

What is happening when people fall over when being prayed for?

This is called 'resting in the spirit' or 'being slain in the spirit.' The Holy Spirit comes so strongly to the person that they are overpowered and cannot stand. They do not lose consciousness. It is a powerful way in which God acts in our lives. If this does not happen to you, do not be concerned that God is not healing you. God heals in many ways.

John 18:6

When he said to them, "I AM", they turned away and fell to the ground.

Matthew 28:4

The guards were shaken with fear of him and became like dead men.

Is it OK to dance in church?

Psalm 149:3

Let them praise his name in festive dance.

From the official documents of Vatican II, sanctioned by Bishops and approved by the Pope:

"Processions and interpretations through bodily movement (dance) can become meaningful parts of the liturgical celebration..."

When people go to the microphone and start reading from the Bible or talking, what is happening?

Prophecy and words of knowledge and words of wisdom are all gifts from the Holy Spirit. When someone gets up in front of church and begins to speak at the microphone, they are a part of the "Word Gifts" ministry.

These people feel inspired by the Holy Spirit to speak a message for the assembled community. These gifts have been tested and discerned by the community. Sometimes the message is in English and sometimes it may be given in 'tongues' followed by an interpretation. You may hear a message that is especially meaningful to you. There may be a message about healing that God is doing and you may feel that it is for you. These messages can be for one person or for several people. If something touches you, when you go to receive prayer, tell the person praying for you that you want to 'claim' that message.

1 Cor. 12:10

...to another mighty deeds, to another prophecy, to another discernment of spirits, to another varieties of tongues, to another interpretation of tongues.

1 Cor 14: 4 – 5

Whoever speaks in a tongue builds himself up, but whoever prophesies builds up the church. Now I should like all of you to speak in tongues, but even more to prophesy. One who prophesies is greater than one who speaks in tongues, unless he interprets so that the church may be built up.

If you have had a healing as a result of prayer and would like to witness, please speak with a member of the healing team.

Acts 1:8

But you will receive power when the Holy Spirit Comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria and to the ends of the earth.



Healing Mass Commonly Asked Questions

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In case you were wondering...

If this is the first time you have attended the Sacred Heart Healing Mass, you may have some questions about the things you see and hear. There is nothing new about the Holy Spirit. In fact, the Holy Spirit has been active throughout the centuries since the very first Pentecost. This brochure will give you answers from the Bible about the gifts of the Holy spirit. In the reading below, Paul tells us to seek these gifts because they will help us to grow closer to God and they will build the church.

1 Cor. 12:4— 11

There are different kinds of spiritual gifts but the same Spirit: there are different forms of service but the same Lord; there are different workings but the same God who produces all of them in everyone. To each individual the manifestation of the Spirit is given for some benefit. To one is given through the Spirit the expression of wisdom; to another the expression of knowledge according to the same Spirit; to another faith by the same Spirit; to another gifts of healing by the one Spirit; to another mighty deeds; to another prophecy; to another discernment of spirits; to another varieties of tongues; to another interpretation of tongues. But one and the same spirit produces all of these, distributing them individually to each person as He wishes.

Continue on your own reading the Bible. See the Acts of the Apostles and Paul's letters, especially those to the Corinthians.



Are these things approved for Catholics?

Jesus promised to send his Holy Spirit

Acts 1: 4— 5

...He enjoined them not to depart from Jerusalem, but wait for "the promise of the Father about which you have heard me speak; John baptized with water, but in a few days you will be baptized with the Holy Spirit."

Mary and the apostles were in the Upper Room on the day of Pentecost and were filled with the Holy Spirit. Mary is the Spouse of the Holy Spirit and surely wants us to be filled with the Holy Spirit.

Read the Lives of the Saints. They had incredible experiences! We can be encouraged to grow in holiness and model our lives after them.

There are millions of Catholics around the world who have experienced the power of the Holy Spirit in their lives.

Why are some people raising their hands?

Scripture tells us it is appropriate to raise our hands when worshiping God.

Psalms 63:5

*I will bless you as long as I live;
I will lift up my hands, calling on your name.*

Psalms 134:2

Lift up your hands toward the sanctuary, and bless the Lord.

Ancient Christian art shows that this was a common way of praying, especially in the early days of the Christian Church.



What is the strange language people are using?

This is called the 'gift of tongues' or 'speaking in tongues'.

Acts 2: 1— 4

When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.

What about anointing with oil and laying hands on people?

What happens at the Healing Mass is not the Sacrament of the Anointing of the Sick, but a simple prayer that can be done by anyone. People who pray for others at the Mass have had experience in this type of prayer and are only instruments of the Holy Spirit. It is Jesus who heals as we pray.

Mark 16: 18

... they will lay hands on the sick and they will recover.

Acts 28:8

... Paul visited him and, after praying, laid his hands on him and healed him.

