



LEAD ME INTO THE DEEP, LORD

REVELATION 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 2, DAY 1

JESUS AS INTERCESSOR
AND THE HOLY SPIRIT AS
ADVOCATE

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:



By being immersed in the grace and power of the Holy Spirit, we begin to abide in God's love: "And hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us" (Romans 5: 5). Our Baptism in the Holy Spirit is a Christ-centered event. It leads to our re-creation in the image and likeness of Jesus: "I am baptizing you with water, but one mightier than I is coming. I am not worthy to loosen the thongs of his sandals. He will baptize you with the holy Spirit and fire" (Luke 3: 16). The Holy Spirit will guide us to all truth: "He will guide you 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" (John 14: 13). The Holy Spirit lives with us and within us as Emmanuel, God-with-Us: "I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you" (John 14: 16-17).

The Holy Spirit helps us break sinful habits and experience spiritual transformation: "You should put away the old self of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth" (Ephesians 4: 22-24). The Holy Spirit deepens the Father-Child relationship between God and us: "The Spirit itself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him" (Romans 8: 16-17).



PREPARING FOR THE JOURNEY

Through the Holy Spirit, we experience a transformative, personal relationship with Jesus: “I have been crucified with Christ; yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me” (Galatians 2: 19-20). The Holy Spirit creates a deeper obedience and faith in the authority given by Jesus to His representatives: “Whoever listens to you listens to me. Whoever rejects you rejects me. And whoever rejects me rejects the one who sent me” (Luke 10: 16). The Holy Spirit’s prayer in us will always be heard: “The Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings. And the one who searches hearts knows what is the intention of the Spirit, because it intercedes for the holy ones according to God’s will” (Romans 8: 26-27).

1John 2:27 tells us that we have the Perfect Mentor in the Holy Spirit: “The anointing (the Holy Spirit) that you received from him remains in you, so that you do not need anyone to teach you. But his anointing teaches you about everything and is true and not false; just as it taught you, remain in him.” Week Two of Revelation 6 continues with the invitation to submit completely to the guidance and transformation that the Holy Spirit will bring about in us. ‘Will you trust the Holy Spirit to transform you into Christ?’



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.

After His Ascension, Jesus brings glory to His Father in heaven as our Intercessor, with the heavenly hosts joining Him in continual adoration, praise, and glorification of His Father. Every creature in heaven and on earth and under the earth and in the sea, everything in the universe, cries out: "To the one who sits on the throne and to the Lamb be blessing and honor, glory and might, forever and ever" (Revelation 5: 13). And on earth, the Holy Spirit is fashioning us into the Body of Christ through our participation in the Risen Lord's Eucharistic Sacrifice, offering praise and adoration to His Father in heaven!



FACE TO FACE WITH GOD

Like Jesus, the Holy Spirit will be our Advocate who will stand in our corner and go to bat for us. The Holy Spirit will be intimately committed, and deeply concerned, about our welfare as children of God. The Holy Spirit is re-creating us in the image and likeness of Jesus. Recognizing God's voice and presence in our lives, hinges on the gift of the Holy Spirit from the Father that Jesus offered us on the eve of His crucifixion and death. This commitment on the part of Jesus as our Intercessor in heaven, and the Holy Spirit as our Advocate here on earth, will go on forever, with no let up! Holy Spirit, re-create me in the image and likeness of Jesus!

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. Through baptism we were buried into the death of Christ, and rose to new life, God's own life, through the resurrection of Jesus. We belong to God and the Blessed Trinity has become ours through Jesus. Every single day, God is overwhelming us with grace upon grace, suffusing our lives with His tender mercies and unconditional love. Every single day of our lives, then, is an opportunity to praise, adore, and thank God for His indescribable goodness and loving kindness. We engage in praise and thanksgiving for the blessings and protection we received from God. Today, with thanksgiving in your heart, you can go over your day, from morning to evening, 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 in your covenant union with Him. Did you succumb to temptation and did you commit deliberate sin? 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?

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:

- 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 :

[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 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 2, DAY 2

ONLY IN 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.

