

15 minute rosary meditation

15 minute rosary meditation offers a focused and spiritually enriching way to engage with the traditional practice of praying the rosary. This brief yet meaningful meditation allows individuals to deepen their connection with the mysteries of the rosary while maintaining a manageable time commitment suitable for busy schedules. The 15 minute rosary meditation combines prayer, reflection, and contemplation, making it accessible for both beginners and seasoned practitioners. By concentrating on key aspects of each decade and its corresponding mysteries, this method encourages a more intentional and mindful prayer experience. This article explores the structure, benefits, and practical steps to perform a 15 minute rosary meditation, as well as tips for enhancing spiritual growth through this practice. Readers will gain insight into how this concise meditation complements traditional rosary prayer and fosters a deeper understanding of its significance. The following sections outline the essential components and guidance for engaging in a 15 minute rosary meditation effectively.

- Understanding the 15 Minute Rosary Meditation
- The Structure of the 15 Minute Rosary Meditation
- Benefits of Practicing a 15 Minute Rosary Meditation
- Step-by-Step Guide to the 15 Minute Rosary Meditation
- Tips for Deepening Your Rosary Meditation Experience

Understanding the 15 Minute Rosary Meditation

The 15 minute rosary meditation is a condensed form of the traditional rosary prayer that emphasizes focused reflection on the mysteries within a shorter time frame. This approach is ideal for individuals seeking a meaningful prayer experience without the extensive duration often associated with the full rosary. It centers on meditating upon one or two mysteries, allowing for concentrated contemplation and spiritual engagement. The practice maintains the essence of the rosary by combining vocal prayer with silent meditation, fostering a balanced and holistic spiritual exercise. Understanding this format is essential for appreciating its unique benefits and how it complements regular devotional habits.

The Origin and Purpose

The rosary has long been a cornerstone of Catholic prayer, with its origins

traced back to medieval times as a method of meditative devotion. The 15 minute rosary meditation evolved as a practical adaptation to encourage daily prayer among the faithful, especially those with limited time. Its purpose is to make the rosary more accessible while retaining its meditative depth. By focusing on a shorter session, practitioners can cultivate a habit of prayer that enhances spiritual discipline and mindfulness.

Key Elements of the Meditation

This meditation involves several fundamental elements: vocal prayers such as the Our Father, Hail Mary, and Glory Be; mental contemplation of the mysteries; and moments of silent reflection. The balance between spoken prayer and meditation supports a comprehensive spiritual experience. Emphasis is placed on visualizing the scenes of the mysteries, encouraging a deeper connection with the life of Christ and the Virgin Mary.

The Structure of the 15 Minute Rosary Meditation

The structure of the 15 minute rosary meditation is designed to fit within a quarter-hour timeframe while preserving the core components of the traditional rosary. It typically involves the meditation of one or two mysteries, with corresponding prayers and reflections. This structure allows for a focused and uninterrupted prayer session that can be easily integrated into daily routines.

Selection of Mysteries

The rosary contains four sets of mysteries: Joyful, Sorrowful, Glorious, and Luminous. For a 15 minute meditation, selecting one set or even just one mystery from these groups is recommended to maintain a manageable length. Each mystery invites contemplation on significant events from the life of Jesus Christ and the Virgin Mary, which serve as focal points for meditation.

Prayer Sequence

The prayer sequence in this format follows a simplified version of the traditional rosary. It usually begins with the Apostles' Creed, followed by the Our Father, three Hail Marys, and a Glory Be. Then, the meditation on the selected mystery or mysteries is conducted, interspersed with the recitation of the Hail Mary for each bead. The session concludes with the Hail Holy Queen prayer or a brief concluding prayer.

Time Allocation

Effective time management is crucial for a 15 minute rosary meditation. A suggested breakdown might allocate:

- 2 minutes for introductory prayers
- 10 minutes for meditation and decade prayers
- 3 minutes for concluding prayers and silent reflection

This pacing ensures that each component receives adequate attention without rushing.

Benefits of Practicing a 15 Minute Rosary Meditation

Engaging regularly in a 15 minute rosary meditation offers numerous spiritual and psychological benefits. The brevity combined with focused reflection makes it a practical tool for cultivating consistent prayer habits. This section outlines the key advantages associated with this form of meditation.

