

**HEAVEN SPEAKS
TO THOSE
CONSIDERING SUICIDE**

Direction for Our Times
Anne, apostle of the Returning King

Revised and Updated

Heaven Speaks to Those Considering Suicide

Anne, apostle of the Returning King

ISBN: 978-1-933684-28-4

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Direction for Our Times is a 501(c)(3) tax-exempt organization.
Direction for Our Times Ireland Registered Charity CHY17298

Nihil Obstat: Very Rev. John Canon Murphy.

Imprimatur: ✠ Most Rev. Leo O'Reilly,
Bishop of Kilmore, Ireland.

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On November 29th, 2018, through a sacred decree, ***The Apostolate of the Returning King*** became a Private Association of the Faithful with Juridical Personality.

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Jesus

I have many things to say to those who are considering this act of self-harm. I love you. I see your pain. I understand that you long for relief from your anguish. Please, bring your anguish to me. I can help you. You are so valuable to the kingdom and I need you to help bring me to others.

“How?” you say, in your great interior grief. “How could I possibly be helpful to Jesus and to others?”

I will tell you. Your pain is the pain of many in the world today. Many souls feel your grief, your hopelessness. Many carry heavy crosses of illness and addiction, loneliness and hopelessness, rejection and anxiety. Many of my children look into their future and see only more grief and pain and this takes their courage from them. Dearest friend, you must not do this. Do not look into tomorrow and expect today’s pain to be repeated. You are not certain of such an occurrence. You cannot be certain because I, God, could change your

life during this day, today. You must remain in this day, in the present, because I have given you adequate grace to deal with your cross. It is only when you look into the future and think I will send you no relief that you find life unmanageable. Understand this. Your life is only unmanageable if you put me out of it. If you let me into your heart, into your life, I will make it not only manageable, but joyful.

You are skeptical. You cannot believe in a future with joy because the present holds such pain. I understand this, just as I understand everything about you. You may not know me well so I will tell you something about myself to help you decide that trusting me is a good decision.

I have never been known to break a promise. Never. Today, I have a promise for you.

If you ask me to help you, I will help you. Ask me, my beloved one. You are important to this kingdom and I have a plan for you. I need you. I need you to serve in a way that you do not and cannot understand today, in your great hopelessness. I will reveal the plan, but you will have to be courageous and allow me to

move you from this place of despair to a place of hope in your heart. I will do so. I will move you along, away from your sadness. You must trust me just a little bit and give me just a little bit of time. Even now, as you read these words, hope is stirring within you. This hope is from me and it is the smallest indication of what I will bring to you. I am giving you courage. I am giving you hope. Rest with me.

Say this; "I will rest myself against Jesus and wait for him to send relief."

I will send relief. Do not be afraid. I am with you now and I will never leave you.

November 30, 2006

St. Margaret Mary Alacoque

Dear little soul, you are in pain. Your anguish feels deep, I know. Often, the most difficult part of suffering anguish is the perception that nobody understands the depth of your pain. One can feel very alone in such pain and when one seeks out consolation from others, one is often terribly disappointed. Please listen to me. I am your sister in Christ. I experienced great anguishes while I was on Earth so I am rejoicing that God allows me to help you. When you go to another seeking comfort and you find yourself in worse shape, feeling even more misunderstood and alone, you must come to me. Say, "Margaret, I need help. I need help now."

I, Margaret, will go directly to the throne of God and I will remain there until you receive the comfort and courage you require. My friend, it is important for you to know that you are not suffering alone. Jesus sees your suffering. He feels it with you and his Sacred Heart is moved to the most passionate desire to assist you. You must allow our Jesus to help you. When you make this emergency prayer to me, Margaret, you are

really saying that you are willing to let Heaven help you. How Heaven rushes in at this time! You will know I have heard you because you will feel a change. It may be just a whisper of a change, just a little shifting. It will be noticeable to you as a feeling of calm in your spirit. When you feel this little feeling of calm, you will know that you have been heard, that help is on the way, and that you are not alone in your suffering. You have my promise that Heaven will surround you until the frightening feelings pass.

