



WHO DO YOU SAY I AM?

REVELATION 2: THE WORD MADE FLESH
WEEK 1, DAY 1

IGNATIAN CONTEMPLATION

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 Revelation Two, Week One, Jesus offers us testimony through His words and actions that He is the Incarnate Son of God. To help you with the care of your soul, we offer helps to prayer on Days One and Seven. On Day One, we examine Ignatian Contemplation, a method of prayer popularized by St. Ignatius of Loyola. He asks you to use your imagination in creating the Scriptural scene on which you are praying. You enter the scene as if you were in the audience that Jesus was addressing, or the individual that Jesus was healing. Ignatian Contemplation engages all the human faculties of mind, memory, imagination, senses, and will. Many who use this method will insist that they experienced God's Presence and Mystery and were awed and subdued by it.

On Day Seven, we emphasize the necessity of always praying in God's Loving Gaze upon us present every moment of our lives. The Father so loved us that He gave His Son so that we might not perish but might have eternal life. As our Good Shepherd, Jesus laid down His life for His sheep. The Holy Spirit is our Advocate dwelling among us and in us. Hence, every prayer session is memorable for us and for our Triune God who is so full of love, compassion, and delight in us!!

On Day Two, we examine the soul-searching conversation that Jesus is having with the Samaritan woman in John 4. She had come to fetch water from the village well at the noon hour knowing that other women would not be present. She had been living in the shadows and Jesus came to save her. By the end of the conversation, she accepts Jesus as her Savior who provides her with The Water of Eternal Life.

On Day Three, Jesus presents Himself as The Good Shepherd in John 10. There is steady and mounting opposition to Jesus from the Jewish leadership. The people did not listen to them because, as Jesus said, they were "thieves and robbers, but the sheep did not listen to them" (John 10: 8).



Preparing for the Journey

As opposed to them, Jesus describes Himself as the Good Shepherd. Jesus will die for His sheep who are more important to Him than His very life! He will not hesitate to go to the Cross.

On Day Four, Jesus describes Himself as The Resurrection and the Life. Jesus' mission would be doomed to failure if He were not staking the fulfillment of His Father's plan of salvation on His death and resurrection! The raising of Lazarus is a sign of the divine life that Jesus, raised from the dead, will offer to anyone who accepts Him as their Savior and Lord.

On Day Five, Jesus speaks of Himself as doing The Work of the Son in John 5, after He has healed a sick man who for 38 years had been trying in vain to get into the Sheep Gate pool called Bethesda. Through this healing, Jesus is letting us know that His ministry as the Savior of the world is being done within the divine Father-Son relationship, and the Father will do greater signs that will amaze the disciples. The Father will raise Jesus from the dead and offer us eternal life.

On Day Six, Jesus tells His audience in John 6 that The Will of His Father is that everyone who sees the Son and believes in Him will have eternal life and Jesus will raise them on the last day. As the Bread of Life Discourse proceeds, Jesus emphasizes the necessity of eating His body and drinking His blood five times as the way to receive eternal life! Through eating His body and drinking His blood, we are given a share in the fullness of God's divine Life.



