



WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?
WEEK 2, DAY 1

LECTIO DIVINA OR THE
BENEDICTINE METHOD
OF PRAYER

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches because in revealing them you can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Charity

O my God, I love you above all things with my whole heart and soul because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Preparing for the Journey



In Week Two of Revelation One, we will continue to ponder other major milestones in Jesus' ministry as He brought God's plan of salvation to a resounding finale in His death and resurrection. We will spend time in prayer and quiet reflection to understand who Jesus is by re-living these landmark events of His ministry through which He established the Kingdom of God!

Days One and Seven offer us useful helps to prayer. On Day One, we will become familiar with Lectio Divina, an ancient method of prayer going back to the early Christian centuries. As we learn to appreciate this method of prayer, we will realize that Lectio Divina has the uncanny knack of unlocking the precious treasures of God's heart in us. It will also unlock the treasures of our own hearts as well, making us know ourselves as God does. On Day Seven, we will examine The Method of Meditation. The method of Meditation has been in vogue since the Middle Ages. Saints Ignatius of Loyola and Teresa of Avila used and taught the method themselves. When meditation is done well, reflection and direct interaction with God go hand in hand.

In The Transfiguration, the Blessed Trinity is orchestrating two fundamental truths that lie at the heart of God's Plan of Salvation. The first truth is that Jesus is the Incarnate Son of God. Jesus is God in a transfigured body! It also prepares us for the ultimate sign that Jesus is God: His resurrection. The second truth is that Jesus can be our Savior because He is God! And He chooses to be our crucified Savior by making atonement on our behalf through His sacrificial death on the cross leading to His resurrection.

In the Discourse on The Bread of Life, Jesus emphasizes the necessity of eating His body and drinking His blood five times in six verses! Partaking of His Body and Blood as our food is partaking of God's eternal life. Through Holy Communion, we abide in Jesus and are given a share in the fullness of God's divine Life.



Preparing for the Journey

Jesus allays any doubts His disciples might have had about His resurrection and the resurrected state. Jesus still has His body in His risen state. As proof, He asks them to look at His hands and feet, and to touch Him, so that they know He is truly risen and is no ghost! As further proof, He ate a piece of baked fish in their presence. As Risen Lord, Jesus commissions His disciples to make disciples of all nations, baptizing them in the name of the Father, Son, and Holy Spirit, teaching them to observe all of Jesus' teachings and assuring them of His constant Presence.

The Ascension offers us some powerful insights into God's plan of salvation for us. The first fruit of the Risen Christ's Ascension is that the disciples will receive the gift of the Holy Spirit. Secondly, while Jesus will return to His Father, He will continue to be Emmanuel, God among us in the Eucharist and through His Holy Spirit. With Jesus dwelling in his covenant family, and in our hearts, we will witness to the world about the saving deeds of God.

The Outpouring of the Holy Spirit brought about amazing transformation in the Apostles and bystanders. The outpouring of the Holy Spirit occasioned the birth of the Church and prepared the Apostles to proclaim the New Covenant with its unique gift of the Divine Spirit. The Apostles were filled with the Holy Spirit and began to express themselves in foreign tongues and make bold proclamations.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

Lectio Divina (Divine Reading) is a very ancient method of prayer going back to the early Christian centuries. This practice has been kept alive in the monastic traditions of the Church, especially by the Benedictines. Hence, the alternative name is 'The Benedictine Method of Prayer.' Given that this method originated in monasteries, it was very conducive to the monastic lifestyle which developed into a balanced and natural rhythm of life, with the equally important strands of prayer, study, work, and rest. While Lectio Divina could be classified as discursive prayer, meaning that it uses words, thoughts, images, and gestures, much like human communication to relate to God, in many ways it could also be classified as contemplative prayer because it leads the disciple into God's Mystery when words become inadequate. This would be especially true of a disciple who has been taught by the Holy Spirit to wait on God in quiet and loving expectation.



Face to Face WITH GOD

The first step is *Lectio* or Reading the Word of God which is the passage selected for prayer, and to hear it “with the ear of our hearts,” in the words of St. Benedict. It is God reading to us through inspired human authors! It is the Holy Spirit who will teach us how to listen to the Scriptures while we read them. In *Lectio Divina*, we are obeying this exhortation to listen to the Lord with our hearts. We read slowly, attentively, trustingly, gently listening for a word or phrase that is God’s word for us this day. Our attitude must be one of peaceful anticipation and confident hope that we will be mentored by the Holy Spirit.