"Therefore, I tell you that nobody speaking by the spirit of God says, "Jesus be accursed." And no one can say, "Jesus is Lord," except by the holy Spirit."

- 1 Corinthians 12: 3

In the Great Discourse, Jesus made it explicit that the Holy Spirit would continue the work of Jesus among us: "He will glorify me, because he will take from what is mine and declare it to you" (John 16: 14). In Trinitarian style, the Three Persons think and work as one because They are One. Hence the Holy Spirit will never work at cross purposes with Jesus: "Therefore, I tell you that nobody speaking by the spirit of God says, "Jesus be accursed."



FACE TO FACE WITH GOD

There is a deeper lesson for us to learn. Just as there cannot be division and competition among the Three Persons of the Blessed Trinity because there is no sin in God, similarly, among us as disciples of Jesus there should be no division and disunity. It is a scandal that as disciples of Jesus we claim Him as Savior and Lord, while disagreeing on the true meaning of His teachings. Jesus gave Peter the keys of the kingdom. Through the action of the Holy Spirit, the Church's Magisterium or Teaching Authority has kept God's covenant family free from error in matters of dogma and morals. We need to take the Teaching Authority of the Church seriously, as it is Jesus who instituted this authority. Similarly, St. Paul tells us that we can only know Jesus as Lord through the Holy Spirit. Holy Spirit, re-create me in the image and likeness of Jesus!

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!



During Revelation Six of Lead me into the Deep, Lord, we have been praying to receive the mentoring of the Holy Spirit in great abundance. Through His Son, the Father has taken every possible step to make this precious gift available to us. Without the presence and power of the Holy Spirit, we would not be able to participate in God's Life and Love. Through the sacraments of Baptism and Confirmation, the Holy Spirit has been given to us to become our Advocate and Emmanuel, making us His abode and sanctuary. During your nightly review, you can address your response to the question that has been asked of you all week: Will you trust the Holy Spirit to transform you into Christ? You can thank the Father through His Son, for the many graces and blessings you have experienced through the presence and power of the Holy Spirit in your life. Try to be very specific as you name them and thank God for His generosity and love toward you. And you can also examine whether you seriously encourage the Holy Spirit to be present with you all day. How insistent are you throughout the day to invoke the protection and guidance of the Holy Spirit against the snares of the devil? Take the time today to examine the spiritual practices and daily dialogue that you carry on with the Holy Spirit, to see if you need to do more. The context for our nightly review is our covenant relationship with God. 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?



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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.

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Date :

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My Notes

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For what are you grateful?

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LEAD ME INTO THE DEEP, LORD

REVELATION 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 2, DAY 3

ONLY THROUGH 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.

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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.

There are different kinds of spiritual gifts but the same Spirit; ... To each individual the manifestation of the Spirit is given for some benefit. ... But one and the same Spirit produces all of these, distributing them individually to each person as he wishes." - 1Corinthians 12: 4, 7, 11

The Holy Spirit knows best what is good for us individually and for God's covenant family, as we strive to serve Mother Church. We are made holy through our service of God and our brothers and sisters. We are therefore to rejoice at the way the Holy Spirit apportions spiritual gifts among us. Our effort should always be to see how best to serve our brothers and sisters. Thanksgiving should be at the core of our relationships with other disciples. Envy and jealousy should be avoided like the plague; gratitude and appreciation for the Holy Spirit's gifts to others should be the norm.



FACE TO FACE WITH GOD

The Holy Spirit offers Himself to us through the manifestation of His various gifts. These gifts will always have a personal dimension. They will enrich and transform us. More specifically, however, they are to be used in the service of God's covenant family. When we use the gifts of the Holy Spirit properly, the emphasis will be on the service and betterment of others.

As disciples of Jesus, envy and jealousy should be as foreign to us as they are to God and the Church triumphant. A true disciple lives for Jesus and His covenant family. A true disciple is best described as John the Baptist described himself: "He must increase, I must decrease." Holy Spirit, re-create me in the image and likeness of Jesus!

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.

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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. 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?



