



# LEAD ME INTO THE DEEP, LORD

REVELATION 1: LAYING THE FOUNDATION  
WEEK 1, DAY 1

HAVE YOU ENCOUNTERED  
JESUS, SAVIOR AND LORD  
OF THE WORLD?

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MICHAEL FONSECA, D. MIN

A lit candle on a stand 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:



Our most significant relationship is with God. God created us in His own image and likeness and made us the center of His marvelous creation because He wanted to enter into a covenant relationship with us. This covenant relationship is a family bond through which God would share His divine nature with us, as 2Peter 1: 4 tells us. Through Jesus, God gave us the privilege to share in His own divine life, so that we can now relate to Him as Our Father. We are God's sons and daughters. In our family bond with the Blessed Trinity, we will come to know and love God in Himself, and our true selves, the way God knows and loves us as His image and likeness. Only a sustained relationship with God will bring this about. This family bond is strengthened through consistent prayer and a daily commitment to the Person and teachings of Jesus.

In His life and teachings, Jesus made the claim that He is the Way, the Truth, and the Life. He is the Savior of humankind because He is the Resurrection and the Life! Only through Jesus, the Son of God, will we enter eternal life. Through Jesus, we come to know and abide in the Father. The Father who abides in Jesus, then abides in us. In a sustained relationship with Jesus, therefore, we come to understand the purpose of our lives as God's image and likeness.

To facilitate this transformative rebirth in Jesus, Our Lord and Savior requested His Father to give us their Holy Spirit, the bond of love and union between them. The Holy Spirit scrutinizes the depths of God's Trinitarian life and reveals the divine life to us through the Person and teachings of Jesus (1Corinthians 2: 10-12). The Holy Spirit has been given to us in Baptism and Confirmation, and is our Advocate, the Keeper of our souls. The Holy Spirit re-creates us in the image and likeness of Jesus, through whom we come to know the Father.



## *PREPARING FOR THE JOURNEY*

Some have an abiding trust in God's tender love for them and have developed an intimate and significant relationship with Jesus that has given them new perspective on life. They have established a covenant relationship with their Source and have an intense desire to be totally committed to God. God has truly become their Center, and they want to be at God's beck and call in all they do. Such persons know the rich benefits of being in a loving relationship with God. Because of sin, one of the sad facts of human life is our rejection or lukewarm acceptance of our Creator's vision and designs for us. Sadly, there are people for whom God is at best a distant and non-meaningful Presence. As we begin this journey, the question we are facing is about the place that God has in our lives: Has He become central and significant to you? If that is not yet the case, do you desire that God become central to your life? Do you have the same desire as the two disciples of John the Baptist, one of whom was Andrew, to find out more about Jesus: "Rabbi, where are you staying? He said to them, "Come, and you will see." So they went and saw where he was staying, and they stayed with him that day" (John 1: 38-39). In Revelation One, Week One: Laying the Foundation, you will explore, peacefully and seriously, this central question: Have you encountered Jesus as Savior and Lord of the World?



# 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 creating us in His image and likeness, God established an unbreakable bond between Himself, the Original, and us, His image and likeness. We are the only earthly creatures who have been created in the divine likeness. God created us in the divine image so that He could share His own divine life with us through His Son, Jesus. If we choose to accept God's magnanimous invitation to participate in His enduring love for us through a covenant bond with Him, we will change profoundly. In prayer, we come face to face before our Creator and Lord, our Savior and Teacher. God looks upon us with special delight and tenderness because He recognizes Himself in us. God desires the best for us which is to be made perfect as He is perfect, merciful as He is merciful.

The only authentic way to be in God's Presence is to become transparent to God. Reverence, and speaking honestly from the heart is worthy of God, and of you, as God's image and likeness. So, when you pray, try to mean what you say, and say what you mean. Also, remember that you pray with your whole being, not just with the mind. Make sure you pay attention to your body, keeping it quiet and reverent. Your context for prayer is always a context of love: God loves you and desires intensely that you enter into a loving and generous relationship with Him. Triune God, I praise, adore, and thank you for your love and mercy!



