

Year of Fire and Love 20/20 Vision

The Call to Pray

Ascending and Descending
the Mountain of God



Crown of Victory

“Prayer and the Word of God”

“The Keys to the Kingdom of Heaven”

Mental interactive prayer, from the flesh to the spirit of love and truth.



The Flesh and Spirit, becoming one with God!

“As the father has sent me, I send you; **receive the Holy Spirit**” (John 20:21,22)

By: John Arthur Paul
(aka Holy Spirit) 10

FATHER

SON

HOLY SPIRIT

FAITH

HOPE

LOVE

The Call to Pray

The Promise from our Father

The words that I am sharing come forth from my father, through the gifts of the Holy Spirit.

For all my children who ask for the Holy Spirit and take up the cross of Love every day, will be transformed from one glory to the next and receive their full inheritance as children of God!

These prayers are for all people; of all religions, for God does not see his people as just one religion. For we are all one in the house of God; One body thru Jesus Christ; for the Holy Spirit has been given to all who ask.



To enhance your prayer life. Praying with your mind, body, and spirit. Prayer workshops, for groups, couples, and individuals. Please e-mail to set up a prayer workshop.

Donations for Loving Hands of Healing Hope and The Call to Pray (Non Profit)
www.lhohh.org

Visit our Web Site to get prayer books such as:

The Day the World Changed, The Call to Pray, The Life and Passions of Jesus

The Sacred Heart of Jesus order of Apostles of Prayer for the Laity.

Our Lady of Life, The Call to Pray the Life and Passions of Jesus Prayer

Our Lady of Life order of Apostles of Prayer for the Laity

Holy God Prayer, ask, seek, knock

Daily Prayer, Receive the Holy Spirit

All the writings, scriptures, and statements were done in prayerful adoration and reflection on the word of God. The Gifts of the Holy Spirit through the Father and Son, Our Blessed Mother Mary and the Bible, St. Joseph edition. Spiritual works and writings from Saints, who lived their lives to Love and serve God. Such as: St. John of the Cross, St. John the Baptist, St. Peter, St. Paul, St. John, St. Therese, the little flower, St. Teresa of Avila, St. Dominic, St. Francis, Blessed Teresa of Calcutta, and Father Gabriel. Acknowledgment for help in editing pictures and content by Kathleen Walkovich, Father Isaac Fynn, Mareta Childs.

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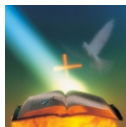
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Preface

This is now our twelfth year to spread the word of God and the **Call to Pray**. Our lives are always changing as we journey home to our Father. We must be good stewards of the gifts we receive and return **love for love**. So, lets embark on a new journey to Pray it forward, to share these prayers and the **love** of the **Holy Spirit** with all. (see attached prayer booklets and Holy God Prayer letters for 2016-2020). **We have been sharing this message from the Holy Spirit. By sending out a Holy God letter at the beginning of every year for the last 5 years! To receive love every day and burn away our false self-created by our flesh to protect ourselves. The Call to Pray is a message from Our Heavenly Father calling all of us to Ask and Receive the Holy Spirit. Each day we receive the Holy Spirit we allow the Holy Spirit to reveal the truth through fire and love 20/20 vision. To awaken anew every day! A baptism of the Holy Spirit. For when we receive love, we can give love. Our life's journey as children of God, becomes a journey of love, compassion and mercy!**

The prayers listed in this pamphlet are a small sample of prayers that come from the **Holy God Prayer** book. Which contain 3 prayers, **ask** and receive the Gifts of the **Holy Spirit**, **seek** and be consoled on the sermon of the mount. Meditation and breathing in the Gifts of the **Holy Spirit** woven into the **beatitudes**. Like the 10 commandments; the laws we are to live by. These **beatitudes** are our spiritual commandments to live by! Then we continue on, **knock** and the door will be opened, as we walk with **Jesus on the way of the cross**. this is an interactive meditation with **Jesus** to prepare us to go into the world everyday!



1/1/2020

Year of 20/20 Vision

Fire and Love

Baptism of the Holy Spirit

The Call to Pray

We are now in the year of 20/20; can we see clearly now! This message I share with you was put in my heart 5 years ago in 2015. Starting at the beginning of January 2016 the **Holy Spirit** had me share a message; calling all of us to receive the **Holy Spirit** and be transformed every day! Since then I have been sharing a message every year up to this year 2020. **So I share this new message and our new beginnings, a rebirth with the Holy Spirit for our 2020 journey as we walk with Jesus and receive the gifts of the Holy Spirit everyday! This is a baptism of the Holy Spirit through fire and love; a rebirth to awaken anew every day. For Perfect vision only comes through the Holy Spirit.** For this 20/20 vision is the awakening of our flesh and spirit connecting to our true being, our soul, that is created and connected to **God**.

Live to Love and Love to Live. Pray, Pray, Pray!

Through thousands of hours of prayer, the **Holy Spirit** gave me **The Holy God Prayer**. This prayer is made up of 3 prayers, the **Holy Spirit prayer**, **Holy Jesus prayer** and the **Holy Trinity prayer** that can be prayed as one consecutive prayer or any combination of the three prayers. These prayers were revealed to me to invoke the **Holy Spirit** every day! To help elevate your physical and spiritual consciousness to the highest forms of prayer. Mental, interactive prayer, contemplative prayer grounded in the **Holy Spirit**. Mind body and spirit, meditation. Praying with all your mind, faculties, senses, and spirit. So the soul can find it's **lover** and rest in the perfect **Love** of **God**! The **Holy Spirit** wanted me to share with you that we can reprogram ourselves from our false world we created to protect ourselves; to a world of **love**! For when we awaken every day and take the time to rest in the **love** of **God**; as we pray and meditate, breathing in the 7 gifts of the **Holy Spirit**, we allow these great gifts of the **Holy Spirit** to transform us every day to receive our full inheritance as children of **God**.