Enhanced Spiritual Focus

Shorter meditation sessions help maintain concentration, reducing the likelihood of distraction. This focused approach deepens understanding of the mysteries and fosters a more meaningful spiritual connection. It supports mindful prayer, encouraging practitioners to engage fully with each aspect of the rosary.

Stress Reduction and Emotional Peace

The meditative nature of the rosary calms the mind and promotes emotional tranquility. Practicing a 15 minute rosary meditation can alleviate anxiety and provide comfort through repetitive prayer and contemplative silence. This spiritual exercise acts as a form of mental respite, enhancing overall well-being.

Accessibility and Consistency

Because of its concise format, this meditation is accessible to people with busy schedules or those new to rosary prayer. It encourages regularity by eliminating time barriers and making spiritual practice more approachable. Over time, this consistency strengthens faith and devotional life.

Step-by-Step Guide to the 15 Minute Rosary Meditation

This section provides a detailed guide to performing a 15 minute rosary meditation, breaking down each step to facilitate a structured and meaningful prayer experience.

Preparation

Find a quiet and comfortable place free from distractions. Gather a rosary if available, and prepare mentally by adopting a posture conducive to prayer, such as sitting or kneeling. Take a few deep breaths to center your focus before beginning.

Introductory Prayers

Begin with the Sign of the Cross, followed by the Apostles' Creed to affirm faith. Recite one Our Father, three Hail Marys for faith, hope, and charity, and one Glory Be. These prayers prepare the heart and mind for meditation.

Meditation on the Mystery

Select one mystery and read or recall its corresponding scripture passage or reflection. Spend several moments visualizing the scene and contemplating its spiritual significance. Then, pray the decade (one Our Father, ten Hail Marys, and one Glory Be) slowly and meditatively, focusing on the mystery.

Concluding Prayer

After completing the decade, offer the Hail Holy Queen or another concluding prayer. End with the Sign of the Cross. Allow a short moment of silence to internalize the meditation before resuming daily activities.

Tips for Deepening Your Rosary Meditation Experience

Enhancing the quality of a 15 minute rosary meditation involves intentional practices that encourage deeper spiritual engagement and reflection. The following tips support a richer meditation experience.

Use Guided Meditations

Listening to or reading guided rosary meditations can provide additional insights and help maintain focus. These resources often include scripture reflections and spiritual commentary that enrich the prayer.

Incorporate Visual Aids

Using images or icons related to the mysteries can aid visualization and make the meditation more vivid. This sensory element can strengthen emotional and spiritual connection.

Maintain Consistency

Set a regular time each day for the 15 minute rosary meditation to build a stable devotional habit. Consistency reinforces spiritual discipline and deepens the prayer experience over time.

Reflect on Personal Intentions

Integrate personal prayer intentions into the meditation to create a more personalized and meaningful practice. This encourages active participation and heartfelt devotion during the session.

Frequently Asked Questions

What is a 15 minute rosary meditation?

A 15 minute rosary meditation is a shortened form of the traditional rosary prayer that focuses on meditating on key mysteries and prayers within a 15-minute timeframe, making it easier to fit into a busy schedule.

How can I effectively meditate on the rosary in just 15 minutes?

To meditate effectively in 15 minutes, concentrate on one or two mysteries, slowly recite the prayers, and focus deeply on the spiritual significance of each bead and mystery to enhance contemplation.

What are the benefits of a 15 minute rosary meditation?

Benefits include deepening spiritual connection, reducing stress, fostering

mindfulness, and providing a peaceful moment of prayer and reflection within a limited time.

Can beginners practice the 15 minute rosary meditation?

Yes, beginners can start with a 15 minute rosary meditation as it is a manageable duration that helps them gradually become familiar with the prayers and meditative aspects of the rosary.

Which mysteries are best for a 15 minute rosary meditation?

The Glorious Mysteries or the Joyful Mysteries are often recommended for 15 minute rosary meditations as they are uplifting and easier to meditate on in a shorter time.

Is the 15 minute rosary meditation recognized in Catholic tradition?

While the traditional rosary has a set structure, the 15 minute rosary meditation is a flexible adaptation designed to fit modern lifestyles and is accepted as a meaningful form of prayer.

How often should I do a 15 minute rosary meditation?

You can practice a 15 minute rosary meditation daily or as often as your schedule allows to maintain a consistent prayer routine and spiritual reflection.

