

A small wooden boat is positioned in the lower-left foreground, floating on a calm body of water. The sun is setting in the distance, creating a bright orange and yellow glow that reflects on the water's surface. Dark, silhouetted mountains are visible in the background under a deep blue sky. The overall mood is serene and contemplative.

LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 2, DAY 1

THE HOLY SPIRIT AND THE EVIL SPIRIT

MICHAEL FONSECA, D. MIN

A lit candle in a metal holder and hands clasped in prayer with a rosary.

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.

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

Listen:



Jesus accomplished His mission in the power of the Holy Spirit. Mary conceived Jesus through the power of the Holy Spirit. The Holy Spirit descended like a dove upon Jesus at His baptism. Jesus was led into the desert by the Spirit of God to be tempted by Satan. Jesus returned to Galilee in the power of the Spirit, and news of Him spread throughout the whole region (Luke 4: 14). Jesus continued to be full of the power of the Spirit unto His death and resulting in His resurrection. Peter summed it up well in his discourse: “God raised this Jesus; of this we are all witnesses. Exalted at the right hand of God, he received the promise of the holy Spirit from the Father and poured it forth, as you (both) see and hear.” (Acts 2: 32-33).

During Jesus’ ministry, mention is made of the Holy Spirit and how there will be an Outpouring upon us as Jesus Himself was filled by His Holy Spirit. John the Baptist contrasted His baptism of repentance with the baptism of Jesus: “I am baptizing you with water, ... He will baptize you with the holy Spirit and with fire.” (Luke 3: 16). Upon Jesus’ request, the Father gave us another Advocate to be with us always, the Spirit of Truth who will remain with us and in us (John 14: 16-17). Like Jesus, the Holy Spirit will offer us the same kind of assurance, strength, and peace that the world cannot give. And through the Holy Spirit we will be transformed into Christ. Furthermore, like Jesus and the Father, the Holy Spirit will be our God who dwells among us and within us. The Holy Spirit’s abode will be in our hearts as it is in God’s innermost being.



PREPARING FOR THE JOURNEY

Before His Ascension, Jesus reiterated the necessity of being baptized by the Holy Spirit: “Wait for “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). The Holy Spirit makes Jesus constantly present to us so that we will never be orphans, and unites heaven and earth as God’s community of martyrs, witnesses, and saints. Therefore, the Holy Spirit will prove the world wrong about sin, namely, that Jesus is the only Savior of the world. The Holy Spirit will prove the world wrong 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; about condemnation, because through His death, Jesus has vanquished Satan, prince of this world.

In Week Two of Revelation Five, we will continue to explore the theme of ‘Receiving the Holy Spirit.’ We will spend much time preparing ourselves to receive the gift of the Holy Spirit. In our prayer, we will be amazed as we witness the power of the Holy Spirit manifesting itself in the early Church. Our hearts will be filled with praise and gratitude for God’s wondrous works among His people. And like the Apostles and other disciples who experienced the power and transformation of the Holy Spirit, we will also ask that the Holy Spirit take possession of our lives, become the Keeper of our souls, and re-create us in the image and likeness of Jesus. ‘Will you ask the Father to send His Holy Spirit upon you so that you truly have a Pentecost experience?’



FACE TO FACE WITH GOD

Listen: 

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.

When the disciple is living in God's will, they are making progress. They are experiencing consolations or movements from the Holy Spirit that are encouraging and supportive. The Holy Spirit is strengthening their commitment to covenant union with God. They are overwhelmed by God's gracious compassion and love and have an intense desire to reciprocate with generosity and fidelity. The Holy Spirit also acts as a supporter and friend, instilling confidence and courage so that they are not daunted by difficult tasks. The Holy Spirit works things out in such a way that even in difficult situations the challenge becomes possible to accomplish. In every sense of the word, the Holy Spirit is indeed their ADVOCATE!