The second step is *Meditatio* or Repetition. We ponder this morsel given to us by the Holy Spirit, chewing on it, tasting and relishing it, as well as allowing it to interact with our thoughts, hopes, desires and memories, in short, with our lives. Mary, Mother of Jesus, in the way she “kept all these things, reflecting on them in her heart” (Luke 2: 19), is our Scriptural role model, when it comes to doing this second step. It is God’s Living Word, in the Person of Jesus Christ, who touches us and transforms our lives. Our ancient Christian brethren saw this step as the equivalent of “chewing the cud,” that is, tasting and relishing God’s revealed food to us. According to our ancient Christian brethren, the term ‘repetition’ instead of ‘meditation,’ highlights the pondering of God’s Living Word.



Face to Face WITH GOD

The third step is Oratio or Prayer. The disciple now addresses God through the Scriptural message that they have received from reading and listening to the Holy Spirit. Prayer leads to an offering of self, shaped by the living word of God. If the Scripture is short, you can ponder the same word or phrase by repeating the first three steps two or three times. If the passage is long, you can break it up into smaller portions and follow the same procedure for each portion.

The fourth step is Contemplatio or Contemplation. In this step, we simply rest in the Presence of God who has used His living word to bring us into His Loving Embrace. In our Christian tradition, this wordless, quiet communing is called contemplation. Lectio Divina has the uncanny knack of unlocking the precious treasures of God's heart in this silent communion with Him. It unlocks the treasures of our own hearts as well, making us know ourselves as God does.

PRAYER TO THE HOLY TRINITY

Father, Son, and Holy Spirit, I thank you for your gracious companionship. I praise you for being my Creator, Savior, and Lord. May I take your blessings to my day, and may your Presence envelop and permeate all my thoughts and actions, through Christ our Lord. Amen.

Triune God, be my all! Triune God, be my all! Triune God, be my all!



Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

O my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?
WEEK 2, DAY 2

THE TRANSFIGURATION AND CRUCIFIXION

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches because in revealing them you can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Charity

O my God, I love you above all things with my whole heart and soul because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

*"And all were astonished by the majesty of God. While they were all amazed at his every deed, he said to his disciples, "Pay attention to what I am telling you. The Son of Man is to be handed over to men." But they did not understand this saying; its meaning was hidden from them so that they should not understand it, and they were afraid to ask him about his saying."
-Luke 9: 43-45*

These verses, offered immediately after the Transfiguration of Jesus, offer us an insider's view into the identity and mission of Jesus. The Blessed Trinity is orchestrating two fundamental truths that lie at the heart of God's Plan of Salvation. The first truth is that Jesus is the Incarnate Son of God. His Transfiguration makes it clear that Jesus is God in a transfigured body! It also prepares us for the ultimate sign that Jesus is God: His resurrection. The second truth is that Jesus can be our Savior because He is God! However, Jesus' approach to bringing us salvation through His death on the cross will be strongly resisted, beginning with His Apostles. Their view was that the Messiah would be a political and military king who would restore Israel. Jesus' view, on the other hand, was already prophesied in the Four Suffering Servant Oracles in Isaiah.

After His Transfiguration, Jesus predicts His passion, death, and resurrection for the second time. Peter had reacted vehemently against the first prediction of His passion, death, and resurrection because he could not imagine and accept a crucified messiah!



Face to Face WITH GOD

Before His second prediction here, Jesus prepared His key disciples through the Transfiguration. They were overwhelmed and astonished at God's majesty. They received an intimate understanding of Jesus' divinity and His forthcoming Exodus in Jerusalem through His sacrifice on the cross. Much of it, however, was still beyond their comprehension. When they came down from Mt. Tabor, Jesus was met by a father whose son, possessed by a demon, could not be cured by the other disciples. Jesus rebuked the unclean spirit, healed the boy, and returned him to his Father. The reaction of the crowd was like the reaction of witnesses to Jesus' other miracles: "And all were astonished by the majesty of God" (verse 43).

It is then that Jesus makes His second prediction. His decision is deliberate, made for the set purpose of bringing salvation to the world through His crucifixion, death, and resurrection! At the end of Chapter 9, Luke tells us that "when the days for his being taken up were fulfilled, he resolutely determined to journey to Jerusalem" (verse 51). From then on, Jesus steadily makes His way to Jerusalem, the city of destiny, for His Exodus and ours through His death on the cross. Moses and Elijah referred to it during the Transfiguration. In that conversation, the replacement of the Mosaic Covenant represented by Moses and Elijah, with the New and Everlasting Covenant represented by Jesus, is made clear. The Father reiterated the transition in His exclamation: "This is my chosen Son; listen to him" (Luke 9: 35). In Jerusalem, Jesus will be raised from the dead and the Holy Spirit will be poured out on the disciples! He will indeed be our Savior and Lord, of the New and Everlasting Covenant!

