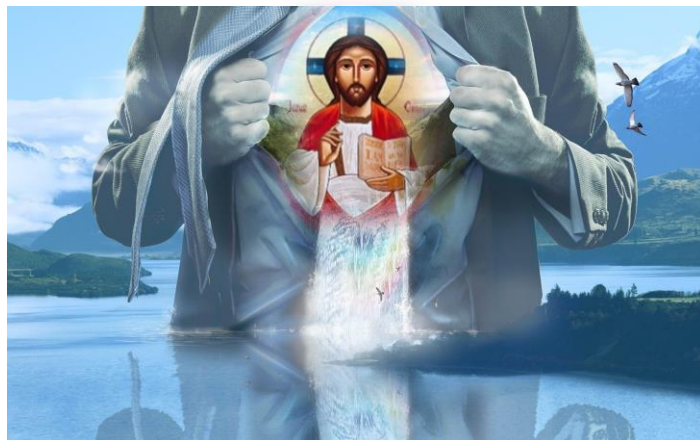




CANDLELIGHT EVENING WITH THE HOLY TRINITY 2024

The Inner Kingdom



The Inner Kingdom

After completing this pamphlet, proceed to “write your letter to God”. May this journey into your inner kingdom rekindle your love for the Holy Trinity and help you devote this new year entirely to God’s glory!

My beloved...I am so happy you are here tonight.

Welcome to the Church, the throne of God, My body.

It’s been another difficult year, I know. There were some difficult challenges this year too.

Despite all those hardships, you fought the good fight, you were faithful and kept the faith.

You made it to my house today.

Welcome my beloved. There is so much I want to share with you today.

Let’s go together on a journey through My palace...your very own *heart*.

I want to reveal to you some mysteries...let’s enter this sacred place with hushed voices and bowed heads. I want to take you to My holy presence and teach you how to find Me here daily.

“Be still, and know that I am God.” Ps. 46:10

In order to be with Me you must learn to *let go* of your need to always be doing something...you need to slow down and learn *stillness*. If you do this daily, faithfully, you will discover that there is a hidden kingdom within your heart where I am. Take your time...there is no rush. Go deep! Challenge yourself...and linger with Me within your heart.

To find this kingdom, you must take a journey...the person seeking inner stillness is someone who has embarked upon the journey into their own heart—not someone who only shuts himself off physically from others.

How well do you feel you know yourself? What do you know about the inner kingdom within you?

I want to teach you a spiritual law...

NO STILLNESS, NO GOD

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If you are not still, you run the danger of not knowing Me. If you don't know Me, you won't know yourself, because you are made in My image and likeness.

KNOW STILLNESS, KNOW GOD

I want to tell you something to help you remember the importance of surrendering your desire to constantly be busy.

Monkey hunters cut a small hole or slit in a coconut and fill it with rice. Then they tie the coconut to a tree or attach it to a stake in the ground. The hole in the coconut is big enough for the monkey to get his hand in, but not big enough to get his hand out if it is filled with rice. As the hunters approach, the monkey desperately tries to get his fist out of the coconut, but can't seem to understand that gaining his freedom is simply a matter of letting go of the rice.

Let go of always having to do something and learn to be still daily...

What do you have to do in order to accomplish this challenge?

Here is another spiritual law that I want you to know:

KNOW GOD, KNOW YOURSELF

*You need to know Me,
to know who you are...
to have an authentic identity*

Today many people are looking for their identity, for their place in the world, for who they are. The only place you can find who you are is in Me.

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Once you know Me, and you know yourself, you will finally find the strength and confidence you are seeking. Don't look for this in your own resources...look for it in Me, in your daily stillness.

“For thus says the Lord God,
The Holy One of Israel,
‘In returning and rest you shall be saved;
In quietness [stillness]
and confidence shall be your strength.
But you would not.
And you said, ‘No, for we will flee on horses. . .
We will ride on swift horses.’”

Isaiah 30:15

When I hung quietly on the cross for you, I was responding to my Father's desire for stillness. I did what you often refuse to do. I did it for you, so you can be able to do it. And, in that act of supreme stillness, the cosmos was saved.

Unless you maintain contact with your inner depths where **I AM**, unless there is a still center in the middle of the storm, unless in the middle of all your activity you preserve a secret space in your heart where you stand alone with Me, you will lose all sense of direction and be torn in pieces.

I want you to be still daily...

Choosing a time to be quiet with Me, a time of contemplation, is your part in the synergy between you and I. Steadfastness in choosing to be still, every day, is primary.

What do you think you will benefit if you learn to take a time of stillness daily?

It will not be easy...but persevere to be still anyways.

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Here’s what to expect when you are still. When you get quiet, your dark inner world explodes out. All the repressed negative thoughts, all the undone tasks, all the backed-up sludge comes to the surface.

That’s ugly.

So you just stay busy and avoid the discomfort. But if you allow that phase to pass—and it will pass—a gradual peace will flood your soul.

Have no expectations...

Enter your quiet time of contemplation with no expectations except to put yourself in My hands. I will do with you as I will. But you can surely expect more intimacy with Me as a result of your stillness...this is my gift to you.

Your role is simply to be as still as possible and to pray as best as you can, faithfully.

I provide the rest.

Here’s what you should pray during your time of stillness, the famous Jesus Prayer:

***“My Lord Jesus Christ Son of God
Have mercy on me a sinner”***

The Jesus Prayer, causes the brightness of My Transfiguration to penetrate into every corner of your life.

If you spend a few moments in stillness every day, you deepen and transform the remaining moments of the day, rendering yourself available to others, effective and creative in a way that you could not otherwise be.

What are you looking forward to in our daily time of stillness together?

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How to practice stillness daily:

1. Go to a quiet place, grab a prayer rope, sit down, close your eyes.
2. Turn off all distractions and set a timer for 5 minutes (or longer).
3. Block all thoughts of the *past* and the *future*. Focus only on the **present moment** with **Me**...face to Face.
4. Fix your attention only on **Me** with full enthusiasm and love!
5. Breathe in **deeply** and **slowly** while saying “My Lord Jesus Christ...”
6. Breathe out **deeply** and **slowly** while saying “have mercy on me...”
7. You may substitute the second part “have mercy on me” with anything else you want to say.
8. With each prayer count one knot on your prayer rope.
9. If you lose focus, return to Me until your timer alarm rings.
10. Return again tomorrow...I’ll be waiting for you with full enthusiasm and love!

I invite you to take 5 minutes to practice stillness now in my loving presence...

Now that you have been still, you are ready to write your letter to Me. Write about your past year and its defeats and victories...and the coming year’s dreams and goals. Pour out your heart to Me. Your letter will remain under the altar to be blessed by its Liturgies and prayers. Be sure to write your address clearly in the center of the envelope and seal it. The Church will mail it to you at the end of the year.

May your 2024 be filled with stillness, the Name of Jesus and the brightness of the transfiguration. Many blessed returns.