I want to say something else. It is common for a person on Earth to have thoughts which are not from God. Everyone on Earth struggles with this at some time. We could say, actually, that everyone on Earth struggles with this each day in terms of temptations. The battle is not finished until you die in your body and come to God's Kingdom. Given this, the constant need for struggle, you must view your thoughts of suicide as temptations. Do not be alarmed by these thoughts, as simply having these thoughts does not mean there is any reason to act on these thoughts. Do you understand? Do not be afraid. We, the saints in Heaven, all had bad thoughts and temptations during our time on Earth and

we all failed at times to fight off temptations. The temptation to commit suicide is one you must fight hard, with everything you have, because of the nature of the consequence. If you take your life, you will not be able to go back and say, "Jesus, I want to do better and serve you now." You take away any second chances for yourself to convert to Jesus and try again. Dear friends, this is wrong for you. It is not the answer you are seeking.

Jesus needs you to stay in the world until it is the right time for you to come home. This is God's plan and it is always best to follow God's plan. The last day of your life is determined by God. You must not think that the answer to great pain is suicide. This act of self-harm is always a mistake. Always.

St. Margaret Mary Alacoque

My friend, you have been hurt. I see that. I understand you are carrying wounds which cause you to ache. You may not even understand the source of your pain and your wounds. You know you are not perfect and that you make mistakes. Jesus accepts this about you and loves you most tenderly regardless of your mistakes. I want you to consider that others also make mistakes. Others fail in love and in kindness. Others are imperfect as we were all imperfect on Earth. The mistakes made by others can cause us the greatest pain. We can carry wounds with us without even being aware that we are doing so. These wounds then spread to other areas of our hearts and result in a general state of pain which is hard to come back from.

Jesus suffered terribly on Earth. He also carried wounds. Jesus, in his most Sacred Heart, understands exactly how you came to be in such pain. He knows more about the source of your pain and hopelessness than you do. My beloved friend, I beg you now to turn to Jesus. He will heal you from wounds you do not even know you are carrying. You have felt loss in your life and you

have felt emptiness. Jesus will fill you up again and restore you to a state of hope and joy. This hope and joy will flow out from you to others. I am telling you that your great pain will recede. When your great pain recedes and joy takes its place, you will be so kind to others, because you will understand how they are hurting. You will look at another in anguish and your heart will be moved to the greatest pity for them. You will say, "I remember feeling that badly." Only one who has suffered such anguish can really understand it. Would you agree? Do you remember a time you spoke to someone about something they had also experienced and you felt understood? It will be this way with your great pain, also, and someone who feels hopeless will gain hope from you. If you take your life, you will not be around to help this person in the future.

I want you to know that Jesus, in his most Sacred Heart, feels your pain. Jesus suffered so that we could be forgiven. The fact that Jesus suffered willingly does not in any way take away from the fact that he suffered terribly. Perhaps, my friend, you can look up to Jesus and tell him that you, in your suffering, understand something about his suffering. If you do this, all of Heaven will rejoice

because you will be on your way to becoming a saint. Believe this, my friend, because it is truth. Many will share with Jesus in his joy. Many will even respect his cross. But few on Earth will carry the cross and turn their eyes to the Father in love during their suffering, which is what Jesus did. Do this, beloved one, and Heaven will lighten your cross and remove this pain sooner than you expect.

December 1, 2006

St. Margaret Mary Alacoque

I feel such compassion for you, my friend. When you are carrying a heavy cross, it is difficult to see that it will end. Sometimes, you do not believe it will ever end. In terms of human power, maybe it is even impossible that your cross will end. But nothing is impossible for Heaven. In Heaven, you see, we live with miracles happening all around us. When you come to Heaven you will understand what I mean. If your situation requires a miracle from Heaven, you should ask for one. Miracles are not impossible when you keep company with saints. Saints, indeed, are all about obtaining miracles from God. God gives us these things, these miracles, because we suffered with him while we were on Earth. You will be a saint if you suffer with Jesus. Then you will be able to obtain powerful graces, also. You will say, "God, please help this person." God will do so when he sees you making the smallest effort to accept your suffering with Jesus. You have influence in your suffering. You have intercessory power, which means that if you ask for graces for another, God will grant them.

This may be difficult for you to accept because you feel so sad or angry, but I will use my influence to obtain graces for you to help you understand. You will see that your suffering, your pain, is being used by Heaven to help others. It will pass, my friend. You will feel better. I make this promise to you in the presence of Jesus Christ. He will keep this promise for us.