PRAYER TO THE HOLY TRINITY

Father, Son, and Holy Spirit, I thank you for your gracious companionship. I praise you for being my Creator, Savior, and Lord. May I take your blessings to my day, and may your Presence envelop and permeate all my thoughts and actions, through Christ our Lord. Amen.

Triune God, be my all! Triune God, be my all! Triune God, be my all!

NIGHT *Prayer*

listen



We do the nightly review of the day to assess our companionship with the Lord and take stock of our discipleship. This evening we will introduce a significant dimension of our sinful nature that we will need to examine. St. Ignatius of Loyola introduced the Particular Examination of Conscience in the Spiritual Exercises. From his experience, he came to see that we all have a significant weakness or core wound which acts as a major stumbling block to our progress in the spiritual life. This core wound could be generational, a core sin in our gene pool that jeopardizes our discipleship, sabotages what is good in us, and prevents a seriously committed relationship with the Lord. Or it could be the result of bad habits that have become deeply rooted in us, leading us to succumb to temptation and sin. You can take some time during your review today to consider what your Particular Examination of Conscience would be. What are the patterns of sin that keep recurring, and how do they begin and end? What would you need to do to overcome them? After you have spent time recalling with gratitude and praise God's many blessings bestowed upon you this day, you can then do the Particular Examination of Conscience along with your General Examination. As disciples of Jesus, we are to honestly acknowledge our sins and make an act of repentance. After you have examined your conscience and are ready to ask forgiveness, you can make the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?



Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

O my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?
WEEK 2, DAY 3

JESUS, THE BREAD OF LIFE



MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches because in revealing them you can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Charity

O my God, I love you above all things with my whole heart and soul because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

"Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven... whoever eats this bread will live forever." - John 6: 53-58

The Bread of Life Discourse is preceded by the Multiplication of the Loaves and Jesus walking on the Water. Through these two signs, Jesus indicates that His mission is to bring about a second Exodus to establish the New and Eternal covenant. Jesus' Exodus in Jerusalem is foretold in the conversation between Moses, Elijah and Jesus during the Transfiguration (Luke 9: 30-31). Here, in His Discourse on the Bread of Life, Jesus reflects on the Exodus and Mosaic Covenant as laying the groundwork and pointing toward His Exodus that will establish the New and Everlasting Covenant. The multiplication of loaves was like the multiplication of manna in the desert.



Face to Face WITH GOD

However, Jesus contrasts the manna (bread) of the first Exodus with the manna (Himself) of the second Exodus when He says, "Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world" (John 6:49-51).

Jesus emphasizes the necessity of eating His body and drinking His blood five times in the above six verses! Partaking of blood was taboo in the Old Testament as blood was the source of life and God was its origin and cause. The Israelites had to drain the animal of its blood before they offered it in sacrifice or ate it for food. In asking us to partake of His blood, Jesus is stating categorically that He is God, the Source of Eternal Life. Partaking of His Body and Blood as our food is partaking of God's eternal life. Jesus is very graphic in His description, to allay any doubt about really eating Him when He says that "the one who feeds on me [the way a carnivore gnaws at its carcass] will have life because of me" (John 6:57). Rather than using the Greek word phagon for eating, the Greek word trogon is used, meaning literally to gnaw or crunch. The tense of the verb trogon implies a continuous feeding on the body and blood of Jesus. Jesus also tells us why it is necessary for us to eat His body and drink His blood: "Whoever eats my flesh and drinks my blood remains in me and I in him." Through Holy Communion, we abide in Jesus and are given a share in the fullness of God's divine Life: "Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me" (John 6: 57).

PRAYER TO THE HOLY TRINITY

Father, Son, and Holy Spirit, I thank you for your gracious companionship. I praise you for being my Creator, Savior, and Lord. May I take your blessings to my day, and may your Presence envelop and permeate all my thoughts and actions, through Christ our Lord. Amen.

Triune God, be my all! Triune God, be my all! Triune God, be my all!



Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

O my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?
WEEK 2, DAY 4

THE RISEN LORD

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches because in revealing them you can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Charity

O my God, I love you above all things with my whole heart and soul because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

“The disciples rejoiced when they saw the Lord. [Jesus] said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.” - John 20: 19-23

The Gospel accounts give us varying details about the Risen Lord who gradually moved the disciples from unbelief to belief, from sadness and despair to joy and hope, and convinced them that He is the Incarnate Son of God!

In Mark, Jesus chides the disciples for their hardness of heart leading to their unbelief, and gives them the great commission to evangelize the whole world: “He appeared to them and rebuked them for their unbelief and hardness of heart because they had not believed those who saw him after he had been raised.... “Go into the whole world and proclaim the gospel to every creature...” (Mark 16: 14-18).



Face to Face WITH GOD

In Luke's account, Jesus allays whatever doubts His disciples might have had about His resurrection and the resurrected state. Jesus still has His body in His risen state. As proof, He asks them to look at His hands and feet, and to touch Him, so that they know He is truly risen and is no ghost!

As further proof, He ate a piece of baked fish in their presence. The Risen Lord is Emmanuel, God-with-us, in the truest sense of the word: "Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have." ... While they were still incredulous for joy and were amazed, he asked them, "Have you anything here to eat?" They gave him a piece of baked fish; he took it and ate it in front of them" (Luke 24: 39-43). Most importantly, Jesus commissions His disciples for their future ministry (Luke 24: 46-48).

Matthew emphasizes the great commission to make disciples of all nations through baptism, teaching them to observe all of Jesus' teachings and assuring them of His Presence until the end of time: "Make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age" (Matthew 28: 19-20).



Face to Face WITH GOD

In John, the Resurrection, Ascension, and Imparting of the Holy Spirit are viewed as different aspects of the same divine mystery. The disciples are transformed by the gift of the Holy Spirit being given to them by the Risen Jesus. Jesus, the Risen Lord, breathes the Holy Spirit into His Apostles. He breathes into them His own divine life through His Holy Spirit. And through the Holy Spirit, Jesus gives His Apostles the power to forgive and retain sin,

They exercised this power after the Ascension and following the Outpouring of the Holy Spirit which signaled the establishment of the Church. As with Jesus, so with us, we will live and serve in the power and overshadowing of the Holy Spirit.

PRAYER TO THE HOLY TRINITY

Father, Son, and Holy Spirit, I thank you for your gracious companionship. I praise you for being my Creator, Savior, and Lord. May I take your blessings to my day, and may your Presence envelop and permeate all my thoughts and actions, through Christ our Lord. Amen.

Triune God, be my all! Triune God, be my all! Triune God, be my all!

NIGHT *Prayer*

listen



By now it has become clear that the nightly review of the day consists of first asking the Holy Spirit to overshadow us and guide us as we reflect on our discipleship. The first step is to thank God for the blessings and graces that we have received. These blessings have been poured out upon us during this day. It is quite possible, however, that the Holy Spirit will remind us of countless other blessings that we have been receiving our whole lives. Within the context of receiving the Blessed Trinity's boundless love and forgiveness, we express our amazement and gratitude. We then examine our own response to God. As our Advocate, the Holy Spirit convicts us when we have sinned and encourages us toward repentance and a firm purpose of amendment. As we examine our conscience, we pay special attention to the Particular Examination of conscience, seeing how we have fared in addressing the Particular weakness or core wound in us. We then make an act of contrition, and firmly resolve to live out our discipleship generously and wholeheartedly. Thus, the nightly review of the day is a significant practice in a disciple's formation. It always helps to review the impact our morning Face to Face visit with God has had on us. Our reflection can be a valuable source of gratitude to God as well as a stepping-stone toward repentance. During our morning Face to Face with God, we spent time reflecting on God's love and compassion for us. Because of His tender compassion, God's mercy will always prevail over His justice toward anyone who has a repentant heart. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?



Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

O my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?
WEEK 2, DAY 5

JESUS' ASCENSION



MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches because in revealing them you can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Charity

O my God, I love you above all things with my whole heart and soul because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

"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." When he had said this, as they were looking on, he was lifted up, and a cloud took him from their sight." - Acts 1: 8-9

Along with Mark who has a brief account of the Ascension of Jesus in the longer ending, there are two accounts of the Ascension in Luke's writings, his Gospel account and the Acts of the Apostles which has the more detailed account. In pondering the Ascension accounts, the reader receives some powerful insights into God's plan of salvation for us. The first fruit of the Risen Christ's Ascension is that the disciples will receive the gift of the Holy Spirit: "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" (Acts 1: 8). Jesus exercised His ministry of bringing salvation to the world through the power of the Holy Spirit. Similarly, His disciples will exercise their commission to make disciples of all nations, baptizing them in the name of the Father, the Son, and Holy Spirit, in the power of the Holy Spirit.