# FACE TO FACE WITH GOD

Lead me into the Deep, Lord starts you out on an amazing journey with the Holy Trinity over twelve weeks. It chooses the option of offering spiritual formation by adopting the dynamics of a directed retreat. Spiritual Formation in a directed retreat dynamic is based on developing a consistent practice of daily prayer which would be a trusting face-to-face encounter with our Lord. Such daily prayer has immense benefits for the participants. It gives them ample opportunities for a first-hand experience of prayer. The participants become familiar with different methods of prayer. They learn how to apply the rules for the discernment of spirits, as they undergo the varying influences of good and evil in their prayer and daily circumstances of life. GEM's goal is that under the guidance of the Holy Spirit, they will learn to develop their own internal authority about their life of covenant union with God, of which they are having a first-hand experience in their prayer. In time, we hope that your relationship with God will permeate and influence every aspect of your earthly life.

During this day, we encourage you to ponder the far-reaching implications of your acceptance of Jesus' invitation to live and act as His disciple. He is knocking at your door and asking that you open your heart to Him. God bless you! You are in our daily prayers!

## PRAYER TO THE HOLY TRINITY

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

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



# Night PRAYER

Listen:



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. So, 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 to God. Did you succumb to temptation and commit deliberate sin? As disciples, we owe it to our Savior and Lord to honestly acknowledge our sins. After you have examined your conscience and are ready to ask and receive forgiveness, you can recite 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.



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# Encouragement for the Journey

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Step One: Commitment to daily prayer is the mark of serious discipleship.

- As you begin your journey, try to set aside some time for prayer and reflection in the morning and evening. As a good start, try to review the written and audio reflections each day. If you can't do them every day, you can try to do them all by the end of the week.
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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 1: LAYING THE FOUNDATION  
WEEK 1, DAY 2

THE PROCLAMATION OF  
THE KINGDOM

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MICHAEL FONSECA, D. MIN

A lit candle on a stand and hands clasped in prayer with a rosary.

# Morning PRAYER

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## 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

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## PRAYER TO THE HOLY SPIRIT

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***“This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel.” - Mark 1:15***

Jesus began His Galilean ministry by telling us about Himself and His mission in His proclamation of the good news of salvation. As post-resurrection disciples of Jesus, we are in a privileged position to appreciate the revelations of His identity and mission as our Savior and Lord in and through His resurrection! In beginning His ministry with a proclamation, Jesus is making a bold and categorical statement that He is the Savior of the world and His ministry from His Father is to destroy Satan and his works. Jesus is placing His neck on the line, so to speak. A proclamation is a bold claim, engendering a crisis, compelling the listener to make a choice, for or against the messenger and message, choosing salvation or receiving condemnation. Jesus will fulfill this claim during His three years of ministry, climaxing in His passion, death, and resurrection. And we, His listeners, are being compelled to choose or reject Jesus.



# FACE TO FACE WITH GOD

Jesus is proclaiming the good news that the long wait for sinful and lost humanity has ended. Satan's domination over human hearts is over. A bright light, the Light of the world, is shining in our darkness: "The people who walked in darkness have seen a great light; upon those who lived in a land of gloom, a light has shone" (Isaiah 9: 1). That Light is Jesus! The kingdom of God or sharing intimately in the Blessed Trinity's eternal life is here, in and through Jesus who is our Way, Truth, and Life.

Jesus tells us that we can only enter the kingdom of God through repentance and faith. Repentance, or metanoia in Greek, is a 180-degree turnaround that begins the journey into God's heart. We were turned away from God and lost. Through repentance we turn toward God and receive His forgiveness. Repentance leads to faith or belief that through Jesus, our Lord and Savior, we are invited to share in God's divine Life and Love, as His sons and daughters. The gospel is Good News that we have a Savior in Jesus Christ who is the Son of God. Through Jesus we will be brought into God's Trinitarian Life. Believing in the gospel or good news is accepting Jesus as Savior and Lord. Jesus, I accept you as my Savior and Lord!