St. Margaret Mary Alacoque

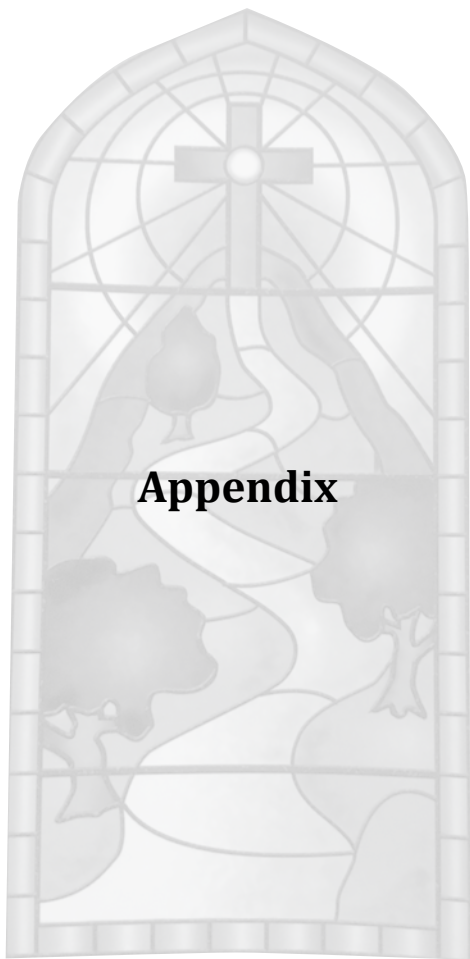
I am going to give you some advice. I suffered great anguish on Earth, as I said, so I am a good person to help you. Remain very calm during this time of upset. Do not panic. Do not act in haste. Let us, your heavenly friends, calm your spirit. If you deal with your pain in quiet, with an attitude of calm, you will be less likely to make bad decisions which may create even more pain. It is best, indeed, if you can delay important decisions until you feel better. Be wise about your suffering and allow yourself to be quiet. This is not a bad thing. Spending time in silence, in reflection, will not harm you. While you are remaining in quiet, ask Jesus constantly for help. Ask him to remove your pain as soon as possible, and ask him to help others who are suffering this pain. You are joined to Heaven, remember, and there are many of us in Heaven who understand your suffering and seek to help you. You are not alone. We will never abandon you in your anguish. Ask Heaven to send you calming graces and Heaven will do so. Remember that you are important and that we love you very much. Your mistakes do not affect our love for you because we made mistakes, too. Heaven is filled with saints who

were great sinners on Earth. We repented and God forgave us. Be at peace about your mistakes because the experience you gain from your mistakes helps you later. Do you understand? God has a plan for you. Taking your life is not part of that plan. You are surrounded by saints and you are surrounded by angels. You belong to our family and you will have all you need.

Blessed Mother

My dear little child, how heavy is your heart. I see that you are suffering and feeling alone. Dear beloved one, you are not alone now and you will never be alone. Even as you read these words, Heaven surrounds you. The angels pray constantly for your recovery, for a return to joy for you. You must believe that I tell you the truth today. I am Mary, your mother, and I can only seek what is good for you. I will seek what is good for you right now, before the throne of God, and ask the Father to send you heavenly gifts of courage and calm. You will move through this day which is already passing into the past and tomorrow will be better. Each day will move you closer to recovery. Do not think for a moment that God will leave you with pain that you cannot manage. God will not do this. Ask for help and you will receive it. I am here, with you now, and I will make sure you receive all you need to move past this period of anguish. Heaven does not will this for you. Heaven wills hope for you. Heavenly graces filled with hope flow into your soul now. Rest in God's grace and I will secure everything necessary for you. I am your mother. I love you completely. I will help you. May I ask you to help

me with something? I ask you to turn away from anything that is causing you this pain. Walk away from habits which bring darkness into your little soul. I will give you the light to understand what is creating such pain. You will not be left confused. Your cross will be lightened. You have my assurance of this. Be at peace today because, truly, Heaven hears your prayer and moves to answer your prayer. You will see Heaven helping you in many ways, my beloved child. You are not alone.



Appendix

The Five Spiritual Practices

As Apostles of the Returning King, we begin the spiritual practices in whatever way we can. For some, a good start will be simply praying the Allegiance Prayer each day. For others, assuming all five practices may feel quite natural.

