

A scenic sunset over a body of water. In the foreground, a wooden boat is positioned on the left side, facing towards the right. The sun is low on the horizon, creating a bright glow and reflecting on the water. The sky is a mix of orange, yellow, and blue. In the background, there are dark silhouettes of mountains. The overall mood is peaceful and contemplative.

# LEAD ME INTO THE DEEP, LORD

REVELATION 2: ARE YOU READY TO  
RECEIVE NEW LIFE IN JESUS?

WEEK 1, DAY 1

REMEMBERING ALWAYS  
GOD'S LOVE AND  
COMPASSION

---

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:



Revelation Two assumes that you have accepted Jesus as your Savior and Lord. Given that you have made a personal commitment to live your life with Jesus, Revelation Two builds upon this necessary first step in discipleship and explores the next step: Are you ready to receive new life in Jesus? We will only experience new life in Jesus when we are totally dependent on God for everything, willing out of love and gratitude to be at His beck and call. Covenant living or union with God presupposes a wholehearted and voluntary offering of self to the other. Our covenant with God is a family bond in which we are inextricably linked with God. Our lives will have purpose only when we offer ourselves wholeheartedly in generous and faithful service to God and His covenant family in response to God's total gift of Himself through His Son, Jesus. The focus in life, therefore, is on the other's well-being and not on self.

Our Triune God has given Himself to us wholeheartedly and with enduring mercy: The Father so loved the world, sinful humanity, so that through His Son we might have eternal life. Jesus laid down His life for us so that through His death we could address God as Abba, Father. Through Jesus' intercession, the Father has given us the Holy Spirit as our Advocate. The Father dwells in our hearts along with Jesus and the Holy Spirit. It is for us to ponder the invitation to let God come into the inner recesses of our hearts: "Behold, I stand at the door and knock. If anyone hears my voice and opens the door, [then] I will enter his house and dine with him, and he with me" (Revelation 3: 20). God becomes the beginning and end of our life, every question is asked in God's presence, and every answer is received from the Holy Spirit. If we lived life according to our true nature, we would understand that in our relationship with God, we are the satellite and God is the Center of our world. We would therefore seek constantly to be at God's beck and call.





## *PREPARING FOR THE JOURNEY*

In Week One, we will have the privilege of entering the depths of God's tender love for us through His Son Jesus, who tells us who He is and through whom alone we come to know the Father and the Holy Spirit. John the Baptist is the first witness who knows beyond any doubt that Jesus is the Son of God: "Now I have seen and testified that he is the Son of God." John had an impeccable reputation among his listeners, even among the religious leaders whom he castigated for their hypocrisy and corruption. Then we listen to Jesus Himself testifying that He is the Bread of Life, the Good Shepherd, the Resurrection and the Life, the Way, the Truth, and the Life! Only if Jesus is God can He describe Himself in such a manner! Jesus worked miracles in His own name because He was God. And Jesus could testify on His own behalf because His Father too offered His testimony by sending Jesus to us: "Even in your law it is written that the testimony of two men can be verified. I testify on my behalf and so does the Father who sent me" (John 8: 17-18). If you believe that Jesus is I AM, the Son of God, the Bread of Life, the Good Shepherd, the Resurrection and the Life, and the Way, the Truth, and the Life, you are ready to receive new life in Jesus.



# 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.*

You will never become comfortable with God's justice if you do not come to a deep appreciation of God's overwhelming love and compassion for you. Because of His tender compassion, God's mercy will always prevail over His justice toward anyone who has a repentant heart. Jesus bought our redemption from sin with the price of His own life and blood. Jesus became our sin so that we might become God's righteousness as Paul tells us in 2Corinthians 5: 21. Because of this, God greatly exalted Him so that every tongue confesses that Jesus Christ is Lord, to the glory of God the Father. Through His act of redemption, Jesus has restored us to the full stature of God's own sons and daughters. In his letter to the Ephesians 1: 3-6, Paul captures the amazing and baffling reality that we can participate in God's very own life: "Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavens..."



# FACE TO FACE WITH GOD

It is important to keep in mind that the Father has the same love for us as He has for His Son. The Father can only love us wholeheartedly and completely because He loves us in and through His Son, our Lamb of sacrifice and High Priest. This wondrous gift of sharing in the divine nature is worthy of adoration and praise of God, and is captured eloquently in Revelation 5: 12: “Worthy is the Lamb that was slain to receive power and riches, wisdom and strength, honor and glory and blessing.” Lamb of God who takes away the sins of the world, heal my soul!