## PRAYER TO THE HOLY TRINITY

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

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



# Night PRAYER

Through our nightly review of the day we are affirming the truth that we have been overwhelmed by God's amazing generosity and love in giving us His Son to be our Savior and Lord. In response, we wish to offer all our thoughts, words, and actions to God, generously and without reserve. So, this evening we are reviewing how God has come to us all day and looking at how we have carried out our various responsibilities and decisions. God blessed us with many graces and insights. The Holy Spirit preserved us from temptation and convicted us when we sinned. In our morning prayer, Jesus proclaimed that through Him we have entered the kingdom of God. Jesus also proclaimed that we need to repent of our sins and believe in the good news that Jesus is our Savior and Lord. So, with thanksgiving in your heart, you can go over your day, and see how God came to you. You can then do an examination of conscience to see how you, as a part of the body of Christ, responded to Jesus, the Head. Are there some teachings of Jesus that you disregard? As disciples of Jesus, we owe it to our Savior and Lord, to honestly acknowledge our sins. 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

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# Encouragement for the Journey

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# My Notes

Date :

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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 1: LAYING THE FOUNDATION  
WEEK 1, DAY 3

THE CURE OF A DEMONIAIC

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MICHAEL FONSECA, D. MIN

A lit candle on a stand 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

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## PRAYER TO THE HOLY SPIRIT

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***“Jesus rebuked him and said, “Quiet! Come out of him!” The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another, “What is this? A new teaching with authority. He commands even the unclean spirits and they obey him.” - Mark 1: 25-27***

Working miracles and expelling demons were essential dimensions of Jesus' ministry. He came to end Satan's domination over human hearts. In today's event, Jesus heals and vanquishes the unclean spirit and brings healing and salvation to the man. Sickness and demonic possessions were attributed to sin. In overcoming the unclean spirit, and therefore sin, Jesus is proclaiming that He is God and is ushering in the kingdom of God. No wonder the crowd is amazed!



# *FACE TO FACE* WITH GOD

Through this and other miracles, Jesus' listeners are beginning to witness a sea change taking place in their relationship with God. Thus far, it was based on the interpretation of the Mosaic Covenant being offered to them by their scribes and rabbis. Instead of being uplifted and renewed, they felt burdened and without hope in their own interactions with the religious authorities, and from interactions that they witnessed between Jesus and their religious leaders. Clearly, Jesus is different. His teaching is superior to that of the scribes and rabbis that they have heard in their synagogues.

Jesus speaks with authority and is ushering in a new age. Jesus has come to fulfill the law and the prophets. This exorcism is clearly a visible sign that God's reign is being firmly established through Jesus. Only God has authority over unclean spirits. We have authority over them in the Name of Jesus! If the unclean spirits obey Jesus as he commands them, then Jesus must be divine! Jesus, I accept you as my Savior and Lord!

## 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!





Listen:



The nightly review of the day is very instrumental in developing a sanctified Unconscious. Painful memories that incite anger and resentment, generational sins that ensnare us, addictive behaviors that enslave us, they all reside in our Unconscious, and influence strongly our conscious thoughts, actions, and decisions. Our discipleship will be jeopardized if we are half-hearted about destroying the roots of sin in us. So, there is an urgent need to sanctify our Unconscious by creating as much space for Jesus as possible. One way of sanctifying our Unconscious is to make sure that we sleep with the Presence of God on our lips and in our hearts. When we sleep with grateful and forgiven hearts, our Unconscious will become God's abode. St. Ignatius of Loyola suggests that our last thoughts should linger on the Scripture passage we have selected for our Morning Prayer. With this important purpose in mind, and with a grateful heart, you can go over your day and see how Jesus worked miracles for you, bringing healing and salvation as He did to the Demoniac whom He healed. The reaction of the crowd was that Jesus taught with authority. Is that your reaction to Jesus and His teachings? You can then do an examination of conscience to see how you have been a disciple this day. 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

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Date :

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*For what are you grateful?*

*For what are you contrite?*



LEAD ME INTO  
THE DEEP, LORD

REVELATION 1: LAYING THE FOUNDATION  
WEEK 1, DAY 4

# THE HEALING OF A PARALYTIC

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MICHAEL FONSECA, D. MIN

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

# Morning PRAYER

Listen:



## Act of Faith

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## 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.*