1. Daily ***Allegiance Prayer*** and ***Vocation Prayer***, plus a brief prayer for the Holy Father
2. ***Eucharistic Adoration***, one hour per week
3. ***Prayer Group Participation***, monthly, at which we pray the Luminous Mysteries of the Holy Rosary and read the Monthly Message
4. ***Monthly Confession***
5. Further, we will **follow the example of Jesus Christ** as set out in the Holy Scripture, treating all others with his patience and kindness

Three Charisms of the Apostolate of the Returning King

- ✠ Compassionate Listening
- ✠ Learning and Teaching the Catechism
- ✠ Promoting Unity in the Church

The Allegiance Prayer

Dear God in Heaven, I pledge my allegiance to you. I give you my life, my work, and my heart. In turn, give me the grace of obeying your every direction to the fullest possible extent. Amen.

The Vocation Prayer

Oh Mary, mother of Jesus and Queen of the Church, I ask you to bless me with fidelity to my vocation. Assist me in seeing that my service, however humble and hidden, is important to the universal Church. Strengthen me in times of trial and watch over my family and loved ones. Help me, beloved mother, to remain faithful to Jesus Christ, your son, the Returning King. Amen.

Promise to Apostles of the Returning King

May 12, 2005

Jesus

Your message to people remains constant. Welcome each person to the rescue mission. You may assure each apostle that just as they concern themselves with my interests, I will concern myself with theirs. They will be placed in my Sacred Heart and I will defend and protect them. I will also pursue complete conversion of each of their loved ones. You see, the people who serve in this rescue mission as my beloved apostles will know peace. The world cannot make this promise as only Heaven can bestow peace on a soul. This is truly Heaven's mission and I call every one of Heaven's children to assist me. You will be well rewarded, my dear ones.

The Volumes

Anne, apostle of the Returning King

- Volume One:** *Thoughts on Spirituality*
Volume Two: *Conversations with the
Eucharistic Heart of Jesus*
Volume Three: *God the Father Speaks
to Children
The Blessed Mother Speaks
to Bishops and Priests*
Volume Four: *Jesus the King
Heaven Speaks to Priests
Jesus Speaks to Sinners*
Volume Five: *Jesus the Redeemer*
Volume Six: *Heaven Speaks to Families*
Volume Seven: *Greetings from Heaven*
Volume Eight: *Resting in the Heart of the Savior*
Volume Nine: *Angels*
Volume Ten: *Jesus Speaks to his Apostles*

Excerpts from The Volumes

Jesus Speaks to You

Booklet containing the messages taken from
Volume Four, Part Three: Jesus Speaks to Sinners.

Jesus Speaks to Children

and

Mary Our Blessed Mother Speaks to Children

These two illustrated children's books contain messages
taken from *Volume Six.*

The “Heaven Speaks” Booklets

Anne, apostle of the Returning King

Heaven Speaks About Abortion

Heaven Speaks About Addictions

Heaven Speaks to Victims of Abuse

Heaven Speaks to Consecrated Souls

Heaven Speaks About Depression

Heaven Speaks About Divorce

Heaven Speaks to Prisoners

Heaven Speaks to Soldiers

Heaven Speaks About Stress

Heaven Speaks to Young Adults

Heaven Speaks to Those Away from the Church

Heaven Speaks to Those Considering Suicide

Heaven Speaks to Those Who Do Not Know Jesus

Heaven Speaks to Those Who Fear Death

Heaven Speaks to Those Who Experience Tragedy

Heaven Speaks to Those Who Fear Purgatory

Heaven Speaks to Parents Who Worry

About Their Children’s Salvation

Heaven Speaks to Those Who Have Rejected God

Heaven Speaks to Those Who Struggle to Forgive

*Heaven Speaks to Those Who Suffer
from Financial Need*

Heaven Speaks Collection

Contains all 20 Heaven Speaks booklets

The Big Books

Other Written Works by Anne, apostle of the Returning King

Climbing the Mountain

Discovering Your Path to Holiness
Anne's experiences of Heaven

The Mist of Mercy

Spiritual Warfare and Purgatory
Anne's experiences of Purgatory

Serving in Clarity

A Guide for Apostles of the Returning King

Lessons in Love

Moving Toward Divine Intimacy

Whispers from the Cross

Reclaiming the Church through Personal Holiness

Transforming Grace

Becoming Thoughtful Men and Women of God

Staying in Place

Recovery in the Church

Suspended in Mystery

The Eucharist, Mary, and Mothers of the Church

In Defense of Obedience

& Reflections on the Priesthood

Excerpts from The Big Books

Purgatory, Prayer, and Forgiveness

Excerpted from *The Mist of Mercy*

Heaven

Excerpted from *Climbing the Mountain*

Thoughtful Men and Women of God

A Guide to Contemplative Prayer

Excerpted from *Transforming Grace*