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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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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 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 2, DAY 4

PAUL'S GREETING

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.

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"The grace of the Lord Jesus Christ and the love of God and the fellowship (communion) of the holy Spirit be with all of you." - 2Corinthians 13: 13

Paul ends his Second letter to the Corinthians with this greeting. It is probably one of the best recapitulations of God's Plan of Salvation. The Presider begins the celebration of the Eucharist with Paul's greeting almost every Sunday:

"The grace of the Lord Jesus Christ" is the unmerited gift to us of sharing in God's divine life, made possible through the death and resurrection of Jesus Christ. Jesus is our Savior because He is Lord! As one of us, Jesus has bridged the chasm between God and us, caused by our sin. As Son of God, Jesus could do what we could not. And now we share in His relationship with the Father and Holy Spirit. With Him, in Him, and through Him, we can now address His Father as Our Father!



FACE TO FACE WITH GOD

‘The love of God:’ The Father’s love has made possible this indescribable gift of participation in the divine nature through Jesus. John 3: 16 highlights this passionate commitment of the Father to us, and His generous decision to give us His Son: “For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.”

‘The fellowship (communion) of the Holy Spirit be with all of you’: To bring about this covenant union of God with His human covenant family, the fellowship or communion of the Holy Spirit has been offered to us. The Holy Spirit is the Architect of our covenant union with God. Through the Holy Spirit, the Trinity invites us into God’s life and relationships, to share in their Trinitarian fellowship. From being aliens and outsiders, we are brought into union with God, given entrance into God’s sanctuary, offered the privilege of praising, adoring, and thanking our Triune God ceaselessly as the Father’s sons and daughters. Communion is God’s gift to us to share in what belongs quintessentially only to God: Divine Life. In His magnanimous love, God has fostered an inextricable bond between Him and us through the communion or fellowship of the Holy Spirit. Holy Spirit, re-create me in the image and likeness of Jesus!

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!



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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. Through baptism we were buried into the death of Christ, and rose to new life, God's own life, through the resurrection of Jesus. We belong to God and the Blessed Trinity has become ours through Jesus. Every single day, God is overwhelming us with grace upon grace, suffusing our lives with His tender mercies and unconditional love. Every single day of our lives, then, is an opportunity to praise, adore, and thank God for His indescribable goodness and loving kindness. We engage in praise and thanksgiving for the blessings and protection we received from God. For now, with thanksgiving in your heart, you can go over your day, from morning to afternoon to evening, 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 in your covenant union with Him. Did you succumb to temptation and did you commit deliberate sin? 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.

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What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 2, DAY 5

INHERITANCE THROUGH THE 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.

"In him (Jesus) you also, who have heard the word of truth, the gospel of your salvation, and have believed in him, were sealed with the promised holy Spirit, which is the first installment of our inheritance toward redemption as God's possession, to the praise of his glory." - Ephesians 1: 13-14

In baptism, we were sealed with the Holy Spirit. When a person becomes a Christian, the Holy Spirit takes up residence in them. They become temples of the Holy Spirit. The Holy Spirit empowers us, and we function through the gifts of the Holy Spirit. The Holy Spirit protects and encourages us. The sealing of the Holy Spirit refers to an official mark of identification that was placed on a letter or document. The seal was made from hot wax and then impressed with a signet ring. Jesus is the bearer of the signet ring. He marks us with the seal of the promised Holy Spirit. The seal of the Holy Spirit in the believer signifies security, authenticity, ownership, and authority, all originating in Jesus.



FACE TO FACE WITH GOD

The Holy Spirit is the first and perfect installment of our inheritance toward redemption as God's possession. Jesus has purchased our salvation or inheritance through His death on the cross. Romans 8: 16-17 tells us that "the Spirit itself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ." The Holy Spirit is our down payment, so to speak. The Holy Trinity, out of amazing love for us, has made sure, every step of the way, that our salvation and inheritance would be ensured! This promise of salvation is assured, because through Jesus' death and resurrection it is founded in the Power and Presence of the Holy Spirit who dwells among us and within us! Holy Spirit, re-create me in the image and likeness of Jesus!

