

Pray More Lenten Retreat - Transcript

2 Minute Prayer

Elizabeth Ficocelli

Hi. My name is Elizabeth Ficocelli. I'm a Catholic author, speaker, and radio host. I just want to take a minute to share a very short but profound prayer that we've been using in our family. The prayer was given to Venerable Sister Consolata Betrone. She was a Capuchin nun from Italy who lived in the first half of the 1900s. And Jesus appeared to Sister Consolata and gave her this very simple prayer: "Jesus, Mary, I love You. Save souls." "The whole premise of this idea," Jesus told Sister Consolata, "is you think only of Me." He was saying to her. "Just love Me, and Me alone, and I, Jesus, will take care of everything else." So when we relinquish the control of ourselves, of our lives, of all of the lives of the people around us that we so often worry about, God can actually work more effectively in them and in those situations when we're not blocking Him. "Jesus, Mary, I love You. Save souls."

And when we say this prayer, it brings us peace. It actually keeps Satan away – he can't get near us when we're saying this prayer. That's how powerful it is. And Jesus told Sister Consolata that every time we say this prayer, we release a soul from purgatory, which is pretty amazing. It keeps us in the present moment too, which I love. It doesn't... You know, we still often want to lament about the past, or worry about the future. Well, we can't control that, we can't change those things. But we can live in the moment, and that's what this prayer does. "Jesus, Mary, I love You. Save souls." And it's not a prayer meant to replace your current prayers or devotions, because it's so short and simple to say. We can say it walking across the room, or getting up from our chair, or just driving in the car. And I have really experienced rapid and even surprising results to situations that had me so much in turmoil, you know, and so perplexed and so perturbed, and yet this prayer would work when I really said it with faith. And I love that it's so easy to say. It's so simple that even little children can say it with us. "Jesus, Mary, I love You. Save souls."