Face to Face WITH GOD

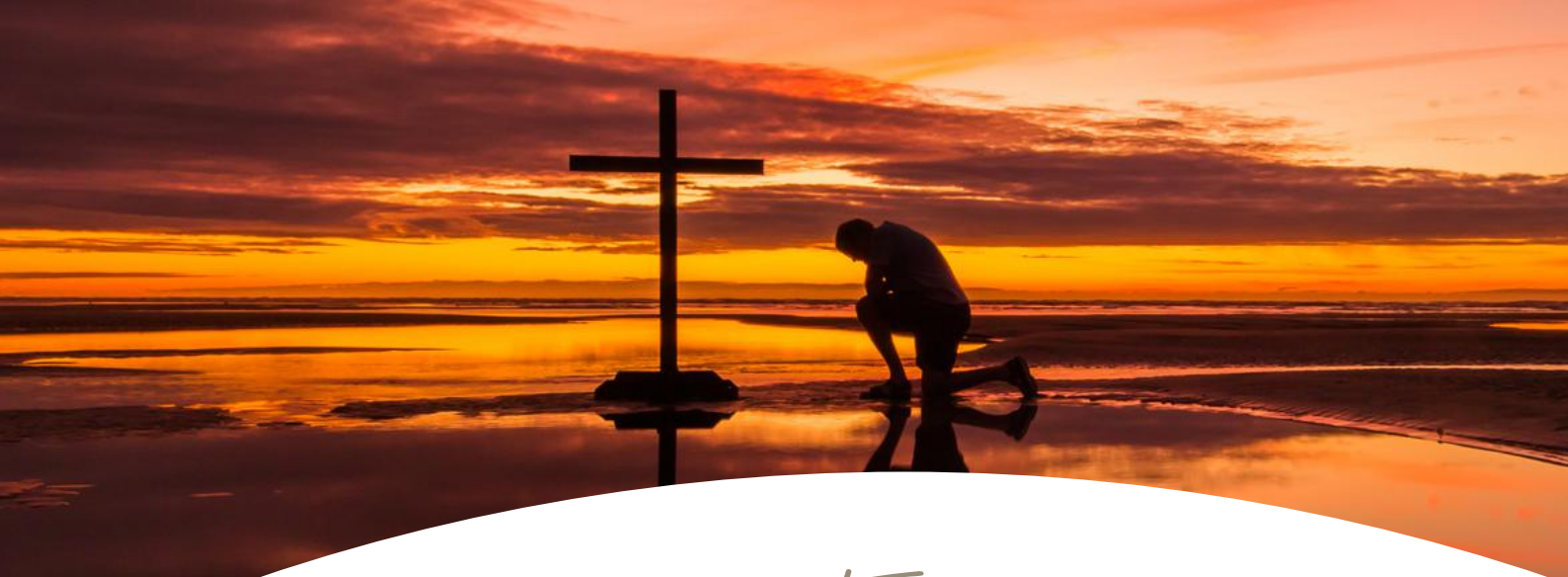


PRAYER TO THE HOLY SPIRIT

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.

Saint Ignatius of Loyola popularized the method of prayer that uses imagination as a major vehicle. He makes extensive use of this method in the Spiritual Exercises. It is, therefore, called Ignatian Contemplation. While St. Ignatius used the term 'contemplation', the method is a discursive form of prayer, where the disciple engages in the use of words, images, symbols, gestures, feelings, and imagination, in their contact with God. It is not to be confused with contemplative prayer as understood by Saints Teresa of Avila and John of the Cross which we will examine in our other programs. Saint Ignatius asks you to use your imagination in creating the Scriptural scene on which you are praying. You enter the scene as if you were in the audience that Jesus was addressing, or the individual that Jesus was healing. For instance, if you were praying on the Nativity of Jesus, you would begin by seeing the persons in the mystery as though present before you, and "you would look upon them, contemplate them, and serve them in their needs with all possible homage and reverence" (Spiritual Exercises, Paragraph #114).

Next, you would consider, observe, and contemplate what the persons are saying, and then reflect on yourself and draw some fruit from it. Lastly, you would see and consider what they are doing, for example, "making the journey and laboring that our Lord might be born in extreme poverty, and that after many labors, after hunger, thirst, heat, and cold, after insults and outrages, He might die on the cross, and all this for me" (Spiritual Exercises, Paragraph #116).



Face to Face WITH GOD

Ignatian Contemplation engages our whole being. It engages all the human faculties of mind, memory, imagination, senses, and will. What starts out as pure imagination as one tries to engage God's mystery, ends up in imaginative faith. What took place 2000 plus years ago, is still alive for us in the Person of Jesus. We are impacted in much the same way as were those who engaged with Jesus' healing power of love and compassion. Many who use this method will say quite categorically that they experienced God's Presence and Mystery and were awed and subdued by it. For those who enjoy using the imagination in prayer, this method can be both restful and productive. This method works best for those who have arrived at internal solitude and quiet in their relationship with God. Scripture is becoming God's living word being spoken to them personally, and Jesus is establishing an intimate Presence in their lives. Their daily visits with God enhance their prayerful relationship during the day.