The **Holy Spirit** will burn away our false self and tear down our internal walls. To change our bad habits into good habits and allow ourselves to be **loved** for who we are. God gave all of us special gifts that are just for us. To receive these gifts of **love** every day, one must choose to awaken anew/new beginnings and ask and receive the **Holy Spirit**. When we ask and receive the 7 gifts of the **Holy Spirit** every day; the **fire** of **love** burns away our false self we created from childhood to our adult hood. Everybody has a false self that we created, our human instinct is to protect ourselves, for the flesh will always do what it needs to do to survive. So **God** gave us two great gifts, our physical being and our spiritual being, the flesh and spirit, but the flesh, our physical being sees only what is exterior; until we awaken our spiritual being and die to self and surrender to the **Holy Spirit**. Allowing this great **love** and our pouring of the **Holy Spirit** to reveal the truth; so the flesh and spirit can become one. Then we live not by sight, but by what is unseen through the spirit of **love** and **truth**. **Perfect love from our father that is poured out through the Holy Spirit to all who "ask will receive" and be transformed.**

For: **Perfect Love casts out all fear** (John 4:18). If we rest in the **love** of the **Holy Spirit** every day; you will become **love**; for when we receive **love**, we can give **love**. So why is it so hard to rest in the **love** of God? Because the flesh is in control and this great **love** is an interior **love** that awakens the spirit within us. This **love** is fleeting to the flesh, it comes and goes quickly because the flesh will not allow the spirit to have control. The spirit lives in a world of **love** and the flesh lives in a world of fear. If we live in our false world we created from our flesh; we listen to the world that tells us we are not enough. We get caught up in material things; money, our feelings and desires of the flesh. Fear, worry, and money become our motivation not **love**. **“Love** needs to be our motivation every day!”

Therefore, ask and receive the **Love** of the **Holy Spirit** every day and be transformed! Baptizing yourself every day by saying; **Heavenly Father pour the Holy Spirit into my heart in the name of Jesus your most beloved Son, Amen!** Think about it, what a way to start your day! So we become an instrument of **love** every day! I promise you if you ask and receive the 7 gifts of the **Holy Spirit** every day; you will look back as the months and years go by; you won't recognize yourself. Because it is no longer just yourself; walking on the road of life. You are now walking hand and hand with **God**. This is a promise from your Heavenly Father; as he calls all his children to come home every day and rest in his **love!** For when the flesh and Spirit become one; the soul can find its **lover**. This is what every person truly seeks from birth to death. This becomes a spousal union between the flesh and spirit, fused together by **the love of God!**

Let's pray for the out pouring of the **Holy Spirit**; pray every day and pray it forward to share this great **love** with all! We can have 20/20 vision, all we must do is ask every day and receive **the Love of the Holy Spirit**.

“Ask and you will receive, seek and you will find, knock and the door will be opened to you” (Lk 11:9-13)



Ask/Seek/Knock

“Ask, and you will receive, as children of God”

(eyes closed, breathe in) **Receive the Holy Spirit** (exhale)(1-3 times)

“Seek, and you will find, listen and you shall be consoled”

(eyes closed, breathe in) **Receive the Holy Spirit** (exhale)(1-3 times)

“Knock, and the door will be opened, as you walk with Jesus every day.”

(Luke 11:9,13cf)

(eyes closed, breathe in) **Receive the Holy Spirit** (exhale)(1-3 times)

In the name of Jesus, **Amen**

(Ascending and Descending the Mountain of God, next page)

Ascending and Descending the Mountain of God

The Flesh and Spirit, becoming one with God!



One must ascend and descend the Mountain of God, in order to enter the “**Cavern of Love**”. When one enters he no longer sees only with the eyes of the flesh but with the eyes of the flesh and Spirit, **perfect love**. One that ascends the internal mountain of god has been reborn; the false self has been consumed by the **flame of love!**

Enter through the narrow gate; for the gate is wide and the road is broad that leads to destruction and those who enter through it are many. How narrow the gate and constricted the road that leads to life, and those who find it are few (Mt 7:13-14).

Ask and receive the Holy Spirit.

Jesus fill me with the Holy Spirit

“Jesus lead the way”

(Martyrdom of the Heart and flesh see attached letter)

Ascending and Descending the Mountain of God Flesh and Spirit

In our humanity we are born into sin. From birth we learn everything from what we see, hear, feel and experience from life, through other people and things of the world. As we **ascend** the **mountain of God** we experience life more in our physical and outer being. We live by the rules of the World and the 10 Commandments to add balance to our lives. The two greatest commandments; **“you shall love the Lord your God, with all your heart, with all your soul and with all your mind.”** You shall love your neighbor as yourself.