Face to Face WITH GOD

Jesus had asked His Father to send the Holy Spirit upon His disciples. Just before He ascends to His Father, Jesus reiterates this promise that they will become His powerful witnesses in the power of the Holy Spirit. Thanks to the advocacy of the Holy Spirit, Jesus will continue to be Emmanuel, God dwelling among us in the Eucharist even after He returns to His Father. With Jesus dwelling in His covenant family, and in our hearts, we will witness to the world about the saving deeds of God.

The Ascension of Jesus has special significance for the disciples of Jesus. The Risen Lord ascended to Heaven and is seated at the right hand of the Father, interceding for His flock on earth, and gathering His martyrs, witnesses, and disciples washed clean in His blood. Although Christ's work to secure our salvation and bring us into the bosom of God's Trinitarian Life was completed on the cross, His care for His redeemed children will never be over. He will always be our Good Shepherd! He is our Great Defender. This is the intercessory role that our Ascended Lord currently fulfills for us. After Jesus' Ascension, an astonishing change takes place in the disciples. They are no longer afraid or feel orphaned. They received the assurance that they would be permanently embraced in Jesus' powerful intercession in heaven and the powerful Outpouring of the Holy Spirit upon His Church. They are out in the marketplace and worship publicly in the temple, engaging in constant prayer and praise of God: "They did him homage and then returned to Jerusalem with great joy, and they were continually in the temple praising God" (Luke 24: 52-53).

PRAYER TO THE HOLY TRINITY

Father, Son, and Holy Spirit, I thank you for your gracious companionship. I praise you for being my Creator, Savior, and Lord. May I take your blessings to my day, and may your Presence envelop and permeate all my thoughts and actions, through Christ our Lord. Amen.

Triune God, be my all! Triune God, be my all! Triune God, be my all!



Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

O my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?
WEEK 2, DAY 6

THE OUTPOURING OF THE HOLY SPIRIT

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches because in revealing them you can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Charity

O my God, I love you above all things with my whole heart and soul because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face

WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

“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.” - Acts 2: 2-4

On the eve of His crucifixion and death, Jesus is with His disciples in the Upper Room. It is a moment of great intimacy and urgency. Jesus shares explicit details of His Father's plan for us that were alluded to in the past. The institution of the Eucharist, the declaration of our status as friends, and petitioning His Father to give us the Holy Spirit, are some of the special revelations that He offers us. Like Jesus, the Holy Spirit will be our Advocate. He will be the Keeper of our souls, guarding us jealously as Jesus did His disciples. The Holy Spirit will be with us always, re-creating us in the image and likeness of Jesus and making Jesus always present in us.

In John 16: 8-11, Jesus tells us even more of the Holy Spirit's role and presence in our lives. The Holy Spirit will have a forensic role as our Advocate: “He will convict the world in regard to sin and righteousness and condemnation: sin, because they do not believe in me; righteousness, because I am going to the Father, and you will no longer see me; condemnation, because the ruler of this world has been condemned.”



Face to Face WITH GOD

The Holy Spirit will prove the world wrong about sin, namely, that Jesus is the only Savior of the world; about righteousness, because the ultimate righteousness or right order of things is that Jesus, as our Risen Lord, has restored us to the Father whose children we now are, and He sits at the right hand of His Father in glory and victory; about condemnation, because through His death, Jesus has vanquished Satan, the prince of this world. The Holy Spirit is the Keeper of our souls leading us into God's heart.

The Descent of the Holy Spirit upon the Apostles reverberated with the power and majesty of God and brought about amazing transformation in the Apostles and bystanders. The Outpouring of the Holy Spirit occasioned the birth of the Church. The Holy Spirit is described as "a strong driving wind," and "tongues of fire." Fire symbolized the presence of God to initiate the covenant on Sinai. Here, the Holy Spirit acts upon the Apostles, preparing them to proclaim the New Covenant with its unique gift of the Divine Spirit. The Apostles were filled with the Holy Spirit and began to express themselves in foreign tongues and make bold proclamations. The bystanders were utterly amazed and dumbfounded because they could understand the Apostles speaking to them in their own tongues: "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" (Acts 1: 8). What an amazing manifestation of God's power through the Holy Spirit! You have received the Holy Spirit as the Keeper of your soul. Have you asked for an ongoing release of His grace in your life?