This method does not seem to work too well for those who have a logical and intellectual bent. Some have found to their relief and delight that when they stopped trying to paint God's Mystery on the canvas of their hearts, paradoxically, the images started to appear, and they could enter into God's Mystery through this method.

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.
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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 2: THE WORD MADE FLESH
WEEK 1, DAY 2

WATER OF ETERNAL LIFE

MICHAEL FONSECA, D. MIN

MORNING *Prayer*

listen



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.

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Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

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“Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life.” - John 4: 13-14

In John 4, Jesus is having a soul-searching conversation with the Samaritan woman. Jesus is after the lost sheep, Jews or Samaritans. In this encounter, Jesus takes great risks in approaching her. Jews and Samaritans were long-standing enemies. Samaria was not a safe place for Jews. Secondly, a man did not converse with a woman in a public place, as Jesus was doing. Furthermore, the Samaritan woman was of ill repute. She came to fetch water from the village well at the noon hour knowing that other women would not be present. She lived her life in the shadows. The conversation begins with reserve and suspicion but soon becomes serious as it centers around true worship and the advent of the Messiah. During the conversation, Jesus makes a significant claim: He assures her that He is the Source of water welling up to eternal life and He can give it to her. It takes her a while to see that Jesus was not talking of earthly water that she had to fetch daily. She saw as well that Jesus knew that she had had five husbands and the man she was living with was not her husband. The Samaritans believed that they would recognize the Messiah because he would know everything.



Face to Face WITH GOD

By the end of the conversation, the Samaritan woman accepts Jesus as her Savior: “I know that the Messiah is coming, the one called the Anointed; when he comes, he will tell us everything.” Jesus said to her, “I am he, the one who is speaking to you” (John 4: 25-26).

In His conversation with Nicodemus, Jesus had said, “Amen, amen, I say to you, no one can enter the kingdom of God without being born of water and the Spirit” (John 3: 5). And John the Baptist reiterated the cleansing power of the waters of Baptism because they were suffused with the Holy Spirit: “I am baptizing you with water, for repentance, but the one who is coming after me is mightier than I...He will baptize you with the Holy Spirit and fire” (Matthew 3: 11). And later, during the Feast of Tabernacles in Jerusalem, Jesus reiterated the connection between life-giving water and the Holy Spirit: “Let anyone who thirsts come to me and drink. Whoever believes in me, as scripture says: ‘Rivers of living water will flow from within him.’” He said this in reference to the Spirit that those who came to believe in him were to receive” (John 7: 37-39). We have been born of water and the Holy Spirit, buried into the death of Jesus, and risen in His resurrection. The Samaritan woman began drinking of water welling up to eternal life. She became an enthusiastic witness to Jesus among her neighbors in the town: “Come see a man who told me everything I have done. Could he possibly be the Messiah” (John 4: 29)?

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NIGHT *Prayer*

listen



The nightly review of the day is a time of intimate and honest contact with the Lord. It is a visit when the Lord reveals His heart to us and in turn helps us to take an honest look at our own love and commitment to Him. The Lord reveals His heart through the Holy Spirit, reminding us how He has been Emmanuel, God-with-us throughout the day. God has overwhelmed us with grace upon grace, suffusing our lives with His tender mercies and unconditional love. Our single greatest blessing is that Jesus is our Messiah, the Son of the Living God! Every blessing flows out of this source of divine life! Indeed, Jesus is our Way, Truth, and Life! Every single day of our lives, then, is an opportunity to praise, adore, and thank God for His indescribable goodness and loving kindness in Jesus. So, with thanksgiving in your heart, you can go over your day and see how God was Emmanuel, with you and in you. You can then do an examination of your conscience to see how you responded as Jesus' disciple. Particularly, you can assess honestly your commitment to Jesus as your personal Savior and Lord. As disciples of Jesus, we owe it to our Savior to humbly 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

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My Notes

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WHO DO YOU SAY I AM?