We all start off in life **ascending** the physical side of the **mountain of God**. Very few reach the summit to cross over to the other side, which lies a whole new world in our spiritual being, our destiny as **children of God** with our **heavenly Father**. As we go up and down the one side of the mountain in our physical being we are seeking to fill this void in our souls, which can only be filled with the **fraternal Love of God**. As we start to awaken our spiritual being, we receive all 7 gifts of the **Holy Spirit** on the physical side of the mountain. We receive these gifts in the capacity that we are open to receive the **spirit of love** and **truth**. The Holy Spirit starts to reveal things to us to **burn away the false self we created**. Thus we can ascend higher on the **mountain of God** in our physical being, **we experience a spiritual renewal and awakening**.

As we reach the summit; the bridge that crosses over to the other side of the mountain; is the gift of **Fortitude** from the **Holy Spirit** that carries us to the other side. On this side lies a new world, for this is when our Physical and Spiritual being becomes one. The **flesh** and the **spirit bond with the soul**, that void in us is now filling with **perfect love** from our heavenly Father. We start to **descend the Mountain of God**. We now receive the 7 gifts of the **Holy Spirit** in a more **perfect love**, which is not attached to things of this world. We now see with the eyes of the **Spirit** and the **flesh** as we walk in the light of **love** and **truth**: as the **Holy Spirit** continues to **burn away our false self, Creating us anew every day**.

When we ask and receive the 7 gifts of the **Holy Spirit** every day we become **children of God**, giving freely to others what we have received from God. We begin to **live the beatitudes** and **take up the cross of sorrow and the cross of love every day**. It is no longer we who live, but **Christ** who lives in us. As we continue to **descend the Mountain of God**, it is only through daily prayer and the word of **God**, **our soul hears our Father calling to enter the narrow gate**, the **cavern of Love**. Very few find this gate. For all that exists here, is the **Love of God!** The souls that pass through the narrow gate, have died to self and live only for **God**. They will receive a little heaven on earth; through the love of the **Holy Spirit**. They will receive the greatest earthly treasure of all the **love of God**; in their physical and spiritual being, as the two become one with **God!**

“Martyrdom of the heart and flesh”

This is a spousal union between the **flesh** and **spirit**, so the Soul is no longer restless, it has found its **lover**. We are now walking with our Father, seeking and doing his will until he calls us home. We are now a messenger and a **servant for God**. We become **apostles of prayer** for the **love of Jesus** and the **Salvation of souls**, to become servants to all our brothers and sisters in the name of **Jesus!**

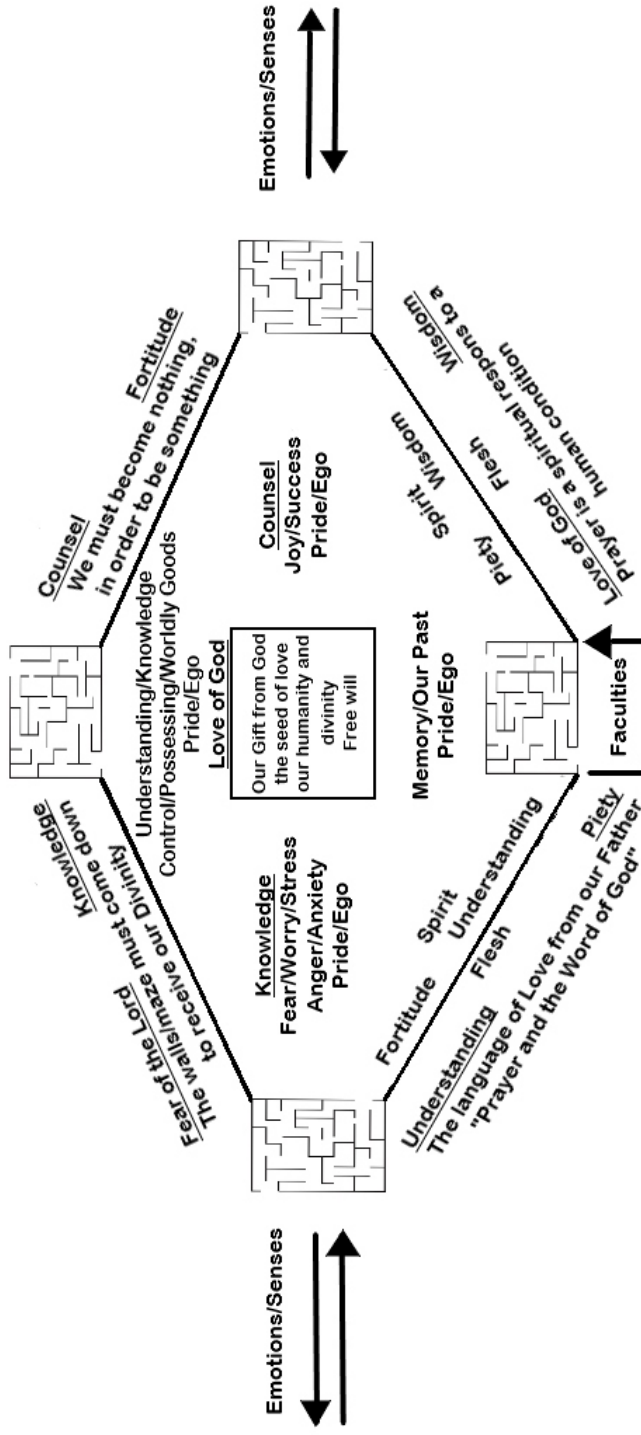
“As the father has sent me, I send you; Receive the Holy Spirit” (JN20:21-22) **“Pray, Pray, Pray”**