PRAYER TO THE HOLY TRINITY

Father, Son, and Holy Spirit, I thank you for your gracious companionship. I praise you for being my Creator, Savior, and Lord. May I take your blessings to my day, and may your Presence envelop and permeate all my thoughts and actions, through Christ our Lord. Amen.

Triune God, be my all! Triune God, be my all! Triune God, be my all!

NIGHT *Prayer*

listen



During our nightly review of the day we take the time to appreciate God's amazing love for us. We can never quite plumb the depths of God's magnanimity and generosity toward us. God's love for us is the very foundation of our lives. It becomes necessary, therefore, that daily we bathe ourselves in this fountain of everlasting life! In our morning Face to Face with Jesus, we saw Him as the Risen Lord, ascending to the Father and orchestrating the Outpouring of the Holy Spirit upon the disciples. The Apostles were filled with the Holy Spirit and began to express themselves in foreign tongues and make bold proclamations. What an amazing manifestation of God's power through the Holy Spirit! Through the Holy Spirit, we become powerful witnesses to Jesus as Savior and Lord. As you engage in thanksgiving and praise for God's multiple blessings this day, you can thank God especially for His gift of eternal life through Jesus, continually empowered by the Holy Spirit. Similarly, as you do your Particular and General Examination of Conscience, reviewing your response as a disciple to God's love for you, you might want to pay special attention to the question: Have you asked for an ongoing release of His grace in your life?

As disciples of Jesus, we owe it to our Savior to honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?



Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

O my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?
WEEK 2, DAY 7

THE METHOD OF MEDITATION

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches because in revealing them you can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Charity

O my God, I love you above all things with my whole heart and soul because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

The method of Meditation has been in vogue since the Middle Ages. Saints Ignatius of Loyola and Teresa of Avila used the method themselves and taught it too. Meditation begins with a Preparatory Prayer. We ask God to direct all our intentions, desires, and actions, to the praise and service of God. The Preparatory Prayer sets the context of our relationship with God. We are there on God's terms and we declare our earnest commitment to the Lord. In God's Embrace Ministries, our Preparatory Prayer is our Prayer to the Holy Spirit.

We then create the environment for our prayer session with two preludes which are preparatory steps as well. The First Prelude is also known as the Composition of place. St. Ignatius suggests that we create an image of the Scriptural scene or the theme on which we will be praying. For instance, to imagine Jesus being born in a cave if we are praying on the birth of Jesus. By situating our prayer within an image or context, our imagination becomes an active player in our prayer, and our chances of being focused and attentive to the Lord increase. If utilized well, imagination can be an effective help to our prayer. In the Second Prelude we ask God for the grace that we seek. St. Ignatius assumes that we spent some time discerning what topic or theme the Holy Spirit was prompting us to take up in our prayer.



Face to Face WITH GOD

St. Ignatius never hesitated to ask God for what he believed he needed so that he could be the best possible instrument in God's hands. His only desire was to attain "the greater praise and service of God, Our Lord."

The next step moves us into reflecting on the passage. St. Ignatius divided up the subject matter into three points, as a way of breaking it down into manageable morsels. We could do it in a way that suits us. In each point, we ponder God's truth as being presented for us in the Scripture passage. We spend time reflecting, comparing, contrasting, and deriving lessons for our own life: "Why is Jesus saying this? What is Jesus asking of me? What do I want and need to do for Jesus? This kind of reflection, if done purposefully and with care, will stir our hearts deeply and move us to offer Jesus a response. St. Ignatius was adamant about tasting and relishing the truth in prayer. If one point suffices in this regard, there is no need to go through all three.

St. Ignatius insists that at the end of our prayer we express directly to God the stirrings of our hearts, known as the Colloquy. Through our sentiments, the Holy Spirit is beckoning us toward repentance, commitment, and action. Through the colloquy, St. Ignatius wants to make sure that we spend time in a face-to-face dialogue with God. As we become familiar with this method, we will speak directly to God through all the points and listen to Him as well, as we reflect on the Word of God. The ideal would be to reflect and converse simultaneously. If we have not spent much time conversing directly with God, the colloquy at the end is helpful.

PRAYER TO THE HOLY TRINITY

Father, Son, and Holy Spirit, I thank you for your gracious companionship. I praise you for being my Creator, Savior, and Lord. May I take your blessings to my day, and may your Presence envelop and permeate all my thoughts and actions, through Christ our Lord. Amen.

Triune God, be my all! Triune God, be my all! Triune God, be my all!



Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

O my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?