Are there guided resources available for 15 minute rosary meditation?

Yes, there are many apps, websites, and audio guides specifically designed to lead you through a 15 minute rosary meditation to help you stay focused and engaged.

Additional Resources

1. 15-Minute Rosary Meditations: Finding Peace in Daily Prayer

This book offers concise and meaningful reflections for each decade of the rosary, designed to fit into a busy schedule. It helps readers deepen their prayer life by focusing on the mysteries with guided meditations. Ideal for those looking to enrich their spiritual practice in just 15 minutes a day.

2. Quick Rosary Reflections: A 15-Minute Journey with Mary

A practical guide to integrating the rosary into daily life through brief but powerful meditations. Each chapter provides insights into the life of Christ and the Virgin Mary, making it easy to pray with intention and devotion. Perfect for beginners and seasoned rosary devotees alike.

3. *The 15-Minute Rosary: Meditations for Busy Souls*

This book is tailored for individuals seeking a meaningful prayer experience without a significant time commitment. It breaks down each mystery with contemplative thoughts that inspire peace and spiritual growth. Readers will find encouragement to make the rosary a daily habit.

4. *Rosary Meditations in Minutes: A Short Guide to Deep Prayer*

Designed for those who want to meditate on the rosary quickly yet deeply, this book provides succinct reflections that illuminate the mysteries. The meditations foster a sense of calm and connection to God. It's an excellent resource for enhancing one's prayer routine.

5. *15-Minute Rosary Meditations for Spiritual Renewal*

This collection offers brief, inspiring meditations to rejuvenate the soul through the rosary. Each section is crafted to help readers focus on the mysteries and grow in faith and hope. It encourages a daily practice that refreshes the heart and mind.

6. *Daily 15-Minute Rosary Meditations: Embracing the Mysteries*

A devotional book that provides daily reflections for the rosary, designed to be completed in just 15 minutes. It helps readers connect more deeply with the life of Jesus and Mary through thoughtful meditation. Suitable for those seeking a consistent and manageable prayer schedule.

7. *15 Minutes with the Rosary: Guided Meditations for Busy Lives*

This guide offers short, reflective meditations on each mystery of the rosary, perfect for people with limited time. It encourages mindfulness and spiritual focus during prayer, fostering a deeper relationship with Christ. The approachable format makes it easy to pray anywhere.

8. *Short and Sweet Rosary Meditations: 15-Minute Spiritual Breaks*

Focused on providing quick yet profound insights, this book is ideal for spiritual breaks throughout the day. Each meditation invites readers to reflect on the mysteries and find peace amid daily challenges. It's a practical tool for maintaining prayerful awareness.

9. *Reflective Rosary: 15-Minute Meditations to Nourish the Soul*

This book offers nurturing meditations designed to be completed in 15 minutes, emphasizing reflection and growth. The prayers and thoughts help deepen understanding of the mysteries and encourage a more intimate prayer experience. A valuable companion for anyone seeking spiritual nourishment.

15 Minute Rosary Meditation

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15 minute rosary meditation: Heart2heart – a Love Story R.A. Varghese, 2017-04-10

Heart2heart is about the love of God and humanity as manifested throughout human history with particular reference to the famous Sacred Heart encounters. It is written for people of all religions and no religion. It addresses the loneliness of the human heart.

15 minute rosary meditation: *Prayer and Meditation* Jesus Christ (Spirit), Kuthumi (Spirit), Mark Prophet, Elizabeth Clare Prophet, 1978 Christian mysticism combined with Eastern meditations. Enlightening instruction applicable to all philosophies and religions. A handbook of peace and comfort for seekers of truth. Learn how to contact the great source of life for inspiration and strength. Helps bring a greater depth of meaning and grace to prayers, meditation and daily life. Includes 18 original Chinese brush paintings of world teachers.