REVELATION 2: THE WORD MADE FLESH
WEEK 1, DAY 3

JESUS, THE GOOD SHEPHERD

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

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Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

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"I am the good shepherd, and I know mine and mine know me, just as the Father knows me and I know the Father; and I will lay down my life for my sheep. I have other sheep that do not belong to this fold. This is why the Father loves me, because I lay down my life in order to take it up again."

-John 10: 14-18

Throughout the gospel of John, there is steady and mounting opposition to Jesus from the Jewish leadership. As a religious body, the Sanhedrin was required to safeguard and promote proper temple worship and religious practices. However, they were corrupt and self-serving, imposing unjust burdens upon the people to serve their own selfish purposes. Jesus asked His listeners to do what they (Jewish leadership) asked but not follow their actions. The people did not listen to them because, as Jesus said, they were "thieves and robbers, but the sheep did not listen to them" (John 10: 8). Jesus is contrasting Himself with them.



Face to Face WITH GOD

As opposed to them being thieves and robbers, Jesus describes Himself as the good shepherd that was described in Psalm 23: “The LORD is my shepherd; ... He guides me along right paths... Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me.” Jesus speaks of Himself in similar terms. He contrasts Himself with frauds who masquerade as shepherds: thieves, marauders, strangers, hired hands. For His sheep, Jesus is willing to give His life. In a true sense, His sheep are more important to Him than His very life! He will not hesitate, therefore, to sacrifice Himself on the cross on behalf of His sheep. Furthermore, His mission as shepherd and Savior is to create a covenant relationship between the Blessed Trinity and us, His sheep. Such a desire would be ludicrous and impossible if it were coming from anyone other than Jesus, because sheep are supposedly dumb and dependent animals. They are unable to survive on their own. They need a watchful and devoted shepherd if they are to survive and thrive in the wild. We are aptly described as sheep because of the foolishness and danger of sin lurking in our hearts.

Through His Holy Spirit, Jesus brings about our transformation so that we will know Him in the same way that the Father knows Him, and He knows the Father. Jesus is talking about an intimate union with us along the lines of Trinitarian union, a Mystery that is beyond our comprehension, and yet stirs our hearts deeply! There are other sheep that need to be brought into the fold. Jesus continues to increase His flock by sending His followers to make disciples of those who choose Jesus as their Good Shepherd! We are commissioned to be witnesses of Jesus!

who feeds on me will have life because of me” (John 6: 57).

PRAYER TO THE HOLY TRINITY

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WHO DO YOU SAY I AM?

REVELATION 2: THE WORD MADE FLESH
WEEK 1, DAY 4

JESUS IS OUR
RESURRECTION AND LIFE

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

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Face to Face WITH GOD



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"I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this." -John 11: 25-26

Everything about Jesus' identity and mission hinges on His resurrection from the dead! He has been maintaining that He has come to fulfill the law and the prophets. Every messianic promise and prophecy will be fulfilled in Him. Furthermore, Jesus is bringing about the salvation of the world as the Suffering Servant prophesied in Isaiah. His approach goes radically against the long-awaited expectation of Israel that God would raise for them a political Messiah-King who would oust foreign rule once and for all and establish the Davidic kingdom of Israel permanently. The Fourth Suffering Servant Oracle would describe Jesus aptly in His passion, crucifixion, and death: "Like one from whom you turn your face, spurned, and we held him in no esteem. Yet it was our pain that he bore, our sufferings he endured. We thought of him as stricken, struck down by God and afflicted, but he was pierced for our sins, crushed for our iniquity. He bore the punishment that makes us whole, by his wounds we were healed" (Isaiah 53: 3-5). Humanly speaking, such a mission would be doomed to failure if it were not Jesus who is staking the fulfillment of His Father's plan of salvation through His death on the cross and His resurrection!



Face to Face WITH GOD

In his gospel, John is quite aware of the stakes. He offers us seven signs or miracles, and the raising of Lazarus is the last sign that he offers. The Synoptic gospels do not mention this miracle. There are several ironies that John makes note of in the circumstances of this miracle. In His ministry, Jesus has been projecting Himself as the Source of light and life (John 7-9). The raising of Lazarus is an emphatic exclamation mark to His assertion. Ironically enough, it is after such an amazing return to life from death that the Sanhedrin makes the decision to put Jesus to death. Because of their blindness to Jesus, the Light of the world, they could not envisage that if they put Him to death, He would indeed rise from the dead!

