly before my death and the account I have to render of time lost, talents unused, good not done, and vain complacency in success, so baneful to the work of God. All for Jesus, all for Mary, all to imitate thee, O patriarch St. Joseph! This shall be my motto for life and eternity. Amen

Pieta Version

Oh, Saint Joseph, whose protection is so great, so strong, so prompt, before the throne of God, we place in you all our interests and desires. Oh, Saint Joseph, do assist us by your powerful intercession, and obtain for us from your Divine Son all spiritual blessings, through Jesus Christ, Our Lord, so that, having engaged here below your heavenly power, we may offer our thanksgiving and homage to the most loving of Fathers. Oh, Saint Joseph, we never weary contemplating you and Jesus asleep in your arms; we dare not approach while He reposes near your heart. Press Him in our names and kiss his fine head for us and ask him to return the kiss when we draw our dying breath. Saint Joseph, Patron of departing souls, pray for us. Amen.



11 Prayer to Saint Michael, the Archangel *The long version may also be used.*

St Michael, the Archangel, defend us in the day of battle, be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the divine power of God, cast into hell Satan and all the evil spirits, who wander throughout the world seeking the ruin of souls. Amen

12 Prayers for the Holy Father's Intentions

We pray:
One Our Father, One Hail Mary, One Glory Be



13 A Prayer to receive the Flame of Love

Now we will pray a prayer for receiving the Flame of Love.
The prayer begins with a renewal of our Baptismal promises as recited during the Easter Liturgies:

Leader: Do you reject Satan? All: I do.
Leader: And all his works? All: I do.
Leader: And all his empty promises? All: I do.

Leader: Do you believe in God, the Father Almighty, creator of heaven and earth? All: I do.

Leader: Do you believe in Jesus Christ, His only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the righthand of the Father?
All: I do.

Leader: Do you believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?
All: I do.

Leader: God, the all-powerful Father of our Lord Jesus Christ, has given us a new birth by water and the Holy Spirit and forgiven all our sins. May He also keep us faithful to Our Lord Jesus Christ for ever and ever.
All: Amen.



Imagine yourself clothed in white garments, a symbol of your Baptism and of your future life in heaven with the angels and saints. Imagine an enormous fire. You enter into that fire. Do not be afraid. The fire is Jesus Himself; the Flame of Love. You are not alone; Mary is with you. You are in the deepest part of her heart, immersed in her Flame of Love. Mary fills you with great desires so that you want to receive more and more of this Flame, surrender to the Flame and to have Him consume your whole life.

This Flame, Jesus Himself, is the pearl of great price, the treasure hidden in the field, the whole purpose of your life. Allow the Flame to enter your being. Allow Jesus to fill your imagination and memory. Close your eyes and imagine Jesus living within you.

Imagine Jesus in the mysteries of the Rosary. He is conceived in Mary's womb. He sanctifies John the Baptist and Elizabeth. He is born into the world. The shepherds and the wise men can see God's human face. At forty days, He fills the temple with light. At twelve, He fills that same temple with His teachings.

At 30, Jesus is baptised. He receives the Holy Spirit and hears the Father's voice. He changes water into wine. He preaches, heals, drives out demons and proclaims that the Kingdom is at hand. He reveals His full glory to Peter, James and John. On the night before His death, He says, 'This is my Body' and 'This is my Blood'.

He goes to the Garden of Gethsemane where He accepts the Father's will. He gives Himself over to men whom Satan uses as his instruments. He accepts the wounds on His back and the thorns upon His head. He accepts the cross, walks to Calvary and dies for you.

His soul leaves His body and enters into eternal glory. Jesus' glorified soul re-enters His body, glorifies it and raises it from the dead. He appears to His disciples, tells them to make disciples of all nations, and ascends to the Father's right hand. He sends the Holy Spirit upon the disciples, takes His Mother into heaven, body and soul, and then makes her Queen of all the angels and saints.

After imagining Jesus in these Gospel stories, allow the Flame to come to your will. You welcome Him and He enters your heart, you have invited Jesus to be the centre of your life. He is your King. Place this fire on the lampstand and Jesus' light will flood you.

When you receive the Flame with others, you experience the communion of saints. When one receives, all are blessed. When all receive, each is more blessed.

Right now, Our Lady embraces you and pours out Her Flame of Love in great abundance. This is a holy and sacred moment. She sends this Flame into your heart. The Flame leaps from her heart to yours. She gives the Flame without limits. The Flame of Love is so great that she suffers until the Flame leaves her heart and goes to yours, because it belongs in all our hearts. She gives the Fire far beyond your capacity to receive. She gives gifts that were meant for others, but they did not receive. Receive this Flame for everyone; for yourself, your family, your friends.

You will not realise all she has done for you this day. The effects will unfold slowly and powerfully. Be still. The prayer is complete. Our Lady is pouring out the effects of grace of the Flame of Love.

Remain in silence and receive.