*“Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, pick up your mat, and walk?’ But that you may know that the Son of Man has authority to forgive sins on earth” – he said to the paralytic, “I say to you, rise, pick up your mat, and go home.” He rose, picked up his mat at once, and went away in the sight of everyone. They were all astounded and glorified God, saying, “We have never seen anything like this.” - Mark 2: 9-12*

The miracles of Jesus play an important role in revealing His identity and mission. Today, we will consider the healing of a paralytic. Given the theological bias of the times, the paralytic was relegated to the lost sheep of Israel because of his illness which was looked upon as a punishment for sin, either his own or that of his parents. How then was he able to overcome his sense of despair and misery and come to Jesus? Was he able to persuade his stretcher bearers to take him to Jesus because of his faith, or was it their faith that persuaded him to approach Jesus? Their faith is severely tested when they realize that they cannot have access to Jesus because of the crowd around Him in the house and around it.





# FACE TO FACE WITH GOD

While their faith might have been stretched, it did not break. Rather than give up or wait for another auspicious time, they became even more determined to see Jesus, their only meaningful last recourse! They climbed up the roof and let the paralytic down to Jesus through the roof! Faith in Jesus can be amazing, producing totally unexpected deeds!

Jesus begins the interaction by forgiving the paralytic his sins. Jesus is making a profound statement through this astonishing and shocking introductory action. Only God can forgive sin! Clearly then, Jesus is claiming that He is God, and as God, He has the power to cure the man of his illness. After Jesus forgives the man his sins, to the horrified disgust of His opponents, He then heals the paralytic of his illness. Jesus is making a further point. Jesus can be our Savior, bringing about our exodus from the kingdom of sin and darkness to the kingdom of God, because He is God! The man's gesture of rising, picking up his mat, and walking away in the sight of everyone is an indescribable sight! We go through a similar experience in the sacrament of reconciliation. God's actions in Creation, and in the miracles of healing and exorcisms, make it clear that God is incomprehensible to our minds, and holy or totally other-than what we can ever imagine. The spontaneous response on our part, therefore, is astonishment, amazement, gratitude, and praise on our lips! As the crowd exclaimed, "We have never seen anything like this!" Jesus, I accept you as my Savior and Lord!

## 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! It is self-explanatory.*



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

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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 One: Commitment to daily prayer is the mark of serious discipleship.

- As you begin your journey, try to set aside some time for prayer and reflection in the morning and evening. As a good start, try to review the written and audio reflections each day. If you can't do them every day, you can try to do them all by the end of the week.
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- Audio prayer sessions are a guideline for how to pray. After listening to the audio, consider adding more time to each daily prayer session as you meditate on what God is saying to you.
- Journaling can be done at any time during the day.



# My Notes

Date :

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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 1: LAYING THE FOUNDATION  
WEEK 1, DAY 5

# THE HEALED DEMONIAIC'S WITNESS

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MICHAEL FONSECA, D. MIN

A lit candle on a stand 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.*

*“As he was getting into the boat, the man who had been possessed pleaded to remain with him. But he would not permit him but told him instead, “Go home to your family and announce to them all that the Lord in his pity has done for you.” Then the man went off and began to proclaim in the Decapolis what Jesus had done for him; and all were amazed” - Mark 5: 18-20*

During His ministry in Galilee, Jesus set up headquarters in Capernaum. He was contending with some major challenges to establish the Kingdom of God. Herod Antipas was the Tetrarch of Galilee and his fortress in Tiberias was not far off. He had beheaded John the Baptist and was paranoid about any charismatic leader rebelling against him. Jesus was attracting crowds in the thousands and could become a major threat. Hence, He repeatedly told those He cured not to tell anyone of their healings. Secondly, Jesus was debunking the notion that the Messiah would restore the kingdom of Israel through military power. His own disciples would have great difficulty accepting Jesus as a Suffering-Servant Messiah who would take away the sins of the world through His sacrifice on the cross.



# *FACE TO FACE* WITH GOD

Lastly, the concept that Jesus would be the Messiah of the whole world was foreign to His Jewish audience even though this truth was foretold in their Scriptures about the Suffering-Servant being for all humankind: “It is too little, he says, for you to be my servant, to raise up the tribes of Jacob, and restore the survivors of Israel; I will make you a light to the nations, that my salvation may reach to the ends of the earth” (Isaiah 49: 6).