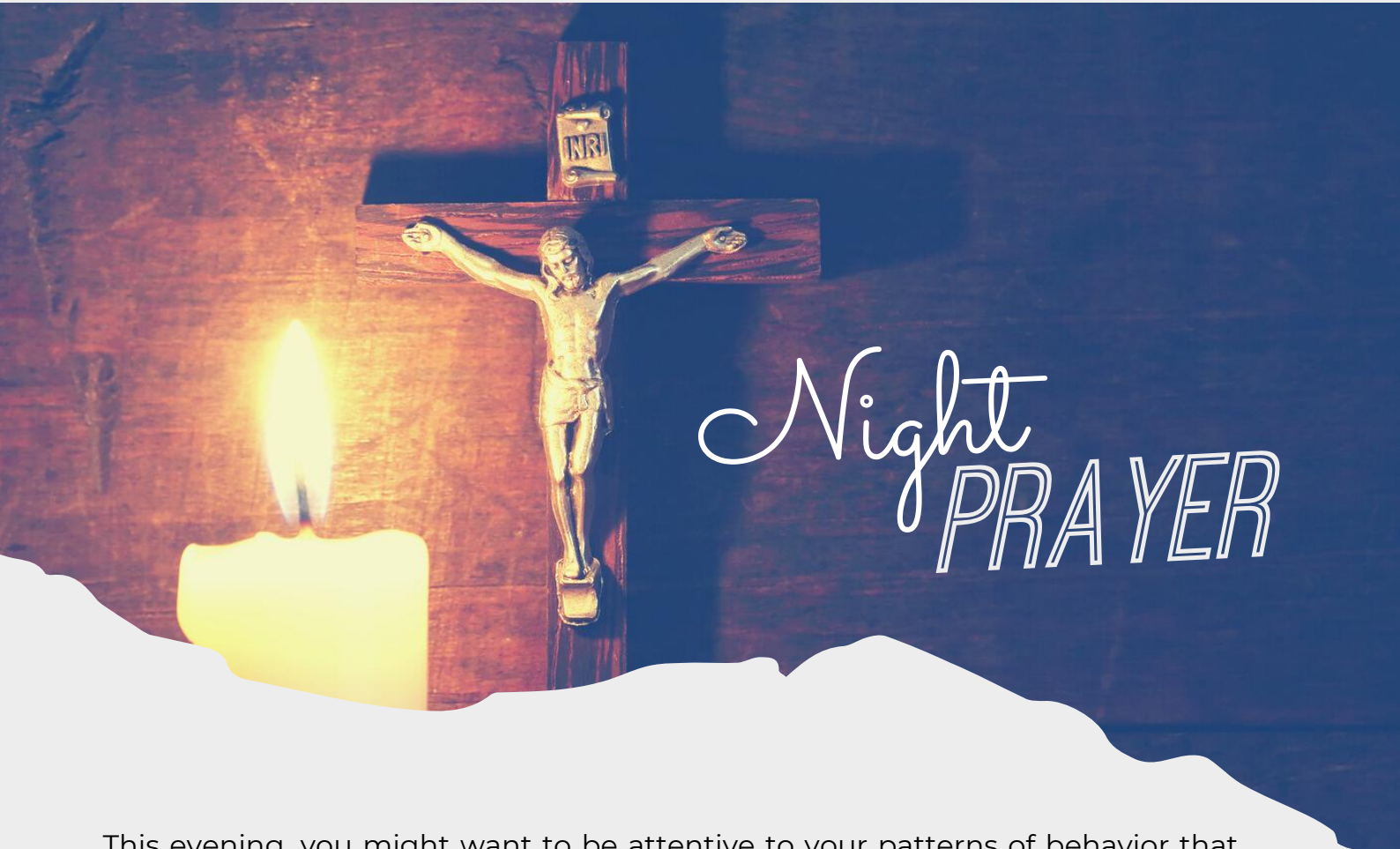
FACE TO FACE WITH GOD

There is another voice in the disciple's heart that is a negative and destructive force, not originating in God. This source is the evil spirit, either Satan or our own propensity toward evil and destruction. This evil force seeks to diminish and ensnare us by suggesting thoughts and movements that disturb and cause anxiety resulting in a loss of fervor. When we succumb to this evil influence, we experience discouragement and hopelessness. When this state is prolonged, we end up being lukewarm and stagnant. This state of desolation militates against the voice of the Holy Spirit. St. Ignatius of Loyola advises us to train ourselves to ignore the evil spirit's disturbing promptings in time of consolation when we are under the influence and guidance of the Holy Spirit. In times of desolation, He asks us to use every means possible to fight the desolation and return to consolation. Some of these means would be more prayer, service of others, depriving oneself of legitimate pleasures, fasting. Oftentimes, after we have successfully resisted such negative suggestions, we will see clearly that they were a web of deceit and delusion. Come Holy Spirit and enliven me with your wisdom and power!

