



Tuesday, January 31 of 2012

**DAILY MESSAGE OF MARY, MOTHER OF THE DIVINE CONCEPTION OF THE TRINITY,
TRANSMITTED TO THE VISIONARY FRIAR ELÍAS DEL SAGRADO CORAZÓN**

My little children,

Never forget in these times the day of fasting. Fasting done from the heart repairs the feelings. Fasting done with love dissolves the conflicts. Fasting done with peace will bring you more peace.

Dear children, I invited you some time ago to fast for peace, today I invite you to fasting on Saturdays. The Saturday will be for you the preparation for the vigil with My Son, it will be the preparation for the New Easter. Saturday is a day of special prayer for those who still have not converted to Love and to the Redeeming Presence of My Son, Jesus. Therefore, My little ones, I call you to renew the spiritual exercises through the giving and the surrender to God. Each soul will know what it is that it will be able to offer to God so that, in this way, there may be an end to suffering, war and pain in the world.

The days of Tuesday and the days of Saturday, dear children, will be of special Mercy for the hearts that aspire to respond to the call of fasting for peace in the life of the world, for peace in the nations, for peace in the purpose of people, for peace in humanity and especially for the peace of the souls in purgatory that also must achieve the Grace of Peace.

My beloved children, the constant and true prayer together with the exercise of fasting will aid the world that is in the abyss of perdition. Dear children, this exercise will conduct you through the path of consecration that each one of you is making towards My Immaculate Heart. Fasting relieves the weight of the faults that are committed against the Sacred Heart of Christ. Therefore, fasting repairs, before the Divine Justice, the consequences of the acts committed from the blindness of humanity. Before the return of My Son I invite you to fast because many hearts have forgotten how important this is for the life of the soul.

Dear children, beyond fasting in itself there exists the mystery of the Celestial Graces that I am showing to your hearts. In this way, My children, you will be sharing with Me the Grace of the Relief for the life of many souls that today live without the Love of God. I invite you to be with Me in fasting and in prayer because the hearts need you.

Those who fast with their hearts donated and without extreme sacrifices will be doing what is requested and what is right. I invite you to this sacrifice of the heart to help the Plans of God. You are all with Me in My Heart.

Thank you for responding to My call.

Who guides you in prayer,

Mary, Mother of the Divine Conception of the Trinity