“Live to Love and Love to Live”

(Reflections and Prayers on the next pages)

Flesh & Spirit Humanity/Divinity

From birth we start building a maze of protection through our false self. Our true self only comes forth through the Holy Spirit



This is a picture of our human mind, self created with many walls, a maze of complexity. Only through prayer and the word of God, the wall can come down. To awaken anew everyday filled with the Spirit of Love and Truth. So the soul may find it's lover. To become equally mature physically and spiritually. To become evenly yoked, fully human and divine, returning love for love



Holy God Prayer

Holy God, send the **Holy Spirit** upon me, to open my heart so I may listen to the **Holy Spirit** through the word of God, and be led by the **Holy Spirit** on the way of the cross. As I walk with Jesus, I lift up my prayers for the Salvation of Souls and the Glory of God. So that I may not just see with my eyes, but with my heart and walk with the **Holy Spirit**, “The Spirit of **Love** and **Truth**,” So that my flesh and Spirit may become one with your will! “**Father not my will, but your will be done**, (Luke 22: 42)

Into your hands I commend my spirit (Luke 23:46) In the name of Jesus,
your most beloved son, **Amen.**” (John 14:4,6,14 cf)



Peter's Prayer/Feed My Sheep

Receive the Holy Spirit

Let us profess our love for Jesus, just as Peter did three times. (optional pray 3 times)

We proclaim, Father to whom shall I go? You have the words of eternal life. I have come to believe and I am convinced that you are the Holy One from God (Jn6:68-69)

“**Whom shall I send? Who will go for us?**” “Here I am, send me Father,” (Is 6:8)
pour the Holy Spirit into my heart (Rm 5:5) So I may return love for love in the name of Jesus, your most beloved son.(1Jn4:7, 12cf)

“**Jesus asks you, child of Abraham, Isaac, and Jacob**, (Gal 3:26,29 cf) **do you love me!**”

“Father you know everything, you know that I love you”, **feed my sheep** (Jn 21:17cf)

Come follow me, As the father has sent me, I send you:

Receive the Holy Spirit.” (Jn 20:21-22 cf)

(Eyes closed, Breathe in, **Receive** exhale **the Holy Spirit**) (3times)

Forgiveness and Mercy

(The way of the cross/The cross of sorrow and love)

“Receive the Seven Gifts of the Holy Spirit”

Jesus is condemned to death; in fulfillment of the scriptures, to make the greatest and final sacrifice of Love, for the sins of the world.

(eyes closed Breathe in, **Wisdom** exhale) (3times)

Jesus bears his cross; so we can be reconciled to God, as children of adoption.

(eyes closed Breathe in, **Love of God** exhale) (3times)

Jesus falls for the first time; when we fall let us rely on God and the way of the Holy Spirit that leads to the kingdom of God; **not on the things of the flesh that belong to the world that will perish.**

(eyes closed Breathe in, **Knowledge** exhale) (3times)

Jesus falls for a second time; may we persevere when life gets hard, and stay the course on the path of righteousness, **to give glory to God in all that we do.**

(eyes closed Breathe in, **Counsel** exhale) (3times)

Jesus falls for the third, and final, time; when we fall throughout our life; let us remember what Jesus said to the Apostle Paul; **“My Grace is sufficient for you, for power is made perfect in weakness.”**

(eyes closed Breathe in, **Fortitude** exhale) (3times)

Jesus is stripped of his garments; remember when we are stripped of the things of the flesh that belong to the world. **We have our soul that belongs to God give to God what is God's, with a humble and contrite heart.**

(eyes closed Breathe, **Understanding** exhale) (3times)

Jesus is nailed to the cross; may we always remember how much Jesus suffered for us, so we can be one with him through the resurrection and receive the Holy Ghost.

(eyes closed Breathe in, **Piety** exhale) (3times)

Jesus dies on the cross: **“My God, My God, why have you forsaken me.”** (Mk 15:34,39 cf) **“Father, forgive them for they know not what they do.”** (Lk 24:34) **“Jesus says to his mother “Woman behold your son.” To his beloved, “Behold your mother.”** (Jn19:26,27 cf) **“It is finished, Father, into your hands I commend my spirit”.** (Mt 27:50cf)

(eyes closed Breathe in, **Wisdom** exhale) (3times)

“For the love of Jesus,” “and the salvation of Souls.” (3times)

(Breathe in)

(Exhale)

(add your own mantra)

Resurrection of Jesus and the descent of the Holy Spirit

“Speak Lord for your Servant is listening” (1SM 3:9)

“As the Father has sent me, I send you, Receive the Holy Spirit (Jn 20-21-22)

(Eyes closed, Breathe in, **Receive the Holy Spirit** exhale) (3times)



Awaken Anew Everyday

Father I lift up my prayers to you, along with (name) and all those who call out to you; with your love heal the soul and mind; from the sins of thy flesh; for my spirit longs for your **love** every day. **Help me to listen; for you call me every day to awaken anew; to be transformed daily** by the **love** of the **Holy Spirit**, the Spirit of **“Love”** and **Truth**.