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!



This evening, you might want to be attentive to your patterns of behavior that keep you in a state of consolation as well as lead you into desolation. In the case of consolation becoming the normal state of your soul, such transformation takes place at the hands of the Holy Spirit. Under the Holy Spirit's guidance and direction, the disciple has developed consistent and productive spiritual habits. In the case of patterns leading us into desolation, they are generally long-standing and deeply ingrained in us. And they lead us into desolation because of their addictive nature. For today's review, I would like to name three sources of desolation: un-forgiveness, an unruly tongue, and the addictive use of the Internet. We become angry, unloving, and bitter when we harbor un-forgiveness. We will possess a tranquil spirit only if we forgive ourselves and others. For various reasons, un-forgiveness being one of them, our tongues can become deadly instruments of sin. James 3: 8, puts it very graphically: "But no human being can tame the tongue. It is a restless evil, full of deadly poison." The Internet is another source that could lead to dissipation and sin. Pornography has become a deadly problem for millions of people. How free are you from lustful curiosity leading to secrecy, guilt, and sin? Are you balanced in the use of the phone and internet? In times of desolation, St. Ignatius of Loyola asks us to use every means possible to fight desolation and return to consolation. They would be more prayer, service of others, depriving oneself of legitimate pleasures. 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 practices, including fasting, do you need to focus on tomorrow?

Listen: 

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 Six: Are you considering a strong finish to the end of this Pilgrimage?

Additional challenges to improve your physical and spiritual life:

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- Refrain from Snacking between Meals on Wednesday and Friday per week.
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This image shows a vertical rectangular sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it is resting on a surface.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



*LEAD ME INTO
THE DEEP, LORD*

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 2, DAY 2

RECEIVING THE HOLY SPIRIT

MICHAEL FONSECA, D. MIN

A lit candle in a metal holder and hands clasped in prayer with a rosary.

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.

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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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

Listen:



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.

"Now when the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent them Peter and John, who went down and prayed for them, that they might receive the holy Spirit, for it had not yet fallen upon any of them; they had only been baptized in the name of the Lord Jesus. Then they laid hands on them and they received the holy Spirit." - Acts 8: 14-17

Philip the deacon had fled Jerusalem along with other Hellenist followers of Jesus after the martyrdom of Stephen. They made their way to Samaria. Apparently, only the Greek speaking followers of Jesus were being persecuted in Jerusalem as the Aramaic or Hebrew speaking followers like the Apostles were left undisturbed. During His public ministry, Jesus had traveled through Samaria, and His reception among them was a mixed bag. Luke 9: 52-53 tells us that the Samaritans were inhospitable. Jesus and His disciples were not welcome because they were making their way to Jerusalem. On the other hand, in John 4: 39, many Samaritans came to believe in Jesus. Jesus had come for all, Jews, Samaritans, and Gentiles. Now that the Outpouring of the Holy Spirit has taken place, His covenant family is beginning to take wings, and the good news has arrived in Judea and Samaria, albeit through a persecution in Jerusalem, beginning with the martyrdom of Stephen.



FACE TO FACE WITH GOD

Philip was an evangelizer and proclaimed the Messiah Jesus to the Samaritans. Baptism brought the Samaritans into a life-saving union with Jesus who has now become their Lord and Savior. Consequently, there was great joy in Samaria and the good news reached Jerusalem. Peter and John set out on an ecclesiastical visit. The Samaritans had been baptized in the name of Jesus by Philip the deacon, but had not yet received the Holy Spirit. When the Apostles confirmed them by laying hands on them, the Holy Spirit came upon them and they were filled with joy, peace, and power.

Peter and John's visit to Samaria held great significance for several reasons. Peter held the 'keys to the kingdom.' If Samaria had to be a legitimate church, it had to receive the sanction and blessings of the Apostles in Jerusalem. Secondly, the Holy Spirit was breaking down the age-old hostility between Jews and Samaritans. With Peter and John legitimizing the Samaritan church through their episcopal visit, the Jewish Christians would be more receptive to the workings of the Holy Spirit. And through Peter and John, the full power of the priesthood was being exercised. Baptism in the name of Jesus was being activated through the Outpouring of the Holy Spirit. Through Baptism you too have been brought into a covenant union with the Holy Trinity through Jesus, and in Confirmation, the Holy Spirit has come upon you as well and is now the Guardian of your soul! Come Holy Spirit and enliven me with your wisdom and power!