## PRAYER TO THE HOLY TRINITY

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

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





# Night PRAYER

Listen:



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

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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# 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 2: ARE YOU READY TO  
RECEIVE NEW LIFE IN JESUS?  
WEEK 1, DAY 2

## JOHN THE BAPTIST'S WITNESS ABOUT JESUS

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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

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

## Act of Hope

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

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

## Morning Offering

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.*

*"Behold, the Lamb of God, who takes away the sin of the world. He is the one of whom I said, 'A man is coming after me who ranks ahead of me because he existed before me.' I did not know him, but the reason why I came baptizing with water was that he might be made known to Israel." John testified further, saying, "I saw the Spirit come down like a dove from the sky and remain upon him. I did not know him, but the one who sent me to baptize with water told me, 'On whomever you see the Spirit come down and remain, he is the one who will baptize with the holy Spirit.' Now I have seen and testified that he is the Son of God." - John 1: 29-34*

In the Prologue to his gospel account, John clearly identifies Jesus as the Word who was with God and was God (John 1:1). And in verse 14, the Evangelist states that this same Word became flesh and made His dwelling among us, and the Apostles saw His glory as of the Father's only Son, full of grace and truth. From then on, the Beloved Disciple marshals witness after witness to testify that Jesus is the Son of God, full of grace and truth. Equally important, he cites example after example of people who are not willing to accept Jesus as the Messiah and Son of God.





# FACE TO FACE WITH GOD

John the Baptist is the first and possibly the most prominent of John's witnesses. John the Baptist is the first person to refer to Jesus as "the Lamb of God." When he first saw Jesus during his baptism ministry at the Jordan, he cried out "Behold, the Lamb of God who takes away the sin of the world." John is recognizing Jesus as the great Suffering Servant prophesied by Isaiah. One day God would send someone to rescue Israel from sin, and he would do it by suffering "like a lamb that is led to the slaughter" (Isaiah 53:7). Moreover, this servant of the Lord would bear the people's iniquities and "make himself an offering for sin" (Isaiah 53:10). And his self-offering would have redemptive power. Through his sacrifice, many would be made righteous (Isaiah 53:11). John the Baptist, therefore, identifies Jesus as the long-awaited Suffering Servant of Isaiah 53 – the Lamb who would offer His life as a sacrifice for sin, a crucified Savior. And in Matthew 17: 22-23, Jesus referred to Himself as the Suffering Servant: "The Son of Man is to be handed over to men, and they will kill him, and he will be raised on the third day."

The Baptist received a special revelation about Jesus: "On whomever you see the Spirit come down and remain, he is the one who will baptize with the holy Spirit." John saw the Holy Spirit descend upon Jesus at His baptism and was told that Jesus would baptize with the Holy Spirit, a sharp contrast to his baptism of repentance. In the light of his revelations from the Holy Spirit, John knows beyond any doubt that Jesus is the Son of God. And he is endorsing Jesus' self-claims about His divinity: "Now I have seen and testified that he is the Son of God!" Lord Jesus, I desire to receive new life in you!

## PRAYER TO THE HOLY TRINITY

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

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



This evening, while doing the various steps of the Examination of Conscience, you might want to be attentive to your patterns of behavior that lead you into desolation. These patterns are generally long-standing and deeply ingrained in us. And they lead us into desolation because of their addictive nature. What then would be some of the sources that would encourage addictive behaviors leading to desolation? For today's review, I would like to name three sources: un-forgiveness, an unruly tongue, and the addictive use of the Internet. We become angry, unloving, and bitter when we harbor un-forgiveness. We will possess a tranquil spirit only if we forgive ourselves and others. For various reasons, un-forgiveness being one of them, our tongues can become deadly instruments of sin. James 3: 7-8, puts it very graphically: "For every kind of beast and bird, or reptile and sea creature, can be tamed and has been tamed by the human species, but no human being can tame the tongue. It is a restless evil, full of deadly poison." You might want to examine how you used your tongue today. The Internet is another area of our lives that could lead to dissipation and sin. Pornography has become a deadly problem for millions of people. How free are you from lustful curiosity leading to secrecy, guilt, and sin? How would you evaluate the use of your time in making phone calls, texting, googling, etc.? Whenever we overindulge ourselves, we are contaminating our spirits. We then experience the blahs, a lack of motivation, a propensity to postpone carrying out our responsibilities, and feeling distant from God. As disciples of Jesus, we owe it to our Savior to humbly acknowledge our sins and make an act of repentance and 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?

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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 2: ARE YOU READY TO  
RECEIVE NEW LIFE IN JESUS?  
WEEK 1, DAY 3

JESUS, THE BREAD OF LIFE

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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

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.*

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

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





# *FACE TO FACE* WITH GOD

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

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





# *FACE TO FACE* WITH GOD

Through Holy Communion, we abide in Jesus and are given a share in the fullness of God's divine Life: "Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me" (John 6: 57). Lord Jesus, I desire to receive new life in you!