As I walk with the **Holy Spirit** and rejoice in the flesh for the Gift of Life; as the flesh and the spirit become one within, in union with **God**; the **Father** and **Son**! **May all my prayers and actions today be for The Salvation of Souls and the Glory of the Kingdom of God. AMEN.**



Fire and love/Rebirth, Our Father Prayer

Heavenly Father, let this prayer be an act of love and contrition for the forgiveness of our sins. To prepare us to receive the living body and blood of your most beloved son. For the Love of God has been poured out into our hearts through the Holy Spirit that has been given to all. So we will be consumed with the fire of love and truth, to be reborn; anew in the image of your **“beloved son Jesus Christ.”** (Romans 5:1-5cf) We dare to say, Heavenly Father, hallowed be your Name, your kingdom come, your will be done, on earth as it is in Heaven. Give us today our daily bread, and forgive us our debts, as we forgive our debtors; and do not subject us to the final test, but deliver us from the evil one **Amen.** (Matthew 6: 9-13 cf)

(Eyes closed, Breathe in, **Receive** exhale **the Holy Spirit**) (3times)



Psalm of Salvation

(need to sing, for the passing of all souls)

Jesus is a Lover, Jesus is a Lover

Calling, Calling,

Waiting for you to come home,

Waiting for you to come home

K-I-S-S-I-N-G

First came Jesus,

then came the Holy Spirit

K-I-S-S-I-N-G

The Kiss of Love, The kiss of Love

Bringing you home, Bringing you home

Blessa your soul, Blessa my soul

Blessa your soul, Blessa my soul

Bringing you home, Bringing you home

The Kiss of Love, The kiss of Love

Bringing you home

(Special intentions for all souls)

K-I-S-S-I-N-G

The Kiss of LOVE, The Kiss of LOVE!!!

“Bringing you Home”

“For the love of Jesus,” “and the salvation of souls.” (3 times)

(Eyes closed, Breathe in)

(exhale)

(add your own mantra)

Dedicated to Judy Henderson

(the Kiss of love is the Holy Spirit)

Remember

Who Loves ya Baby!!!

Jesus!

(New beginnings)

John Arthur Paul

Website: www.calltopray.co Email: contact@calltopray.co



PRAYER IN HONOR OF THE SACRED WOUNDS (Morning and bedtime prayer)

My Crucified Jesus, I Love You!
I adore the Wounds in Thy Sacred Head
With sorrow, deep and true.
So Every thought of mine today
Will Be an act of Love for You. (Morning Prayer)
Has been an act of love for you. (Bedtime Prayer)

I adore the Wounds of Thy Sacred Hands
With sorrow deep and true.
So Every work of my hands today
Will Be an act of Love for You. (Morning Prayer)
Has been an act of love for you. (Bedtime Prayer)

I adore the Wounds in Thy Sacred Feet
With sorrow deep and true.
So Every step I take today
Will Be an act of Love for You. (Morning Prayer)
Has been an act of love for you. (Bedtime Prayer)

I adore the Wound in Thy Sacred Heart
With sorrow deep and true.
So every beat of my heart today
Will Be an act of Love for You. (Morning Prayer)
Has been an act of love for you. (Bedtime Prayer)

So that when my day comes to an end,
I may lay my head to sleep;
My soul is yours to keep!
Father I am not worthy that you should enter under my roof,
But only say the word and my soul shall be healed!
“Into your hands I commend my Spirit”
“In the name of Jesus, **Amen.**” (John 14: 4, 6, 14 cf)

Apostles of Prayer/Daily Consecration

By doing the vow of consecration; giving of yourself freely, for the **Love** of **God** and the salvation of souls. **God** is rejoicing in heaven, because you are giving of your own free will; an act of true **love**. **God** has **Grace** upon **Grace** to give you, so embrace the gifts of the **Holy Spirit** you receive from him and give freely to others what **God** has given to you. So if you wish to become an **Apostle of Prayer**, you will become one. **“For we are all called; as children of God”**.



(Close your eyes) **“for the love of Jesus,”** (Breathe in) **“and the salvation of souls.”** (Exhale) (3 times, or more if needed)

(Apostles of Prayer/consecration) I **love** you Jesus with all my heart, I offer all my prayers for the salvation of souls, the conversion of hearts, the gift of life and the right for life, for all people who have no one to pray for them. For our priest and vocations to the priesthood. To my beloved Jesus, I offer all I am and all I will be for your Glory; your **Love**; may your will always be done Lord, not mine. May my heart always be yours; to be a servant to all, along with all the graces and gifts you give me; may I give them freely to others. Help me to pray every day, for you are the source of prayer, may my soul always proclaim the greatness of the Lord; though **Faith, Hope, and Love**. Grant me the **Love, Protection, and Guidance** of the **Holy Spirit** as we serve and **Love our brothers and sisters as Apostles of Prayer; “In the name of Jesus, Amen”**

(Close your eyes, Breathing in) **“for the love of Jesus,”** (exhaling) **“and the salvation of souls.”** (Three times)

Have Mercy on me, **God**, in your goodness; In your abundant compassion blot out my offense. O wash me more and more from my guilt and cleanse me from my sin. My offenses truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. Indeed, you love truth in the heart; then in the secret of my heart teach me wisdom. O purify me, then I shall be clean; O wash me, I shall be whiter than snow. From my sins turn always your face and blot out all my guilt. A pure heart create for me, **O God**, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your **Holy Spirit**. Give me again the joy of your help; with a spirit of fervor to sustain me that I may teach transgressors your ways and sinners may return to you. O rescue me, **God**, my helper, and my tongue shall ring out your goodness. **Father, open my lips and my mouth shall declare your praise, do not spurn a broken and humbled heart.** (PS.51,1-17cf) In my silence I find the living and beating **heart of Jesus**. May **God** look upon me today as I pray and see his beloved Son in me, and be pleased to grant me the keys to the kingdom of Heaven today, so that I may go out today and return **love for love**; through the out-pouring of the **Holy Spirit** to transform me; so that I may be one with the Divine Will of **God**, as I cry out,

