

# **HEAVEN SPEAKS ABOUT STRESS**

Direction for Our Times  
As given to Anne, a lay apostle

Revised and Updated

## ***Heaven Speaks About Stress***

As given to Anne, a lay apostle

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By Sacred Decree

***The Apostolate of the Returning King***

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**August 9, 2005**

**Jesus**

**My children, why do you hurry so? Why do you feel you must move so quickly through your days? This is not the way I intended the children of God to live. You may tell me you have many things to do. I respond to you by saying that you are trying to do too much. You will not be holy if you move so quickly. I want my beloved apostles to move thoughtfully through their days. I want you to make decisions about what I am asking you to do and what you are busying yourself with that is not from me. I want your way of life to change and I am asking you to make this change now. In the next week, think about each activity and decide, with me, if it is something I want you to do or something you want to do. My dearest apostles, I ask that you begin to remove activities which do not further my will. I want more time in silence, as you know. I want more time with families, without noise blocking you from each other. I want prayer, yes, but also conversations that are not hurried and stressed between**

husbands and wives, brothers and sisters, and parents and children. These are the souls I have decided you will walk through your life with and you have obligations to them. If you are too busy with your own will, you are not seeing to mine, and you are missing opportunities both to learn from others and to assist others in learning about me. If you do not pay heed to me, who will? In order for the Renewal to come, my beloved apostles must begin to seek only Heaven's will in their days. I am talking to you and calling you my apostle. Do not look to someone else or assume I am speaking to others. I am speaking to you.

## **St. Padre Pio**

Live simply. Eat simply. Love one another simply. Do not complicate matters unnecessarily. How do you live simply? Remove activities that are not necessary or that pull you away from duty. Consider your duty. Then move through each day and try to serve only that duty. Have order in your life and in the life of your family. There should be a rhythm to each day that does not change. Rise at the same time. Retire at the same time in the evening. Pray at the same time. This creates an environment in which you are free to consider God. Do not think, my friends, that you live in a world where the need for simplicity has disappeared. Apostles of Jesus Christ must set an example of service and obedience, but not hectic service. There should be calm and if there is not calm in your life, change your life and keep changing it until you find calm. The act of sitting and reading these words is forcing you to consider Heaven's wishes for you. Pull yourself away from the world even further and spend some time in silence when you are finished reading. Ask Jesus to show you which activities should be removed. My friends, if you are a parent, the lives of your children should also be simple. Children should

not be stressed by too many activities. They should have responsibilities in their home, and parents should be present to see that the children meet their responsibilities. This will make children feel good and holy. If there is calm in the home, and not constant noise, a parent is able to consider each child and see that each child is proceeding in the acquisition of virtues. This is not happening if there is a constant stream of activity preventing people from consideration of these matters. Live simply.



## **St. Padre Pio**

Eat simply. There is a problem with eating and drinking in today's world. There are those who are starving and those who are gorging. My friends, I loved food when I lived on Earth. I loved it so much that I had to withdraw from it lest I became too attached to it. Food is for sustenance. You should eat simple foods, prepared at home, and not stress your body with too much food or too much drink. This is not how holy apostles live. Holy apostles consider what they need to sustain their bodies so they can serve each other in physical strength. There is a time for feasting, of course, and these feasts should be as generous as possible with great thanksgiving and joy. I am not saying that there should be no joy or that food should be dreary. Mealtime should be happy and cheerful. There should be prayers before meals and after meals. These prayers should not be long or drawn out. They should be simple and heartfelt, thanking Heaven for providing for you on each day. What I am remarking upon is a distorted view of food and eating. If you are part of a family, there should be others assisting in the preparation and serving of meals. Even if there is limited time, there

should be some form of sitting together and ministering to one another with regard to each day's challenges or triumphs. If you are eating alone, this time of eating can be shared with Heaven. It is Heaven sustaining you, after all, so it is only just that Heaven be given some attention. Eating should create a pause in your day. It is a time for reflection, a break between one task and the next, between one portion of your day and another. It is a time to consider your duty and how you are doing in the performance of it. Eating in haste is yet another example of how the enemy keeps God's children so distracted that they cannot consider him or his will. Eat simply.

## **St. Padre Pio**

Love simply. Serve each other in joy and patience. There is far too much talk about relationships. You were created to serve, dear apostles. Serve. Do not keep scorecards of who is serving the most or who is serving the best. You have only to account for yourself, so why do you concern yourself with the lack of service in others? Set an example of consistent service and you will find that others fall into line with you and improve. Love each other as Jesus loves you. Jesus forgives and forgets. Jesus does not wait to catch you at a bad moment when you are not doing your best or when you are discouraged. Jesus encourages you and overlooks your flaws. Do this for others, most particularly the people who are called to walk through your life with you. No judging, my friends. Judging is for Jesus. Put the best possible light on others and expect the best from them and you will not be disappointed. Love passionately in that if you are called to walk with someone, be loyal to them as Jesus is loyal to you. Look for ways to make them feel cherished and appreciated. Small acts of kindness can change someone's life. Heaven is promising the greatest graces for this time. Heaven speaks the truth,

always, and will deliver these graces. Ask for great graces for each person in your life, particularly that person who is annoying to you or the person you feel is failing you in some way. Ask Heaven to surround them with grace and then love them. Dear parents, love your children simply. Look at each child as God's precious gift, created to serve the Kingdom. How will that individual be called to serve? Each call is individual but I can tell you this. If there is a child in your life, you must consider what you are being asked to contribute to that child's formation. I am speaking now to all people, not just parents. Take an interest in the children around you and see what our Lord is expecting you to provide in the way of encouragement. Brothers and sisters, serve each other in peace and do not fight and bicker so much. Love simply. Heaven will help you.