15 minute rosary meditation: *The Call to Fatima* Thomas McCormack, Solvita McCormack, 2017-03-16 The authors had three unique influences to help them write the Call to Fatima: The Missed Message: They had access to the writings of the servant of God Sr. Lucia before and after she died. They had access to those who knew the servant of God Sr. Lucia personally and who wanted to share their knowledge to what Sr. Lucia wanted the world to know about Fatima. People from around the world approached the film directors to give their support to make Sr. Lucias writings into a double award winning film titled the Call to Fatima: The Story and the Message and to translate it to twelve languages. Their privileged position and unique insight shaped and influenced them to write down their accumulated knowledge in the hope that the Call to Fatima: The Missed Message will save souls from eternal death. It was Cardinal Ratzinger (now retired Pope Benedict XVI) who signed off Sr. Lucias book Calls from the Message of Fatima for the Doctrine of the Faith at the Vatican. He turned to the late Fr. Luis Kondor, the vice postulator for Blessed Francisco and Jacinta Marto and stated, Calls from the Message of Fatima is the most important book for Catholics for twenty-first century. When Fr. Luis Kondor gave Thomas McCormack permission to start the Call to Fatima film, it dawned on him and others that the majority of Catholics missed the central message of Fatima. The chapter to Pope Francis is pleading with some urgency to revive the Five First Saturday Devotion and restore the daily family rosary around the world, in order that the Fatima promise of the Triumph of the Immaculate Heart of Mary can be accelerated as requested by Pope Benedict XVI in Fatima on the 13 May 2010. Without knowing it at the time, this work first started on the 13 May 1999, and the authors have no doubt the hand of God through Mary made it possible. It is yet another example of how much God loves us and how much he wants to save our souls.

15 minute rosary meditation: *The Hidden Third Secret of Fatima* Manfred Kolb, 2025-07-02

The third secret of Fatima was to be published by the Vatican in 1960, according to the visionary Lucia. However, this was not done. It was not until 2000 that it was announced in Rome, in the form of a symbolic vision, the interpretation of which was also supplied. Experts immediately objected that the secret had only been partially revealed, and that there must still be an unpublished text. Allegedly, the Vatican's claim that the third secret had been fully revealed has been confirmed by Sister Lucia. The consecration of Russia would also have been valid in 1984. The latter must be contradicted today in view of the world situation. Was there a double involved? And if the true third secret has not been revealed, what is its probable content? Did it warn in time against an ill-fated Council? Were the Second Vatican Council and the liturgical reform that followed it the cause of the

decline in Christian life? Is scientific theology undermining faith? Where is the church heading? Who will be the last pope in history? Such questions are examined in detail in this book on the basis of a wealth of information. Topics related to the Fatima message in Church, theology, Faith and politics are also dealt with. This book contains the events and messages and how they are dealt with in the Church and the world, in chronological order. It presents facts, events, considerations and remarks that enable conclusions to be drawn on the Fatima issue and can contribute to orientation in these confusing times.

15 minute rosary meditation: The 15-Minute Prayer Solution Gary Jansen, 2015-11-29
2017 Catholic Press Association Book Awards, Honorable Mention: Prayer, Books About Prayer What might happen if you gave just ONE PERCENT of your day to God? I don't have time to pray. I don't know how to pray. I don't know what to pray for. Perhaps you identify with one or all of these statements; most people do. But with Gary Jansen's The 15-Minute Prayer Solution, anyone can learn to turn those "I don't" statements into "I do" declarations— and be transformed in the process. Drawing on spiritual practices from the Christian tradition throughout the centuries, Jansen offers numerous and wide-ranging prayer exercises that can be completed in less than fifteen minutes. The Jesus Prayer, lectio divina, the Examen, imaginative prayer, and many more ways to joyfully encounter the Living God are explained. Deeply personal stories, thought provoking modern-day parables, and even humorous anecdotes bring spiritual ideas down to earth, revealing the practical side of prayer. And, as Jansen himself discovered, if you're willing to take just fifteen minutes a day to pray, you may soon find that the entirety of your life has become a prayer, a relentless desire to place God at the center of everything. Now in paperback: Gary Jansen's bestselling *Exercising Your Soul* retitled, repackaged and revised!

