



**Tuesday, March 5 of 2024**

**TWENTY-FIRST 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**

"Withdraw from your weaknesses the strength of the spirit, and let your spirit lead and guide you to the fulfilment of the spiritual purpose. Rise from your falls as many times as necessary, but do not set yourself up as a victim, but as being responsible for your own actions. Allow the power of Divine Mercy to transform all your miseries, so that you can be freed from yourself, from your own resistances. Everything can be renewed, remember this. Nothing is fixed or permanent, the universe is dynamic and changes all the time. Be brave enough to recognise your shortcomings, but do not punish yourself with your thoughts. Be determined to achieve the inner freedom that I offer you. The desert is for the brave of heart, it is for those who are not afraid to be others."

Christ Jesus