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!



Our nightly review of the day gives us the opportunity to plumb the depths of God's love for 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 how Baptism had brought the Samaritans into a life-saving union with Jesus. At news of their conversion, Peter and John set out on an ecclesiastical visit. The Samaritans had been baptized in the name of Jesus by Philip the deacon but had not yet received the Holy Spirit. When the Apostles confirmed them by laying hands on them, the Holy Spirit came upon them and they were filled with joy, peace, and power.

Peter held the 'keys to the kingdom.' If Samaria had to be a legitimate church, it had to receive the sanction and blessings of the Apostles in Jerusalem. With Peter and John legitimizing the Samaritan church through their episcopal visit, the Jewish Christians would be more receptive to the workings of the Holy Spirit. And through Peter and John, the full power of the priesthood was being exercised. Baptism in the name of Jesus was being activated through the outpouring of the Holy Spirit. Through Baptism we too have been brought into a covenant union with the Holy Trinity through Jesus, and in Confirmation, the Holy Spirit has come upon us as well and is now the Guardian of our soul!

As you engage in thanksgiving and praise for God's multiple blessings that you have received through the sacraments of Baptism and Confirmation, you can thank God especially for His gift of eternal life through Jesus. 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 practices, including fasting, do you need to focus on tomorrow?

Listen:



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My Notes

Date :

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For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 2, DAY 3

THE BAPTISM OF CORNELIUS

MICHAEL FONSECA, D. MIN

A lit candle in a metal holder and hands in prayer with a rosary.

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

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PRAYER TO THE HOLY SPIRIT

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"While Peter was still speaking these things, the holy Spirit fell upon all who were listening to the word. The circumcised believers who had accompanied Peter were astounded that the gift of the holy Spirit should have been poured out on the Gentiles also, for they could hear them speaking in tongues and glorifying God. Then Peter responded, "Can anyone withhold the water for baptizing these people, who have received the holy Spirit even as we have? He ordered them to be baptized in the name of Jesus Christ. Then they invited him to stay for a few days." - Acts 10: 44-49

The workings of the Holy Spirit never cease to amaze. Through the ministrations of the Holy Spirit, a new chapter begins in Peter's ministry. It is revealed to Peter that the Gentiles are to receive the good news and be brought into the church. He is summoned to go to Caesarea, about 30 miles north of Joppa and the capital of the Roman Province of Judea, to visit Cornelius, a centurion of the Cohort called Italica. The Holy Spirit has prepared Cornelius and his household to receive the life-giving waters of Baptism.



FACE TO FACE WITH GOD

Until now, the Holy Spirit was being poured out only on Jewish believers. Jesus had said that He was sending His disciples to the ends of the earth, yet His disciples could not imagine or foresee that He was sending them to the Gentiles as well. The Holy Spirit's Outpouring upon the Gentiles astounded the disciples. The brothers from Joppa who had accompanied Peter on his visit with Cornelius are now undergoing a deeper renewal and understanding of their faith in Jesus. The boundaries of God's covenant family are expanding in ways they never could have imagined. Jesus is Savior and Lord of the Jews. Jesus is also Savior and Lord of the Gentiles! There was clearly a chasm between what they thought and what they now beheld and heard. Their minds would have to accept the evidence and replace their way of thinking with God's. They are indeed astounded!

For Peter, the evidence is overwhelming. The Holy Spirit has prepared Cornelius and his household to receive the life-giving waters of Baptism, in the name of Jesus. It was baptism by water and the Holy Spirit for the forgiveness of sins. It made the disciples realize that with the resurrection of Jesus, they were in a revolutionary change. The Risen Lord has brought about a paradigm shift that will reverberate till the end of time. Since the resurrection of Jesus, the world has never been the same. It is only fitting, after such a momentous event, that Peter would stay with his new converts for a few days, to celebrate God's love through praise and thanksgiving, and to encourage and strengthen Cornelius and his household in their faith in Jesus. Come Holy Spirit and enliven me with your wisdom and power!

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!