## **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. In your morning Face to Face with God today, you heard Jesus make the bold claim that He is God and the Bread of Life: "I AM the Bread of life." In calling Himself the Bread of life, Jesus made the bold claim that He would vanquish the darkness of Satan and sin because He is the source of divine life. He can be our Savior because He is God! Almost every day of our lives, we are confronted with the forces of darkness. Evil seems to be pervasive wherever we look. Our trust in Jesus as the light of the world and the Bread of life is challenged. What spiritual practices did you engage in when you were shaken by disturbing reports in the media? During your review, you can temper these spiritual disturbances through your prayer of thanksgiving. Every single day, God is 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. With thanksgiving in your heart, you can go over your day, and see how God has been 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 honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

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

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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

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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 2: ARE YOU READY TO  
RECEIVE NEW LIFE IN JESUS?  
WEEK 1, DAY 4

THE GOOD SHEPHERD

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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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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.*

*"I am the good shepherd, and I know mine and mine know me, just as the Father knows me and I know the Father; and I will lay down my life for my sheep. I have other sheep that do not belong to this fold. This is why the Father loves me, because I lay down my life in order to take it up again." - John 10: 14-18*

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

Jesus is contrasting Himself with them. As opposed to them being thieves and robbers, Jesus describes Himself as the good shepherd that was described in Psalm 23: "The LORD is my shepherd; ... He guides me along right paths... Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me."



# FACE TO FACE WITH GOD

Jesus speaks of Himself in similar terms. He contrasts Himself with frauds who masquerade as shepherds: thieves, marauders, strangers, hired hands. For His sheep, Jesus is willing to give His life. In a true sense, His sheep are more important to Him than His very life! He will not hesitate, therefore, to sacrifice Himself on the cross on behalf of His sheep. Furthermore, His mission as Shepherd and Savior is to create a covenant relationship between the Blessed Trinity and us, His sheep. Such a desire would be ludicrous and impossible if it were coming from anyone other than Jesus, because sheep are supposedly dumb and dependent animals. They are unable to survive on their own. They need a watchful and devoted shepherd if they are to survive and thrive in the wild.

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

## 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

During our nightly review of the day we take the time to appreciate God's amazing love for us. We can never quite plumb the depths of God's magnanimity and generosity toward us. God's love for us is the very foundation of our lives. It becomes necessary, therefore, that daily we bathe ourselves in this fountain of everlasting life! In our morning Face to Face with Jesus, we saw Jesus describing Himself as our Good Shepherd. He has established a very intimate and secure connection between Himself and His sheep. Their knowledge of one another is the result of a covenant bond. The sheep have become one with Jesus, the Good Shepherd. They think, speak, and act in and through Jesus. By laying down His life on the cross, Jesus has shared with us His Trinitarian life with the Father and the Holy Spirit. We now address God as Our Father. As you engage in thanksgiving and praise for God's multiple blessings this day, you can thank God especially for His gift of eternal life through Jesus. Similarly, as you do your Particular and General Examination of Conscience, reviewing your response as a disciple to God's love for you, you might want to pay special attention to the question: Has Jesus truly become my Good Shepherd, and as His sheep do I always heed His call? As disciples of Jesus, we owe it to our Savior to honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?



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.



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 page, 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.

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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 2: ARE YOU READY TO  
RECEIVE NEW LIFE IN JESUS?  
WEEK 1, DAY 5

JESUS, THE RESURRECTION  
AND THE LIFE

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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.*

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

Everything about Jesus' identity and mission hinges on His resurrection from the dead! He has been maintaining that He has come to fulfill the law and the prophets. Every messianic promise and prophecy will be fulfilled in Him. Furthermore, Jesus is bringing about the salvation of the world as the Suffering Servant prophesied in Isaiah. His approach goes radically against the long-awaited expectation of Israel that God would raise for them a political Messiah-King who would oust foreign rule once and for all and establish the Davidic kingdom of Israel permanently. The Fourth Suffering Servant Oracle would describe Jesus aptly in His passion, crucifixion, and death: “Like one from whom you turn your face, spurned, and we held him in no esteem. Yet it was our pain that he bore, our sufferings he endured. We thought of him as stricken, struck down by God and afflicted, but he was pierced for our sins, crushed for our iniquity. He bore the punishment that makes us whole, by his wounds we were healed” (Isaiah 53: 3-5).



# FACE TO FACE WITH GOD

Humanly speaking, such a mission would be doomed to failure if it were not Jesus who is staking the fulfillment of His Father's plan of salvation through His death on the cross and His resurrection!