The healing of the demoniac addresses the truth that Jesus came for the Gentiles as well. The disciples will understand this truth only after the Outpouring of the Holy Spirit. The presence of the herd of swine tells us that we are in Gentile territory. Most probably, the demoniac was a Gentile. He was dwelling among the tombs, and no one could restrain him, not even with chains. Jesus is about destroying the power of Satan and his dominion over people, and this man, in this case. In the encounter between Jesus and the unclean spirits, they concede defeat because they know that Jesus is the Son of the Most High. Jesus accedes to their request to inhabit the herd of swine, unclean animals, who are a better dwelling place for them than humans.

The change in the Gerasene man is amazing: “the man who had been possessed pleaded to remain with him.” Instead, Jesus sends him on a mission, asking him to witness to his family and friends: “Go home to your family and announce to them all that the Lord in his pity has done for you” (Mark 5: 19). This visit to Gentile territory was the first of two. The first time, the inhabitants were awed by Jesus’ power, and terrified by it as well.



# *FACE TO FACE* WITH GOD

They asked Jesus to leave them. During His second visit, however, the crowds were very welcoming of Jesus. They followed Jesus in great numbers. He fed four thousand people by multiplying seven loaves and a few fish. Probably, the healed demoniac was a powerful witness to Jesus among his fellow inhabitants, preparing them to receive the good news in Jesus. Jesus, I accept you as my Savior and Lord!

## 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! It is self-explanatory.



An important dimension of the spiritual life is having a grateful and compassionate heart. Such an attitude springs from the realization that our creation as God's image and likeness is a pure gift, that Jesus offered us a share in God's own life through His death on the cross, that God is always with us as Father, Savior, and Comforter. Our awareness of this truth can overwhelm us, leaving us very humbled and grateful, and very zealous to bring such good news to one and all. In our zeal, we become compassionate toward the sinner as God has been compassionate toward us. True conversion of heart is built upon gratitude for God's love and forgiveness, resulting in authentic repentance, or a turning toward God. Hence, our prayer of thanksgiving during our nightly review of the day carries much weight and importance. A grateful heart is a humble and obedient heart. Let us engage purposefully in praise and thanksgiving for the blessings and protection we have received from God this day. For your examination of conscience, you can continue to explore what the topic of your Particular Examination of conscience needs to be. 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?

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# Examination of CONSCIENCE

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## Examination of Conscience

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## The Act of Contrition

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

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# Encouragement for the Journey

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# My Notes

Date :

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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 1: LAYING THE FOUNDATION  
WEEK 1, DAY 6

# THE CALMING OF THE STORM

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MICHAEL FONSECA, D. MIN

A lit candle on a stand 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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## 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.*

*"He woke up, rebuked the wind, and said to the sea, "Quiet! Be still!" The wind ceased and there was great calm. Then he asked them, "Why are you terrified? Do you not yet have faith?" - Mark 4: 39-40*

Jesus chose eleven of His twelve Apostles from Galilee. Most of them were from Bethsaida or Capernaum, both coastal towns of the Sea of Galilee. And a goodly number of them were fishermen. The Sea of Galilee is 13 miles long, north to south, and about 8 miles wide, east to west. It is about 686 feet below sea level. They were familiar with the Sea of Galilee, and over their careers as fishermen had seen and experienced its many moods. Yet on this occasion, they were terrified with the violent squall that came up, with the waves breaking all over the boat so that it was already filling up. We are told that they were terrified and feared for their lives: "Teacher, do you not care that we are perishing?" (Mark 4: 38). As opposed to their panic, Jesus was in the stern, fast asleep on a cushion. His disposition suggested that He was in control of the situation. He woke up and rebuked the storm and calm was restored. The disciples were beginning to recognize that Jesus was much more than being like one of them. He had to be divine as only God could control the storm the way Jesus did. Their faith in Jesus is at once challenged and deepened.