“Speak Father, for your servant is listening.” (1 Sam3:9 cf)

Here I am, send me!” (Is 6:8 cf) **“In the name of Jesus Amen”** (John 14: 4, 6, 14 cf)

(Close your eyes, Breathing in) **“for the love of Jesus,”** (exhaling) **“and the salvation of souls.”** (Three times)
(add your own mantra)

Suggested Mantras/Gifts of the Holy Spirit

1. (Breathe in) **For the love of Jesus,** (Exhale) **and The Salvations of Souls**
2. (Breathe in) **For the love God,** (Exhale) **and The Salvations of Souls**
3. (Breathe in) **For the love of the Holy Spirit,** (Exhale) **and The Salvations of Souls**
4. (Breathe in) **Receive the Holy Spirit,** (Exhale)
5. (Breathe in) **Receive,** (Exhale) **The Holy Spirit.**
6. (Breathe in) **Receive,**(Exhale) **The Holy Ghost.**
7. (Breathe in) **Speak Lord,** (Exhale) **For your servant is listening**
8. (Breathe in) **Perfect love,**(Exhale) **Cast out all fear**
9. (Breathe in) **The word of God,** (Exhale) **Sets my heart on fire.**
10. (Breathe in) **Receive the Holy Spirit,** (Exhale) **The truth will set me free**
11. (Breathe in) **Love,** (Exhale) **Is the Bond of Perfection**
12. (Breathe in) **Holy God,** (Exhale) **Pray for us**
13. (Breathe in) **Holy Jesus,** (Exhale) **Pray for us**
14. (Breathe in) **Holy Spirit,**(Exhale) **Pray for us**
15. (Breathe in) **ST. (add saints name),** (Exhale) **Pray for us**
16. (Breathe in) **Holy Mary,** (Exhale) **Pray for us (at the foot of the cross)**
17. (Breathe in) **Mary Magdalene,** (Exhale) **Pray for us (at the foot of the cross)**
18. (Breathe in) **St. John,** (Exhale) **Pray for us (at the foot of the cross)**
19. (Breathe in) **Not my will,** (Exhale) **But your will be done**
20. (Breathe in) **Father your will be done,** (Exhale) **Not mine**
21. (Breathe in) **Here I am,** (Exhale) **Send me**
22. (Breathe in) **Into your hands,** (Exhale) **I commend my spirit**
23. (Breathe in) **Martyrdom,** (Exhale) **Of the heart and flesh**
24. (Breathe in) **In the name of,** (Exhale) **Jesus**
25. (Breathe in) **Love** (Exhale) **of God**
26. (Breathe in) **Fear of the Lord,** (Exhale) **Love of God**
27. (Breathe in) **Knowledge**(Exhale) , **or** (breathe in half the word and then exhale the rest)
28. (Breathe in) **Counsel** (Exhale) **or** (breathe in half the word and then exhale the rest)
29. (Breathe in) **Fortitude** (Exhale) **or** (breathe in half the word and then exhale the rest)
30. (Breathe in) **Understanding** (Exhale) **or** (breathe in half the word and then exhale the rest)
31. (Breathe in) **Piety** (Exhale) **or** (breathe in half the word and then exhale the rest)
32. (Breathe in) **Wisdom** (Exhale) **or** (breathe in half the word and then exhale the rest)
33. **Use your own mantra, word or phrase that makes your heart sing.** You don't have to breathe in and exhale a mantra. You can just say the mantra as a group or silently to yourself.



The Call to Pray

The Call to Pray is the answer to my prayer from 30 years ago. When God intervened and lifted all my pain, suffering and emptiness from my soul!

God lifted me up and in an instant, healed me and filled me with indescribable joy.

My first thought was what do I do now! I was so thankful, wanting to hold onto this great grace that consumed me. (Knowing what I know today; this was an outpouring of the Holy Spirit, perfect love, that heals all things). So my thoughts back then were, "God how do I keep this, I don't know you, I don't know how to pray"! So I thought if I read the Bible every day, I could hold onto this great love! This lasted 90 days, and the world came crashing back into my life, for I had no roots, no foundation with God to weather the storms of life!

Like the parable of the sower, I was the rocky soil that had no roots. The word of God and the love of the Holy Spirit vanished just as fast as it came. So I fell back into the fast track of life, focused only on things of the flesh and worldly goods.

My journey continued on for another 10 years of trying to do it my way. Then in 1997 God poured the Holy Spirit into my heart again, during a men's spiritual retreat. This time I made a promise to God that I would go to daily mass, read the word of God and pray every day. So now 20 years and 20,000+ hours in prayer, to become an Apostle of prayer, a prayer warrior for God. **So as you can see by the hand of God, I was given a hundred fold of what I asked of my father 30 years ago.**

For it is the year of Mercy, ask every day for the outpouring of the Holy Spirit, receive the healing Love that comes forth only from the Father and the Son. Now I come as a messenger and a servant to all, spreading the Word of God and the Call to Pray. Proclaiming a baptism of fire and love, and outpouring of the Holy Spirit; a re-birth to burn away the old/false self and be created anew every day. To receive love, compassion, and mercy, one must take up their cross daily and walk with Jesus! What was given freely to me, I give freely to you. What I share with you comes from the Holy Spirit. I will continue to pray every day to receive love, so I can share with all, this great gift of love. We must learn to receive love in order to give love! So to all, I share these three prayers and the Holy God prayer, with all my brothers and sisters around the world! **Prayer will change the world. "Love, Love, Love"**

Remember!!