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 on God's 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. Through Jesus, we are made God's sons and daughters, addressing God as Father in the same way as Jesus does.

In our thanksgiving to God, along with our multiple blessings, we can especially thank Him for the gift of our faith. In your examination of conscience, along with reviewing your failures to respond generously as a disciple, you can reflect on how you have nurtured your faith and trust in God in the difficult circumstances of your life. Did you make every effort to assert the unassailable truth that Jesus is 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

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The Act of Contrition

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Encouragement for the Journey

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For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 2, DAY 6

THE FRUIT OF THE 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.

"In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such there is no law. Now those who belong to Christ [Jesus] have crucified their flesh with its passions and desires. If we live in the Spirit, let us also follow the Spirit."

- Galatians 5: 22-25

Through these gifts of the Holy Spirit, we receive an appreciation of God's life, of the Trinitarian relationships, and of the meaning of being in a new and everlasting covenant with the Triune God who is Covenant itself. We are heirs with Christ of God's eternal Life because of God's love for us. We are told in John 3: 16-17 that God so loved us that He gave us His Son Jesus Christ so that everyone who believes in Him will not be condemned but will have eternal life.



FACE TO FACE WITH GOD

Joy and Peace are innate to the Risen Lord and are offered to us by the Holy Spirit as lasting signs of our insertion into God's divine life. Only the Risen Lord can share His Peace and Joy with us because the Holy Trinity is the Source, and Jesus is both the Source and the Way to receive the Trinitarian gifts of peace and joy through the Holy Spirit. As we enter more deeply into Trinitarian Life and put on the mind and heart of Jesus Christ, we learn to become as the Blessed Trinity is in relationship to us through the Holy Spirit. We learn to be patient as God, throughout the history of human beings, has been patient in endurance, both in His fidelity to the covenants, and to us in our sin and rebellion! Like God, under the tutelage of the Holy Spirit, we too learn to be kind and generous. Kindness and generosity are attitudes, that spring from selflessness, a characteristic of covenant life. Our faithfulness, gentleness, and self-control are a sharing in God's own transparency of spirit, and signify true freedom from disorder and sin. Holy Spirit, re-create me in the image and likeness of Jesus!

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 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. In particular, 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 practices, including fasting, do you need to focus on tomorrow?



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The Act of Contrition

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Encouragement for the Journey

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For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 2, DAY 7

THE HOLY SPIRIT'S ADVOCACY IN US

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, 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.

The Holy Spirit picks up every nuance in God's depths and gives voice to it through Jesus, the Word of God. We can assume with confidence therefore that the Holy Spirit will reveal to us even the tiniest wisps of divine tenderness and love within the Blessed Trinity and toward us, what eye has not seen, what ear has not heard! God would not allow 'the breath of life' to be destroyed in us by sin. Our restoration to the fullness of the Holy Spirit, our Breath of Life, has been made possible through the death and resurrection of Jesus. The descent of the Holy Spirit upon the Apostles reverberated with the power and majesty of God and brought about amazing transformation in the Apostles and the bystanders.



FACE TO FACE WITH GOD

The Holy Spirit is our Mentor and Guide, the One who causes Jesus to be our Risen Lord, to take Him seriously and to live in constant covenant relationship with Him as our Lord. It is the Holy Spirit who fashions us into the image and likeness of Jesus, makes Jesus constantly present to us so that we will never be orphans. The Holy Spirit unites heaven and earth as God's community of martyrs, witnesses, and saints. The Holy Spirit will prove the world wrong about sin, namely that Jesus is the only Savior of the world. Only through Jesus does forgiveness of sins come to us. The Holy Spirit is the bond between Father and Son, their Spirit through whom the Blessed Trinity reveals itself in loving kindness, always drawing us to share in the fullness of their divine life. Through the Holy Spirit we cry 'Abba,' Father! Through the Holy Spirit we belong to God and no longer to ourselves. Holy Spirit, re-create me in the image and likeness of Jesus!

PRAYER TO THE HOLY TRINITY

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