# FACE TO FACE WITH GOD

After He had calmed the storm, Jesus asked them why they were so terrified and did not have faith in Him. To have faith would suggest that we are in a situation that is beyond our resources. We are in crisis because our circumstances are far more powerful than we are. Consequently, we rely on someone else who has greater power than we do. In His questions to them, Jesus was making it clear that the Messiah had arrived in their midst.

The disciples respond to the miracle with awe and adoration: “They were filled with great awe and said to one another, “Who then is this whom even wind and sea obey?” The disciples are undergoing a paradigmatic change in the Presence of Jesus. Their old worldview is being dismantled! Jesus must be the Son of God. Hence, Mark begins his gospel in the following manner: “The beginning of the gospel of Jesus Christ the Son of God.” Jesus, I accept you as my Savior and Lord!

## 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!*



Listen:



As stated in an earlier reflection, gratitude and compassion are an important dimension of the nightly review of the day. At the heart of gratitude is the realization that we are totally dependent on God, that our lives, therefore, can only make sense when we live within the bond of covenant union with God. When we reject God as the Center of our lives, we either make ourselves or other idols the purpose of our existence. We embark upon a slippery slope that leads us away from God, headed toward eternal separation from Him. Engaging in thanksgiving during our nightly review of the day is important, but it is not enough. The prayer of gratitude needs to become our constant companion during the day. We need to practice the presence of God through His innumerable blessings and graces being offered to us throughout the day. So, keep this in the back of your mind as you engage in thanksgiving during your review. Now, with thanksgiving in your heart, go over your day and see how God was Emmanuel, with you and in you. Then, do your Particular and General Examination of Conscience to see how you responded to God. 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

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## Examination of Conscience

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# My Notes

Date :

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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 1: LAYING THE FOUNDATION  
WEEK 1, DAY 7

BASIC ATTITUDES  
REQUIRED FOR PRAYER

---

MICHAEL FONSECA, D. MIN

A lit candle on a stand 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

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When we come before God, we are in the presence of Truth and Holiness. Hence, any falsehood in us will have to be addressed. Prayer blossoms when we take the stance of being transparent before God, being willing to lay bare our souls, and being open to allowing the Holy Spirit to guide our lives and actions. If you are wondering why your relationship with God does not have the depth and meaning you would like it to have, one reason could be because you have not developed the attitude of reverence and transparency. The Holy Spirit will accomplish the impossible in us. The next time you pray, remember to dispose yourself in such a way that you are willing to be transparent before God, and willing to allow the Holy Spirit to be your Teacher and Guide. It is important to remember that we have feet of clay and will always need forgiveness. It is the measure of a true disciple to repent by acknowledging sin and asking God for forgiveness.



# *FACE TO FACE* WITH GOD

Developing acts of constant gratitude and trust in God's love for you during the day will create the right disposition for prayer. Prayer from the heart lets God's word seep into our beings the way a slow, steady drizzle sinks into the soil, to bring about the required change of heart. During prayer, it is important that you listen carefully to what God might be saying to you through your sense faculties, your mind, and your heart. Listen closely to both your feelings and bodily sensations and you will better understand the book of your life authored by the Holy Spirit. Triune God, I praise, adore, and thank you for your love and mercy!

## **PRAYER TO THE HOLY TRINITY**

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

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



# Night PRAYER

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 done seriously, the nightly review leads to a strong desire to be in communion with God throughout the day. With familiarity with 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 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 discipline, including fasting, do you need to focus on tomorrow?

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# Examination of CONSCIENCE

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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.

A close-up photograph of a human hand reaching out, palm facing up, against a background of soft, out-of-focus blue and white light spots (bokeh). The hand is positioned in the upper half of the frame, with the fingers slightly spread. The lighting is soft, highlighting the texture of the skin.

# 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 One: Commitment to daily prayer is the mark of serious discipleship.

- As you begin your journey, try to set aside some time for prayer and reflection in the morning and evening. As a good start, try to review the written and audio reflections each day. If you can't do them every day, you can try to do them all by the end of the week.
- Using either the written or audio reflections at the start or end of each day is a great way to develop a routine.
- Audio prayer sessions are a guideline for how to pray. After listening to the audio, consider adding more time to each daily prayer session as you meditate on what God is saying to you.
- Journaling can be done at any time during the day.





# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*