Who Loves ya Baby!!!

Jesus

By J.A.P

The Call to Pray

1/1/17
Year of the Holy Spirit

The year of the **Holy Spirit**. The answer to prayer **"Ask, and you will receive, as children of God." Seek, and you will find, listen and you shall be consoled. "Knock, and the door will be opened to you, as you walk with Jesus every day."** (LK 11:9-13 cf) Our **Father** calls us every day through his beloved Son, **"Jesus"** and pours the **Holy Spirit** on all who ask. **Jesus** tells you, as the **Father** has sent me, I send you, receive the **Holy Spirit**. (JN 20:21-22 cf) For perfect **love**, only comes from the **Holy Spirit**, **"Love is the bond of perfection."** (Col 3:14)

I am a messenger for **The Call to Pray**, to proclaim an out pouring of the **Holy Spirit**, the spirit of **love** and truth. The message I have come to proclaim is one of **love**, from the Father and Son, though the gifts of the **Holy Spirit**, for all people, all faiths and religions. I am not here to talk about religion or, biblical doctrine. My calling is to share this great **love** of the **Holy Spirit** through word and prayer, with all my brothers and sisters around the world. So, when we ask and receive the **Holy Spirit** every day, washing away the old self and bringing forth the new self. How can we not be transformed; if we ask for **love** every day and receive **love**, to go out and share **love** and the gift of life with all our brother and sisters, one day at a time!

As prodigal children, we are all lost at times, but our **Father** is the same today and tomorrow, always calling us to come home. If you have ears to hear, you ought to hear, harden not your hearts, for wisdom is vindicated by works! Do we ground ourselves in the **Word of God** and **daily prayer**, putting **action** to our **faith**, asking and receiving the **Holy Spirit**? What fools we are when we do very little to invest in the kingdom of God on a daily base. Do we not store up treasures on earth, put money away for our retirement; so we can live in comfort, only to die one day. What about the investment/retirement plan you have for the Kingdom of Heaven? Do you make deposits every day? By asking and receiving the **Holy Spirit**, to go out each day and return **love for love**, for what you receive freely you are to give freely! So when the day comes, we all are guaranteed to die someday, will we have invested enough in our soul for the Kingdom of Heaven?

The amazing part and simplicity of the Kingdom of Heaven, is **love!** As we are born into this world, we all want **love**, seek **love**, our hearts are restless until we find **love**. All we have to do is ask and we shall receive **love**, so that we can return **love for love**. So it seems very easy and simplistic, but the hardest of things to do. This cannot be done by human standards and strength, only by the out pouring of the **Holy Spirit**. So will you **"Ask and receive the gift of love through Holy Spirit? The love that was given to me through the Holy Spirit, I give to you through the 3 prayers that make up the Holy God prayer. Pray one, pray all 3 prayers, "ask and you shall receive", "seek and you will find", "Knock, and the door will be opened."** (LK 11:9-13) **"In our physical life, love is the greatest investment we can make for our soul and the Salvation of souls for the Kingdom of Heaven. I will post a new letter the 1st of every year up to 2020. The year 20/20 vision through the eyes of the Holy Spirit**

Remember!!

Who Loves ya Baby!!!

Jesus

The Call to Pray

It is by **FAITH** we are grounded to weather the storms of life. Our **FAITH** is a blessing that comes from our Father that leads us to **hope**, through his beloved son Jesus. To carry us to **charity/love** of the **Holy Spirit** putting action to our **FAITH**! **For all who ask, shall receive the Grace of the Holy Spirit, through perfect love from the Father and the Son.**

When we receive love, we can give love and return love; for love, as children of God! We are all called to be like Elijah and John the Baptist. **A voice crying out, to prepare the way of the Lord.** By living our **FAITH** and sharing our **FAITH** every day. **For every day we ask and receive the Holy Spirit; we strip away the old self; to be created anew every day to prepare the way of the Lord. By living a life of love, compassion and mercy.** Life is a lot like a hurricane. We don't know when the storms will come, but by **FAITH** we are grounded in the center of the hurricane. For in the eye of the hurricane is calmness. This is like our **FAITH**, to say yes to the love of God; through an act of our own free will. So we can be calm in the middle of the storm; when all around us is being tossed about, not knowing what the outcome of the storm will bring. (Reflect on page 7 of 20/20 Vision)

