



**Sunday, February 24 of 2019**

**DAILY MESSAGE OF SAINT JOSEPH, TRANSMITTED IN THE MARIAN CENTER OF FIGUEIRA, MINAS GERAIS, BRAZIL, TO THE VISIONARY SISTER LUCÍA DE JESÚS**

Only through love can you overcome yourself.

Only by fasting of what makes you remember the desires and superficialities of the world are temptations defeated so that in prayer you can balance the inner world.

Only with peace can you overcome the eagerness for power.

Only with the wisdom of silence is the ignorance of pride and vanity overcome.

Only by beginning within yourself is the world transformed.

Only when you make room for the New Human and New Life to be born within yourself will you see it emerge on Earth.

Only through the union with God can true peace be reached.

Only through surrender and self-donation can true love be known.

Evolution is only completed when you are able to love all types of life, with all of its Kingdoms, and thus collaborate in its evolution, in its steps towards the Infinite.

Fast of distractions and you will reach peace; fast of superficialities and you will find silence; fast of yourselves, serving others, and you will discover the sense of surrender and the principle of love.

Search within yourself for unity with God.

Everything has already been said to you. What is necessary now is not knowledge, but the experience of it, in wisdom; the internalization of it, in silence.

Only when you live what you already know will you be worthy of the revelation of greater mysteries.

Your Father and Friend,

The Most Chaste Saint Joseph