## **St. Padre Pio**

Be at peace in the crosses God has asked you to carry. Do not be angry at Heaven or blame Heaven for the troubles in your life. Your life will end and the troubles will end. If you are at odds with Heaven, your anger is misplaced. Brothers and sisters, neither should there be so much energy spent on scrutinizing what our Church has done wrong. Acknowledge the mistakes of others, and pray for them. Protect yourself from their flaws if they are dangerous to you, but do not live your life discussing the flaws and mistakes of those in the Church who are struggling. This is over. The time for this has passed. A renewed Church is coming, faithful and united, and you must help to usher this in by setting an example of great loyalty and fidelity. Perhaps there are matters about the Church with which you disagree. Heaven accepts the fact that you have opinions. But you should discuss these matters with Jesus and not use these points to pull our Church down and distance others from obedience. You will be accountable for this, my friends. If Jesus is calling you to lead in the Church, then you must lead. If he is calling you to follow in the Church, I suggest you follow or risk displeasing Heaven.

These words I say to you are serious and I am praying you will heed them. God is allowing this because he loves you and he does not want you confused and distracted. This relentless criticism of the Church is not from God, of course. But you know that, and you understand that being in a constant state of disagreement with our Church is causing you unnecessary stress. There are many beautiful and brave people who have been called to the Renewal. You are one of them. Work for our Church and defend her in whatever way you are called. This is God's one true Church and that has not changed. Be faithful during this time and your reward will fill you with the greatest joy. It is too uncomfortable for you to be doubtful of all of our Lord's leaders. Accept both your personal crosses and also the crosses our Church is carrying during this period. Heaven is with you in each personal cross, and Heaven is working to renew the Church. Be patient and calm while we work together in these matters.

## **St. Padre Pio**

My brothers and sisters have many ways of dealing with stress in their lives. What Heaven is trying to tell you is that much of your stress can be alleviated by a few simple decisions. The first is a decision for Jesus, total and complete. This will actually reduce all of the stress in your life because you will begin to live for Heaven and not Earth. You will concentrate on your duty, ordained by Heaven, and not on the busyness the world is trying to substitute for your duty. You will decide to live simply, eat simply, love simply, and Heaven will surround you with graces each day. Jesus will not be in one box and your life in another. Jesus and your life will be together each day, all day, and each decision will be made in union with him. This is service to Heaven and unity with Heaven. Concentrate not on how others are loving you or not loving you. Jesus loves you enough for everyone on the planet with you. Concentrate on how Jesus is able to flow his love through you to others. This is the Renewal. This is the process of the Second Coming which has begun. Jesus returns to Earth through each one of his beloved apostles. If you are thinking that perhaps you are not called to

be his apostle, let me clear that up immediately and state, with all certainty, that Jesus is calling you. You are called. You must answer. Follow him and you will find your stress fading away, even in the greatest of trials and temptations. I am your friend and Heaven is filled with souls like me who are also your friends. We will help you with the process of reducing stress in your life. Acquire a heavenly rhythm to your days and watch what Jesus can do. I love you.



## **Blessed Mother**

My little children become unhappy when they are too busy. They do not have time to give love to each other and to receive love from each other and this makes them troubled. They then seek to make themselves feel better by distractions that are not from God. Dear children, I am your heavenly mother and I will help you with this problem. Jesus wants you to live happily, even with the inevitable crosses which come in your lifetime. Be aware of each act that pulls you away from your duty. Be disciplined in organizing your life so that there is order and peace in your home. Do not allow possessions to clutter your home or your heart. Remove these material things and let your home be clean and orderly, as best you can. I am not asking that you be rigid, my dear children, but that you be simple. I am not asking that you be harsh with your children but that you set an example of order, so they will understand that too many possessions are unnecessary. I will help you to be at peace with each other in your home. Please do not shout at each other. When impatience takes over, apologize as quickly as possible and restore peace. Do not live in coldness. If there is a disagreement and you make

peace, even if you are not at fault, all of Heaven will applaud you. Blessed are the peacemakers, my children. This cannot be stated enough. Bring peace everywhere with you and you will be a faithful apostle of my beautiful son, Jesus. I am with you and I will help you to understand how Heaven is asking you to do this. Always look for the small opportunities. I love you. I will never leave you.



## The Five Spiritual Practices

As Apostles of the Returning King, we will adopt the following spiritual practices, as best we can:

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 Lay Apostles

May 12, 2005

Jesus

**Your message to souls remains constant. Welcome each soul to the rescue mission. You may assure each lay 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. So you see, the souls who serve in this rescue mission as my beloved lay 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**  
**as given to Anne, a lay apostle**

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

**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 books contain messages taken from Volume Six*

## **The “Heaven Speaks” Booklets**

as given to Anne, a lay apostle

*Heaven Speaks About Abortion*

*Heaven Speaks About Addictions*

*Heaven Speaks to Victims of Clerical 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**

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## **The Big Books**

Other Written Works by Anne, a lay apostle

### **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

### **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*

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