15 minute rosary meditation: Meditations on the Mysteries of the Rosary Kenneth R. Wichorek, 2012-06 Many times in reciting the Rosary, it is difficult to meditate on each Mystery during their recitation. These series of Meditations allows a person to meditate privately for about 15 minutes on one of the Mysteries. Also, a person can pick a Mystery to meditate on prior to reciting the entire Rosary. Our Lady of Fatima requested a 15 minute meditation after reciting the Rosary on the First Saturday of each month. This book can provide such a meditation. Congratulation and praise to Kenneth R. Wichorek for his outstanding devotional meditations on the Rosary. These meditations are the inspiring insights of a faithful Catholic layman contemplating and sharing with others, his love for the Virgin Mary and her Rosary. Fr, Anthony M. Patalano, O.P., Pastor, Holy Family Cathedral, Anchorage, Alaska Ken was born in Cleveland, Ohio. He has a Civil Engineering degree from Purdue University and a Master degree in Engineering Management from the University of Alaska. He served two years in the Army where he met his wife Rita. Ken worked for private engineering firms in Ohio and Colorado until 1965. He then worked for the Alaska District Corps of Engineers in Anchorage, Alaska until his retirement in 1991. Ken has worked as a designer, planner, resident Engineer, teacher, baseball coach, project engineer, and supervisor. He has 4 children and 13 grandchildren. Ken coached youth baseball for 15 years and taught catechism for 15 years. He is active in church activities as a Eucharistic minister, reader, and sacristan. He authored two other books, *Suffering Christ on the Cross* and *Our Third Life*.

15 minute rosary meditation: Blow the Trumpet at the New Moon Daniel Durken, 1979

15 minute rosary meditation: Favorite Prayers to Our Lady Mary Frances Lester, 2010 All of the most well known prayers to the Blessed Virgin Mary are now contained in this new complete booklet, *Favorite Prayers to Our Lady*. The perfect size to carry always, its daily use will aid your devotion to the Blessed Virgin Mary. Perfect for those faithful with a lifelong devotion to Mary, as well as for those who are just beginning to ask the Blessed Virgin to intercede on their behalf. Includes How to pray the Rosary, how to practice the First Saturday Devotion, Rosary meditations of St. L. De Montfort, Seven Sorrows of Our Lady, Devotion to Our Lady of Perpetual Help, Litany to the Blessed Virgin Mary, Christmas Prayer, the powerful Thirty Days Prayer, Fatima Prayers, the Rosary in Latin, Consecration to the Blessed Virgin Mary and so much more! St. Louis de Montfort, in the introduction to his famous work, *True Devotion to Mary*, exclaimed: We must still say with the

saints: De Maria numquam satis : We have still not praised, exalted, honoured, loved and served Mary adequately. She is worthy of even more praise, respect, love and service.

15 minute rosary meditation: Paths of Light and Darkness Mark Prophet, Elizabeth Clare Prophet, 2008-06 This cornerstone of metaphysical literature explores a cornucopia of topics important to every spiritual seeker.

15 minute rosary meditation: The Lost Teachings of Jesus Mark L. Prophet, Elizabeth Clare Prophet, 1986 Mark and Elizabeth Prophet show that many of Jesus' original teachings were lost. Some were removed from the Gospels. Others were suppressed or kept secret. In modern vernacular, the authors offer a unique blend of the mystical and the practical that goes beyond the orthodox view of Jesus to discover his original message. They answer questions that have puzzled readers of the Bible for centuries.

15 minute rosary meditation: The Day I Didn't Die John Mathias Haffert, 1998-06

15 minute rosary meditation: The Lost Teachings of Jesus, Book 2 Mark L. Prophet, Elizabeth Clare Prophet, 2020-11-19 In Book 1 of their Lost Teachings of Jesus series, Mark L. Prophet and Elizabeth Clare Prophet demonstrate that many of Jesus' original teachings were lost. In Book 2, they go one step further. They show how early churchmen, aided and abetted by the Roman emperors Constantine and Justinian, distorted Jesus' true teachings. And robbed you of what he wanted you to know about the power of your own inner Christ. In modern vernacular, parable and story, the Prophets provide the missing links. They explain the difference between "Jesus" and "the Christ." They show how the Church's doctrines on sin and the only begotten Son of God have obscured what Jesus really taught about salvation. And they explore how Eastern concepts like karma, reincarnation and chakras can be found wrapped in the mysteries he gave the disciples. Most importantly, they recapture the heart of his message—that you, like Jesus, can reconnect with your Divine Source to realize your full potential.