14 Foundational Teaching on the Flame of Love

Read a passage from 'The Flame of Love of the Immaculate Heart of Mary: The Spiritual Diary of Elizabeth Kindelmann'. Then reflect on how the Holy Spirit is leading you. Do this in much the same manner as in Lectio Divina.



15 Meditation on Jesus' Five Wounds

We reflect on the sacrifice of love made for us and, in turn, offer ourselves to the Heavenly Father through all the wounds of our Saviour, Jesus Christ.

Suggested Vocal Prayers: We kiss the wound of Your *Sacred Left Hand*, with sorrow deep and true in reparation for our sins and the sins of the whole world (now make the Sign of the Cross and Repeat for each wound...)

- *Sacred Right Hand*
- *Sacred Left Foot*
- *Sacred Right Foot*
- *Sacred Side*

Amen

16 Repose of Blessed Sacrament & Blessing

We pray: 'O Sacrament, Most Holy, O Sacrament Divine, all praise and all thanksgiving are every moment Thine.'

In the absence of a priest or deacon:

'May the Lord bless us,
protect us from all evil
and bring us to everlasting life.
Amen'

17 Meditation on the passage read from the Diary and Discussion

This offers the opportunity to share with each other how the Holy Spirit is leading us in our individual faith experience.

THIS CONCLUDES OUR LADY'S
FLAME OF LOVE CENACLE

FLAME OF LOVE PRAYERS THAT BLIND SATAN

THE UNITY PRAYER

MY ADORABLE JESUS,
MAY OUR FEET JOURNEY TOGETHER,
MAY OUR HANDS GATHER IN UNITY,
MAY OUR HEARTS BEAT IN UNISON,
MAY OUR SOULS BE IN HARMONY,
MAY OUR THOUGHTS BE AS ONE,
MAY OUR EARS LISTEN
TO THE SILENCE TOGETHER,
MAY OUR GLANCES PROFOUNDLY PENETRATE EACH OTHER, MAY
OUR LIPS PRAY TOGETHER TO GAIN MERCY FROM THE ETERNAL FATHER.
AMEN

THE FLAME OF LOVE HAIL MARY

HAIL MARY FULL OF GRACE, THE LORD IS WITH THEE. BLESSED ARE YOU
AMONG WOMEN AND BLESSED IS THE FRUIT OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD, PRAY FOR US SINNERS,
**'SPREAD THE EFFECT OF GRACE OF THY FLAME OF LOVE OVER ALL OF
HUMANITY'**

NOW AND AT THE HOUR OF DEATH. AMEN

WE ARE HERE TO HELP

If you would like help setting up a cenacle, joining one already in place (either in person or virtually), arranging a talk about Our Lady's Flame of Love Movement in your parish, receive information about obtaining literature or information about our upcoming Prayer, Formation & Fellowship conferences, please reach out to us.

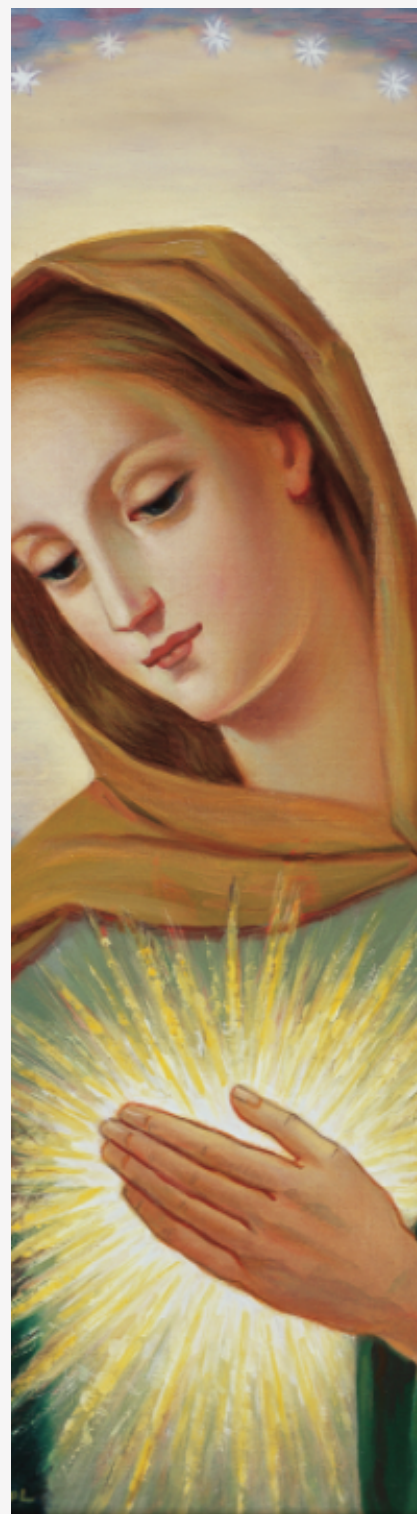
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Flame of Love Ireland



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