Indeed, the resurrection of Lazarus was a harbinger of the resurrection of Jesus Himself! The raising of Lazarus is a sign of the divine life that Jesus, raised from the dead, will offer to anyone who accepts Him as their Savior and Lord. Despite the crisis that Martha was undergoing because of her brother's death, she came to believe that Jesus was the Messiah, the Son of God, the one who is coming into the world. Her faith was deeply enhanced after Jesus was raised from the dead! We can ask to have the same deep faith and trust in Jesus that Martha had, especially in our own times of crisis.

PRAYER TO THE HOLY TRINITY

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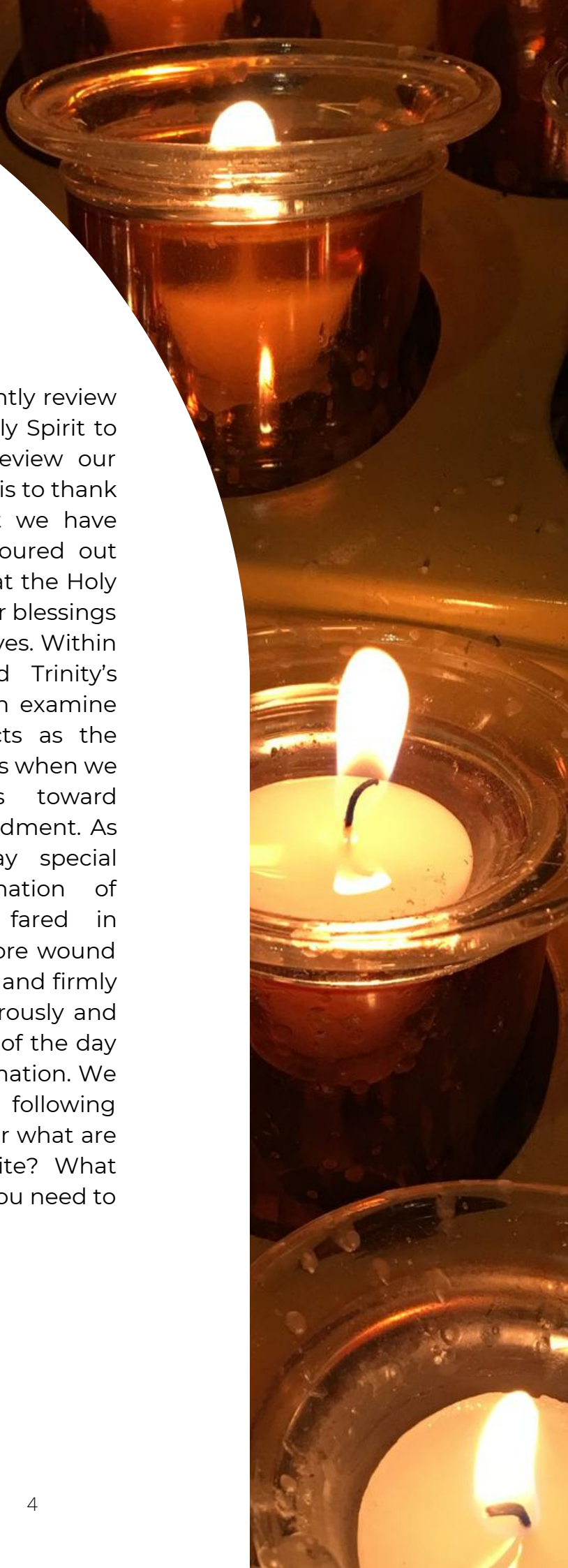
Triune God, be my all! Triune God, be my all! Triune God, be my all!