15 minute rosary meditation: Hospital Progress , 1959

15 minute rosary meditation: Revelations Xavier Reyes-Ayral, 2022-05-31 From 1846 to the present day, the Vatican has maintained quite the same message brought forth from Heaven by different messengers across time and across vast distances and continents. This message echoes the gravest of admonitions and calls mankind to convert and find refuge through the knowledge of the truth, which today threatens the very basis of world peace... Today, in 2022, the message of La Salette, La Fraudais, Tilly, Fatima, Garabandal, Akita and Medjugorje, and their secrets take a meaning of the greatest importance, as the admonitions brought forth by the Blessed Virgin Mary warn of a cataclysmic global disaster which has now become imminent. The Church's apprehension of frightening the masses, inspired inaction and Rome's decision to silence - founded more on fear than on caution - led millions of faithful to the darkness of ignorance and, therefore, to a lack of necessary conversion, prayers and intercession for peace. This book proposes unveiling the light and, thus, asking humanity to respond to the call of a warm and loving mother who merely seeks the salvation of her children.

15 minute rosary meditation: Mysteries of the Holy Grail Elizabeth Clare Prophet, 2020-06-26 Mystics believe that the Holy Grail represents our Real Self, or Higher Self. In eighteen chapters Elizabeth Clare Prophet, inspired by Archangel Gabriel, unlocks the mystery of true Selfhood in the ongoing quest for the Holy Grail. Each chapter unlocks a mystery of self and offers keys to the soul's reunion with God, including unknown aspects of psychology, keys to self-discovery and self-fulfillment, lessons on karma. A formula for practical day-to-day self-mastery unfolds—transforming the spirit, arming us to meet each crisis, personal or planetary, with equanimity and empowerment. You will also come to understand the inner workings of the cosmos as you learn about the unseen forces that shape our existence and how the conflicts we see all around us are part of a great drama, a battle of light and darkness, that began long ago. And you'll discover spiritual strategies for dealing with the most complex problems of our time.

15 minute rosary meditation: An Hour with Jesus Queenship Publishing Company, 2000-04 The bountiful graces of Eucharistic Adoration are flowing thanks to a widespread revival of this

beautiful devotion. This booklet was designed to enhance your time spent with Jesus in the Blessed Sacrament. It includes a prayer format to use in Adoration with rosary meditations, prayers and spontaneous meditation topics.

15 minute rosary meditation: Favorite Prayers to St. Joseph Traditional Sources, 1997-09 St. Joseph obtains favors of any kind, but particularly in family problems, financial needs, purity, dangers, work, housing and a happy death. He is the universal patron--whatever our petition is, you can pray to St. Joseph with confidence. He was the foster father of Jesus Christ on earth, and Jesus still obeys his requests in heaven! God chose St. Joseph over all other men to represent the fatherhood of God Himself in the Holy Family. This book contains all the famous prayers: Novena for a Special Favor, Litany, 30 Days' Prayer, Memorare, for Purity, Conversion, a Happy Death, etc. Priced for wide distribution!

15 minute rosary meditation: The Angels Pascale Parente, 1994-12-03 From Scripture, Fathers & Doctors of the Church, St. Thomas, official pronouncements, holy writers. Their creation, test, fall, nature, powers, duties, Saints who conversed with, nine choirs, famous Angels, etc.

15 minute rosary meditation: The Death of Evolution Wallace Johnson, 2001-01-02 Mr. Johnston confesses that he used to be a believer in Evolution. But reading a book on the subject opened his eyes, and after much study he wrote this present book. He gives both scientific findings and Catholic teaching to show that the theory of Evolution is incompatible with both Catholic teaching and common sense. His reason for studying Evolution, as he quotes one eminent writer, is that Every attack on the Christian Faith made today has, as its basis, the doctrine of Evolution.

15 minute rosary meditation: Be Not Afraid-Winter Edition Dec/Jan/Feb 2018-19 Richard Havermale, 2018-10-15 This book is the continuation of my book series from my blog www.icemanforchrist.org which is based on more than 365 references in the Bible to fear, and dread and our response to them. St Pope John Paul II knew that our God encourages us to Be Not Afraid and told us so. To do this we must actively seek holiness and be in the presence of our Lord and talk to Him. I recommend you develop the habit of spending 10 to 15 minutes a day with our Lord in the Blessed Sacrament Chapel or if that is not available some other quiet place where you can be in the company of our Lord. Read the daily entry and reflect on it asking our Lord and His mother to talk to your heart and reveal to you the will of the Father and then DO IT.

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