When we rely on God every day, through **FAITH** we can learn to dance in the rain when the storms come. By **FAITH** we learn that God does not change, it's the world and people who create the change. So like the eye of a hurricane we can remain calm; when our **FAITH** is grounded in the love of God! Whether we are in a storm or a beautiful sunny day. The love we receive from the Father and the Son through the out pouring of the **Holy Spirit** does not change. Let us cry out every day, **here I am, send me (Is 6:8). Pour the Holy Spirit into my heart. (Rm 5:5) So we can go out every day to prepare the way of the Lord. For what we have received freely we are to give freely. If you have ears to hear, you ought to hear, for wisdom is vindicated by works; grounded in FAITH. FAITH is what we hope for in things we cannot see. Hope gives us the fortitude and perseverance through the love of Jesus. Charity and love; the offspring of the Father and Son through the Holy Spirit, which brings action to our FAITH. Pray, Pray, Pray; for prayer will change the world.** If you pray every day and ask for the out pouring of the **Holy Spirit** into your life. I was promised by our Father; if you ask you will receive, and be transformed from one glory to the next, and receive your full inheritance as children of God. **So, if you change, your world will change!** **We are to go out and prepare the way of the Lord by putting action to our faith; through prayer and the word of God. May God bless you and keep you and lead you to everlasting life! Pray it forward, share the word of God and the prayers of the Holy Spirit with all!**

Remember!!

Who Loves ya Baby!!!

Jesus

The Call to Pray

The year of Hope and Joy, so we can walk in the love and truth of the Holy Spirit, as children of God. Hand in hand with Jesus as we receive the grace and gifts of the Holy Spirit!

With our faith grounded in word and prayer the Holy spirit burns away our false self to see through the eyes of the “Holy Spirit, perfect Love” Which leads us to Hope and Joy.

Unconditioned love from our Father in heaven that brings Hope and Joy that touches the Soul! So the Soul can find its lover and is carried off to love of God and love of neighbor. This Love and Joy that comes from the Holy spirit is so amazing it just wants to flow through you; to give it to others what has been given freely to you. We now live not by sight, but by Faith, Hope and Love to receive our inheritance as children of God!

The date that has come up in prayer 10 years ago, 9/11/09 and coming up soon is 9/11/19 which is 9/11, the day and 9/11 the year, forwards and backwards! Based on the flesh and human standards these are the numbers that represent the need for urgent response (emergency) The Call to Pray. The year to follow is 2020 can we see clearly now with 20/20 vision with the Holy Spirit! **If you have ears to hear, you ought to hear and eyes to see you ought to see, harden not your hearts, for wisdom is vindicated by her works!** With that being said, should we not live everyday as if it is our last day. I don't know why or what these dates may bring forth. For I am just a messenger passing along The Call to Pray and the Word of God! “May this be the song in your heart and the words on your lips.” Hope does not disappoint because the Joy and Love of God has been poured out into our hearts through the Holy Spirit who has been given to all! (romans5:1-5, cf)

The Greatest Treasure on earth is the out pouring of the Holy Spirit. **“If you ask you will receive, seek and you will find, “Knock and the door will be opened”.** (LK:11, 9-13) **This is a promise from your Heavenly Father.** For I am a messenger proclaiming a baptism of Fire, and Love, to be reborn anew everyday as you ask and receive the Love of the Holy Spirit to burn away the false self and be created anew every day! We all have addictive personalities, let us be addicted to Love! Live life one day at a time, just as all our brothers and sisters do in a twelve-step program. Live today and love today for all we have is today! **“Be perfect as your Heavenly Father is perfect”** (Mt 5:48) **“Be Holy as your Heavenly Father is Holy.”** (Lev 19:2) **“Be merciful as your Heavenly Father is merciful.”** (LK 6:36) Through prayer and the word of God, **“Love is the bond of Perfection.”** (Col 3:14)

Fire and Love/Rebirth, Our Father Prayer

Heavenly Father let this prayer be an act of Love and Contrition, to prepare us to receive the living body and blood of your most beloved son. For the Love of God has been poured out into our hearts through the Holy Spirit that has been given to all. So we will be consumed with the Fire of Love and truth, to be reborn; anew in the image of your “beloved son Jesus Christ”. (Romans 5:1-5cf) We dare to say, Heavenly Father, hallowed be your Name, your kingdom come, your will be done, on earth as it is in Heaven. Give us today our daily bread, and forgive us our debts, as we forgive our debtors; and do not subject us to the final test but deliver us from the evil one, We Pray in the Name of Jesus Amen. (Matthew 6: 9-13 cf)

(eyes closed breathe in) **Receive the Holy Spirit** (Exhale) 3-times



*Prayer Intentions Year 20*____

Daily Prayer

Intentions _____



Prayer Intentions Year 20__

Daily Prayer

Intentions:



*Loving Hands of Healing Hope is a non-profit foundation that raises funds to provide integrative healing, spa, and cosmetic services - **free of charge** - to women and men undergoing treatment for cancer. Our mission is to assist patients who would not otherwise consider these services - services that help them achieve balance, relaxation and added self-esteem while they go through the difficult side-effects of chemo therapy and other invasive treatments. Get additional details on our website: www.lhohh.org. If you are a cancer patient, please contact us for additional information or to make an appointment to receive a complimentary service of your choice.*

The Call to Pray for mind, body, spirit, mental meditative prayer. To support Loving Hands of Healing Hope and The Call to Pray. You can help by making a tax deductible donation to the foundation today.

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Loving Hands of Healing Hope
6827 E. Camino Principal, Tucson, AZ 85715

Faith Hope Charity Pray Pray Pray



Prayer will change the world

May the words of our mouth and prayers, (thoughts) of our heart,
align for the highest and best expression of love in our world.

To enhance your prayer life. Praying with your mind, body, and spirit.

Prayer workshops, for groups, couples, and individuals. Please e-mail to set up a prayer workshop.



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