



**Wednesday, March 6 of 2024**

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

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

"Just as you are, you must come to Me.

Just as you feel, you must come to Me.

Just as you speak, you must come to Me; for I will not judge you nor will I condemn you, for the flaws exist to be transformed, the imperfections live in your consciousness to be transcended.

But do not move too far ahead, follow the time of the heart, therein lies every answer.

Be humble and accept yourself as you are; when you do so, you will know what is beyond you, you will know the value of your soul and spirit.

Do not want to be something you will never be, everyone has their own cross and you must carry that cross without complaining or reproaching yourself.

Assume the part that corresponds to you in this trajectory.

Humble yourself if necessary, but without being pitiful.

Remember the emptiness of yourself."

Christ Jesus