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 review our discipleship during the day. The first step is to thank God for the blessings and graces that we have received. These blessings have been poured out upon us. It is quite possible, however, that the Holy Spirit will remind us of the 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 then examine our own response. The Holy Spirit acts as the Advocate of our discipleship, convicting us when we have sinned and encouraging 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. 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

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Examination of Conscience

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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

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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 2: THE WORD MADE FLESH
WEEK 1, DAY 5

THE WORK OF THE SON



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, a son cannot do anything on his own, but only what he sees his father doing; for what he does, his son will do also. For the Father loves his Son and shows him everything that he himself does, and he will show him greater works than these, so that you may be amazed. For just as the Father raises the dead and gives life, so also does the Son give life to whomever he wishes. Nor does the Father judge anyone, but he has given all judgment to his Son, so that all may honor the Son just as they honor the Father." -John 5: 19-23

In John's gospel, the first controversy between Jesus and the Jews takes place in Chapter 2 when He cleanses the Temple. In Chapter 5 which is our focus, a heated controversy between Jesus and His adversaries takes place. Jesus heals a sick man who for 38 years had been trying in vain to get into the Sheep Gate pool called Bethesda. The Jews reacted vehemently to this miracle taking place on the Sabbath. John means the Jewish Leadership when he refers to 'the Jews.' They "tried all the more to kill him, because he not only broke the sabbath but he also called God his own father, making himself equal to God" (John 5: 18). Jesus is undaunted by their fierce opposition. Through this sign pointing to Jesus as sent by God and being divine, Jesus is letting His audience know that "a son cannot do anything on his own, but only what he sees his father doing; for what he does, his son will do also."



Face to Face WITH GOD

All of Jesus' ministry as the Savior of the world is being done within the divine Father-Son relationship in the Blessed Trinity. In order to emphasize the divine Father-Son relationship, Jesus then goes on to state that "the Father loves his Son and shows him everything that he himself does, and he will show him greater works than these, so that you may be amazed." The amazement will be about the Father raising Jesus from the dead, and Jesus, our Risen Lord, offering us a sharing in His divine life in the Blessed Trinity. In giving judgment of the world to Jesus, the Father is bearing testimony that Jesus is God and His Son!

If the Father's witness to Jesus' divinity is essential, how does God do this? The first evidence is provided by John the Baptist. John 3: 34-36 could be viewed as John's testimony of the Bridegroom whose best man he is: "For the one whom God sent speaks the words of God. He does not ration his gift of the Spirit. The Father loves the Son and has given everything over to him. Whoever believes in the Son has eternal life, but whoever disobeys the Son will not see life, but the wrath of God remains upon him." The second testimony is Jesus' words and actions that fulfill the Old Testament prophecies about the Messiah. And His works point both to His divinity and Messiahship. The healing of the sick man is the second of seven signs, the last being the resurrection of Lazarus, which point to Jesus' resurrection and His divine status as the Son of God! Jesus is God the Father's beloved Son who does everything that the Father has asked of Him. Whoever believes in the Son has eternal life! Whoever believes in the Son, knows the Father!

PRAYER TO THE HOLY TRINITY

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Examination of CONSCIENCE

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The Act of Contrition

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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 2: THE WORD MADE FLESH
WEEK 1, DAY 6

THE WILL OF THE FATHER

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.

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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

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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.

"For this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him [on] the last day ... It is written in the prophets: 'They shall all be taught by God.' Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father."

-John 6: 40; 45-46

John 6 begins with the multiplication of loaves and fish where Jesus feeds five thousand men, not counting the women and children. The crowd is greatly impressed by the sign: "This is truly the Prophet, the one who is to come into the world" (John 6: 14). They are referring to the prophet revealed to Moses in Deuteronomy 18: 18: "I will raise up for them a prophet like you from among their kindred, and will put my words into the mouth of the prophet; the prophet shall tell them all that I command." The people seem to be very well disposed toward Jesus, as they would to the prophet revealed to Moses. The following day, they eagerly look for Jesus, first across the Lake where Jesus had performed the sign, and then on to Capernaum where they located Him.

Before long, the crowd displays another side. When Jesus told them to work for the food that endures for eternal life which He as the Son of Man would provide, they ask what they had to do. Jesus replied, "This is the work of God, that you believe in the one he sent" (John 6: 29).