The context for our nightly review is our covenant relationship with God. We are assessing our commitment to Jesus as His disciple. God demonstrated His immense love for us when He made the decision to send us His Son to be our Savior and ensure our participation in His Divine Life! In covenant union with God we experience God's total gift of Himself to us, and our surrender to Him becomes our heart's desire. In our morning Face to Face, we pondered on the baptism of Cornelius and his household at the hands of Peter. The Holy Spirit has prepared Cornelius and his household to receive the life-giving waters of Baptism. Jesus had said that He was sending His disciples to the ends of the earth, yet His disciples could not imagine or foresee that He was sending them to the Gentiles as well. The Holy Spirit's Outpouring upon the Gentiles astounded the disciples. The boundaries of God's covenant family are expanding in ways they never could have imagined. Jesus is Savior and Lord of the Jews. Jesus is also Savior and Lord of the Gentiles! There was clearly a chasm between what they thought and what they now beheld and heard. Their minds would have to accept the evidence and replace their way of thinking with God's. They are indeed astounded! The Risen Lord has brought about a paradigm shift that will reverberate till the end of time. Since the resurrection of Jesus, the world has never been the same.

In your examination of conscience, along with reviewing your failures to respond generously as a disciple, you can reflect on the faith and trust you place in Jesus. When you 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 practices, including fasting, do you need to focus on tomorrow?



Examination of CONSCIENCE

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LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 2, DAY 4

PAUL IN EPHESUS

MICHAEL FONSECA, D. MIN

A lit candle in a metal holder and hands clasped in prayer with a rosary.

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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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

Listen:



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.

"He (Paul) said, "How were you baptized?" They replied, "With the baptism of John." Paul then said, "John baptized with a baptism of repentance, telling the people to believe in the one who was to come after him, that is, in Jesus." When they heard this, they were baptized in the name of the Lord Jesus. And when Paul laid [his] hands on them, the holy Spirit came upon them, and they spoke in tongues and prophesied." - Acts 19: 3-6

In A.D. 55-56, during his third missionary journey, Paul visited Ephesus and remained there for two years. Ephesus became the focus of his activities and evolved into an important Christian community. Some Ephesians were baptized with John's baptism of repentance. They had not yet heard of Jesus. Yet, John had told his audience that his baptism was a preparation for the true baptism in Jesus which would be with fire and the Holy Spirit. In John 1: 33-34, John the Baptist offers his testimony to Jesus when he says, "I did not know him, but the one who sent me to baptize with water told me, 'On whomever you see the Spirit come down and remain, he is the one who will baptize with the holy Spirit.' Now I have seen and testified that he is the Son of God." As can be seen from this event, John the Baptist's assessment of his baptism of repentance versus the baptism of Jesus was accurate.



FACE TO FACE WITH GOD

Through Paul, the Holy Spirit now completes the process that was begun in them and leads them to life in Jesus. Paul baptizes them in the name of the Lord Jesus. And when he lays hands on them, the Holy Spirit's power is unleashed in them. They experience a similar Outpouring of the Holy Spirit that the Apostles experienced at Pentecost, and Paul at his baptism in Damascus. Remarkably, they spoke in tongues and prophesied, manifesting the gifts and power of the Holy Spirit. Come Holy Spirit and enliven me with your wisdom and power!

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!



The nightly review gives us the opportunity to pull ourselves together to see how our day has been filled with blessings and graces through the Blessed Trinity's presence in us and among us. In due time, the nightly review will become a sacred tradition in our discipleship. In due time as well, our awareness of God's constant love and presence among us will deepen and become second-nature to us. So, make sure you take your time over the different steps of the review, tasting and relishing each step. Try to be deliberate and intentional with your prayer of thanksgiving and examination of conscience. In your morning Face to Face with Jesus, you met Paul as he ministered in Ephesus during his third missionary journey. Some Ephesians were baptized with John's baptism of repentance. They had not yet heard of Jesus. Through Paul, the Holy Spirit now completes the process that was begun in them and leads them to life in Jesus. Paul baptizes them in the name of the Lord Jesus. And when he lays hands on them, the Holy Spirit's power is unleashed in them. They experience a similar Outpouring of the Holy Spirit that the Apostles experienced at Pentecost, and Paul at his baptism in Damascus. Remarkably, they spoke in tongues and prophesied, manifesting the gifts and power of the Holy Spirit. As you review your blessings from the Lord with gratitude, and your failures with repentance, you can focus on the role the Holy Spirit plays in your life. Keep in mind that the Lord always blesses the disciple who is grateful, honest, and transparent. 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 practices, including fasting, do you need to focus on tomorrow?

