

**Thursday, March 7, 2024**

**TWENTY-THIRD CHRISTIC IMPULSE FOR LENT, TRANSMITTED AT THE LIGHT-NUCLEUS IMMACULATE HOUSE OF THE RELIEF OF SUFFERING, SÃO CARLOS, SÃO PAULO, BRAZIL, TO THE VISIONARY FRIAR ELÍAS DEL SAGRADO CORAZÓN DE JESÚS**

**Forty days with Jesus along the Lent path**

"There is no inner pain that is not relieved.

There is no deep anguish that is not dissolved.

There is no wounded heart that is not healed, for My Love can do everything, from beginning to end.

In these days of Lent, let go of all that weighs you down, liberate yourself from all that imprisons you, transcend all incomprehension.

Do not allow your feet to remain prisoners of all this, be courageous and open yourself to the sacred healing of your heart. Thus, you will know other horizons; thus, you will understand human life as it is and nothing else will disturb you any longer; for the one who lives in My Heart receives all My Graces, the one who lives in My Heart finds the way to the inner void.

I open to you the door to the new. I offer you the Word of Life so that everything within you may be redeemed."

Christ Jesus