Face to Face WITH GOD

Earlier, Jesus had told them that their real reason to look for Him was because they ate the loaves and were filled. They become contentious and disbelieving as Jesus speaks to them about being the Bread of Life. They are unwilling to adhere to the words of the Prophet foretold in Deuteronomy that “this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him [on] the last day.” The Jews refuse to look beyond Jesus’ earthly origins and believe in Him as being the Son of God. Had they listened to God, Jesus’ Father, speaking in the Scriptures, they would have been drawn to Jesus. They would realize that Jesus was the best Person to talk about God the Father as only Jesus had seen Him. In the Old Testament, Moses was permitted to see God’s back, not His face (Exodus 33: 22-23). Looking on God was too much for mortals, as God is totally other than we are! However, it is different with the coming of Jesus. Jesus the Word was with God in the beginning and was God (John 1: 1). This Word became flesh and lived among us (John 1: 14), to make known the God whom no one else has ever seen! Whoever, therefore, believes in Jesus, the Incarnate Son of God, has eternal life (John 6: 47), and has seen the Father.

As the Bread of Life Discourse proceeds, in five verses, John 6: 53-58, Jesus emphasizes the necessity of eating His body and drinking His blood five times! In one instance, Jesus is very graphic, to allay any doubt about what He means when He says that “the one who feeds on me [the way a carnivore gnaws at its carcass] will have life because of me.” Through eating His body and drinking His blood, we are given a share in the fullness of God’s divine Life.

PRAYER TO THE HOLY TRINITY

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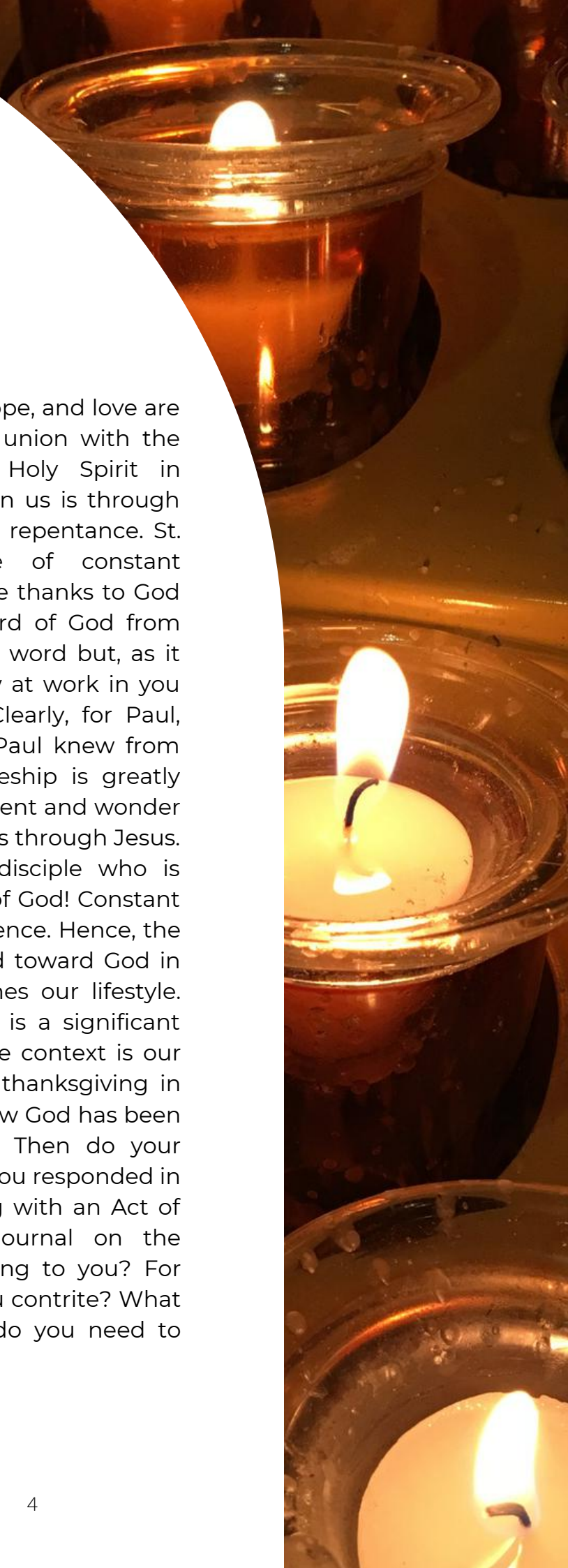
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NIGHT *Prayer*