Listen: 

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 Six: Are you considering a strong finish to the end of this Pilgrimage?

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My Notes

Date : _____

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My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 2, DAY 5

BREATHING THE HOLY
SPIRIT

MICHAEL FONSECA, D. MIN

A lit candle in a metal holder and hands clasped in prayer with a rosary.

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.

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

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FACE TO FACE WITH GOD

Listen:



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.

"Jesus came and stood in their midst and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. 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

In John, the Resurrection, Ascension, and imparting of the Holy Spirit are viewed as different aspects of the same divine mystery. The Risen Lord has spent forty days with His disciples. His resurrection has brought about a revolutionary change in the world. Jesus has overcome Satan and his kingdom, the world. Through Jesus, the Apostles begin to experience a profound transformation through the gift of the Holy Spirit. They move from hopelessness and despair to hope and joy, from anxiety and fear to peace and enthusiasm. Their horizons have been vastly expanded. Just as the Father sent Jesus to be the Savior of the world, in the same way, Jesus is sending them as His witnesses to the ends of the earth.



FACE TO FACE WITH GOD

Two points are worthy of note in this resurrection event. Jesus, the Risen Lord, breathes the Holy Spirit into His Apostles. He breathes into them His own divine life through His Holy Spirit. The Holy Spirit's power will be released in them after Jesus ascends to the Father. Only through the Holy Spirit, can God's life in Jesus be activated. Secondly, through the Holy Spirit, Jesus gives His Apostles the power to forgive and retain sin. In entering into covenant with us, God shared everything of Himself with us, including His power to forgive sin. Earlier, in the Upper Room before His death and resurrection, Jesus had given His Apostles (and their successors) the power to make Him present in His death and resurrection in the Eucharist. God took an amazing risk to allow humans to exercise this power in His name. Twenty centuries of chosen humans, our bishops and priests exercising this power in Jesus' name, has turned out to be an immense grace. God always knows best. As with Jesus, so with us, we will live and serve in the power and overshadowing of the Holy Spirit. Come Holy Spirit and enliven me with your wisdom and power!

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!



The nightly review of the day is a significant practice in a disciple's formation. The context for our nightly review is our covenant relationship with God. We are assessing our commitment to Jesus as His disciple. In our morning Face to Face with God, we pondered the appearance of the Risen Lord to His disciples. Jesus breathes the Holy Spirit into His Apostles. He breathes into them His own divine life through His Holy Spirit. The Holy Spirit's power will be released in them after Jesus ascends to the Father. Only through the Holy Spirit, can God's life in Jesus be activated. Secondly, through the Holy Spirit, Jesus gives His apostles the power to forgive and retain sin. In entering into covenant with us, God shared everything of Himself with us, including His power to forgive sin. God took an amazing risk, to allow humans to exercise this power in His name. Twenty centuries of chosen humans, our bishops and priests exercising this power in Jesus' name, has turned out to be an immense grace. God always knows best.

In our thanksgiving to God, along with our multiple blessings, we can especially thank Him for the gift of His Holy Spirit and the sacrament of reconciliation. In your examination of conscience, along with reviewing your failures to respond generously as a disciple, you can reflect on how you have brought yourself under the tutelage of the Holy Spirit. 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 practices, including fasting, do you need to focus on tomorrow?

Listen:



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 Six: Are you considering a strong finish to the end of this Pilgrimage?

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My Notes

Date : _____

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My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 2, DAY 6

BEING EMPOWERED BY THE
HOLY SPIRIT

MICHAEL FONSECA, D. MIN

A lit candle in a metal holder and hands clasped in prayer with a rosary.

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.

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

Listen: 

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

Of all the events connected with the Holy Spirit, this is probably the one with which we are most familiar. In our liturgy, we celebrate the Feast of Pentecost every year after the Feast of the Ascension. In this Pentecost scene, the Presence and Power of the Holy Spirit is vivid, overwhelming, and transforming. God appears to humans with fire in both the Old and New Testaments. In this scene, a cataclysm is taking place. The old order is giving way to the new. The disciples are being cleansed and strengthened by the Holy Spirit, symbolized by tongues of fire.



FACE TO FACE WITH GOD

The disciples are being transformed in unimaginable ways to bring about this new order under the guidance and direction of the Holy Spirit. Henceforth, under the power and influence of the Holy Spirit, they will witness to the ends of the earth that Jesus is Messiah and Lord of the Universe. In fact, immediately after the Outpouring of the Holy Spirit, they speak in tongues that a crowd of some 3000 hear and understand them in their own respective tongues! Amazing and true!

A profound cleansing takes place in us as well through the Holy Spirit whom we received in Baptism and Confirmation. Through such a cleansing and transformation, the disciple comes to know that Jesus is alive and truly Savior and Lord of the Universe! In faith, place yourself in the scene and experience the Presence and Power of the Holy Spirit along with Mary and the disciples. Come Holy Spirit and enliven me with your wisdom and power!

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!



The nightly review of the day is our intimate and honest contact with the Lord when He 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. In our morning Face to Face with God, we saw how the disciples were transformed with the Outpouring of the Holy Spirit. The same Holy Spirit has been given to us as well. 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. 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 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 practices, including fasting, do you need to focus on tomorrow?

Listen: 

Examination of CONSCIENCE

Prayer of Thanksgiving

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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 : _____

[illegible]

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 2, DAY 7

REASONS FOR DESOLATION

MICHAEL FONSECA, D. MIN

A lit candle in a metal holder and hands clasped in prayer with a rosary.

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.

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

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FACE TO FACE WITH GOD

Listen: 

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.

Salvation can only come to us with an honest admission of our hypocrisy and sin, without which the Holy Spirit cannot be recognized. When we move into desolation through our own fault, the Holy Spirit's voice will be disturbing but not condemning, calling us back to repentance and being right with God and ourselves. We will only experience peace when we listen to what the Holy Spirit is asking of us.

Desolation can also be present as purification. The saints tell us that the Holy Spirit needs to purify us, as left to ourselves, we will never be able to do an exhaustive clean-up of our sinful attachments and disorders. In the case of purification, one is not really in desolation. Sensible consolations (on the level of feelings and sentiments) will be absent, creating a sense of 'God's absence.' However, spiritual consolations, in the form of a yearning for God and a deeper commitment to Him in daily actions, will continue to be present and might even intensify during a state of purification.



FACE TO FACE WITH GOD

During a time of purification, we are given the opportunity to strengthen and deepen our faith and trust in God. It is necessary to stick to one's resolutions that we made in time of consolation. The temptation will be to renege on them and adopt self-serving decisions in time of desolation.

During desolation, it is important to stick to the decisions one made in time of consolation. During desolation, it is important to remind ourselves that God has not abandoned us, and God's grace is still available to aid us in our struggle. Desolation is a time for extra prayer and taking stock of our spiritual life. It is a time for suitable penance and self-discipline. It is important to remember that consolation will return and the Holy Spirit will again be a lively and familiar Presence. Come Holy Spirit and enliven me with your wisdom and power!

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!



Our nightly review of the day has an immediate and a long-term purpose. The immediate purpose is to review our current relationship with God to see if it is increasingly grace-filled or adversely affected by the disorder of sin. The saints inform us that we either go up in fervor and generosity or down into complacency and ennui in the spiritual life. Hence, the nightly review is important. The long-term purpose of the nightly review is to foster and deepen our awareness of God's presence during the whole day. When the nightly review is done sincerely and seriously, it leads to a strong desire to be in communion with God throughout the day. With practice and familiarity with the different traditions of the practice of the Presence of God, a disciple will develop a consistent awareness of God's presence and love throughout the day. Keeping this long-term benefit in mind, we can now go over the day to see how God has been present to us. With grateful hearts, we express our praise and amazement at God's immense love and compassion for us as His sons and daughters. We then do an examination of conscience, both Particular and General, to see how we have responded to God as disciples of Jesus. Have we been obedient to the guidance of the Holy Spirit? In what specific ways have we sinned? 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 practices, including fasting, do you need to focus on tomorrow?

Listen:



Examination of CONSCIENCE

Prayer of Thanksgiving

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The Act of Contrition

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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 Six: Are you considering a strong finish to the end of this Pilgrimage?

Additional challenges to improve your physical and spiritual life:

- Attempt 20 minutes for morning prayer and 10 minutes for night prayer.
- Refrain from Alcohol on Wednesday and Friday per week.
- Refrain from Snacking between Meals on Wednesday and Friday per week.
- Begin and end your day at the same time daily.

My Notes

Date : _____

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My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?