listen



While the theological virtues of faith, hope, and love are the essential ingredients of covenant union with the Blessed Trinity, the action of the Holy Spirit in enlivening these fundamental virtues in us is through the practice of constant gratitude and repentance. St. Paul recommends the nurturance of constant thanksgiving in his letters: “We too give thanks to God unceasingly, that, in receiving the word of God from hearing us, you received not a human word but, as it truly is, the word of God, which is now at work in you who believe” (1 Thessalonians 2: 13). Clearly, for Paul, gratitude follows on the gift of faith. Paul knew from first-hand experience that our discipleship is greatly empowered through constant amazement and wonder at God’s fathomless love and forgiveness through Jesus. Radical discipleship will result in a disciple who is imbued and permeated with the love of God! Constant gratitude also creates a delicate conscience. Hence, the attitude of repentance or being turned toward God in all that we think, say, and do, becomes our lifestyle. Indeed, the nightly review of the day is a significant practice in a disciple’s formation as the context is our covenant relationship with God. With thanksgiving in your heart, go over your day and see how God has been so loving and generous toward you. Then do your examination of conscience to see how you responded in your covenant union with Him, ending with an 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

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My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?

My Notes

Date :



WHO DO YOU SAY I AM?

REVELATION 2: THE WORD MADE FLESH
WEEK 1, DAY 7

PRAYING IN GOD'S GAZE
UPON US

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.

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Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

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Since prayer is expressing our special covenant relationship with God, it is important to remember that God's loving gaze is upon us during prayer, throughout the day and night, and in fact, at every moment of our lives. The Father so loved us that He gave His Son so that we might not perish but might have eternal life – a participation in God's very own divine life. Through His Son, we have become sons and daughters of the living God. The Father, therefore, gazes upon us with the same love and depth of affection and reverence that He has for His Son, Jesus: "I in them and you in me, that they may be brought to perfection as one, that the world may know that you sent me, and that you loved them even as you loved me" (John 17: 23).

Jesus is our Good Shepherd, who laid down His life for His sheep. He did this so that He could bring about the amazing covenant union of God and humans: "I know mine and mine know me, just as the Father knows me and I know the Father" (John 10: 14-15). Jesus "did not enter into a sanctuary made by hands, a copy of the true one, but heaven itself, that he might now appear before God on our behalf" (Hebrews 9: 24). Jesus is our Advocate, and it is His supreme joy to present us to the Father as the fruits of His harvest and intercede for us as His own. Hence Jesus, like His Father, gazes upon us with great tenderness, affection, and compassionate love.



Face to Face WITH GOD

Before His ascension, Jesus asked His disciples to return to Jerusalem and await the promise of the Father: “the promise of the Father about which you have heard me speak; for John baptized with water, but in a few days you will be baptized with the holy Spirit” (Acts 1: 4-5). Just as Jesus did everything in the power of the Holy Spirit, so He wants us to live as His disciples in the power and fellowship of the same Holy Spirit. The Holy Spirit is our Advocate and Guardian who will guide us “to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming. He will glorify me, because he will take from what is mine and declare it to you” (John 16: 13-14). The Holy Spirit will dwell among us and in us: “The Advocate, the holy Spirit that the Father will send in my name – he will teach you everything and remind you of all that [I] told you. Peace I leave with you; my peace I give to you” (John 14: 26-27). Hence, every prayer session is memorable both for us, because of whose presence we are entering, and for our Triune God, who is so full of love, compassion, and delight in us!!

PRAYER TO THE HOLY TRINITY

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