In his gospel, John is quite aware of the stakes. He offers us seven signs or miracles, and the raising of Lazarus is the last sign that he offers. The Synoptic Gospels do not mention this miracle. There are several ironies that John makes note of in the circumstances of this miracle. In His ministry, Jesus has been projecting Himself as the Source of light and life (John, chapters 7-9). The raising of Lazarus is an emphatic exclamation mark to His assertion. Ironically enough, it is after such an amazing return to life from death that the Sanhedrin makes the decision to put Jesus to death. Because of their blindness to Jesus, the Light of the world, they could not envisage that if they put Him to death, He would indeed rise from the dead! Indeed, the resurrection of Lazarus was a harbinger of the resurrection of Jesus Himself! The raising of Lazarus is a sign of the divine life that Jesus, raised from the dead, will offer to anyone who accepts Him as their Savior and Lord. Despite the crisis that Martha was undergoing because of her brother's death, she came to believe that Jesus was the Messiah, the Son of God, the one who is coming into the world. Her faith was deeply enhanced after Jesus was raised from the dead! We can ask to have the same deep faith and trust in Jesus that Martha had, especially in our own times of crisis.

## PRAYER TO THE HOLY TRINITY

*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

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. In a special way, today, you can thank Jesus for being the Resurrection and the Life! Through His resurrection, Jesus has become Emmanuel, dwelling with us and in us. 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.

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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 2: ARE YOU READY TO  
RECEIVE NEW LIFE IN JESUS?  
WEEK 1, DAY 6

JESUS, THE WAY, THE  
TRUTH, AND THE LIFE

---

MICHAEL FONSECA, D. MIN

A lit candle in a 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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## 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.*

***"I am the way and the truth and the life. No one comes to the Father except through me. If you know me, then you will also know my Father. From now on you do know him and have seen him." - John 14: 6-7***

Jesus is speaking to His disciples in the Upper Room. They are there to celebrate the Passover Feast of the sacrifice of the lamb and its eating in a meal. More significantly, it is going to be the celebration of the Passover Feast of the New and Everlasting Covenant that Jesus will institute through His sacrifice on the cross. He will be the Lamb of Sacrifice! In this celebration of the new Passover Feast, the meal will precede the sacrifice of Jesus, the Lamb of God. Through His death on the cross, Jesus as our Passover Lamb will bring about our Exodus into the Kingdom of God. The world will never be the same after what takes place in the Upper Room and the next day on Calvary.

This gathering then has momentous overtones. The final hours of His earthly life are upon Jesus and the disciples. The atmosphere in the Upper Room is intimate and somber. There is a sense of urgency and set purpose on Jesus' part. His fixed gaze on accomplishing His Father's will is contrasted with the anxiety and uncertainty of the disciples.



# FACE TO FACE WITH GOD

Before He departs from this world, Jesus has some important revelations to make. He reiterates several truths that He had expounded upon earlier in His teachings. And He also offers us some new revelations.

Thomas and the disciples are filled with anxiety and uncertainty as to what will happen and where Jesus will be going, even though He assures them that He is going to the Father and will return to take them there: “Master, we do not know where you are going; how can we know the way? In response, Jesus says, “I am the way and the truth and the life.” This is one of the seven “I AM” statements of Jesus found in John’s gospel. It is Jesus, the Incarnate Son of God, who will bring about our entrance into the Kingdom of God, making us His Father’s sons and daughters, through His death on the cross. And His resurrection will affirm the fact that God has accepted Jesus’ sacrifice on our behalf!

With great confidence, therefore, we can put our faith and trust in Jesus. Through Him, we will be saved and will rise with Him from the dead! Jesus is the only way, the only truth, and the only life, because He is God: “No one comes to the Father except through me.” And He shares the divine life of the Blessed Trinity with us. It is only in, with, and through Him that we can share in God’s Life! There is no other savior besides Jesus. One can come to the Father only through Jesus, our Way, Truth, and Life!

## PRAYER TO THE HOLY TRINITY

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

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





# Night PRAYER

Listen:



Gratitude and compassion are important dimensions of the nightly review of the day. At the heart of gratitude is the realization that we are totally dependent on God for everything. When we sin, we deny our dependence on God. When we reject God as the Center of our lives, we either make ourselves or other idols the purpose of our existence. Such a sinful misplacement leads to a life of desolation and separation from God. Engaging in thanksgiving during our nightly review 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 all day. So, keep this in the back of your mind as you engage in thanksgiving during your review. 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 in your covenant union with God. In your morning Face to Face visit, you were impressed with Jesus' proclamation that He is the Way, the Truth, and the Life. Jesus alone is the Savior and Lord of this world. In Jesus, our Way, we experience the Truth and Life of our Triune God! As you review your discipleship, you might have reason for gratitude to God as well as 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 discipline, including fasting, do you need to focus on tomorrow?

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# Examination of CONSCIENCE

## Prayer of Thanksgiving

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LEAD ME INTO  
THE DEEP, LORD

REVELATION 2: ARE YOU READY TO  
RECEIVE NEW LIFE IN JESUS?  
WEEK 1, DAY 7

VOCAL PRAYER

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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

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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For many Christians, vocal prayer has been their staple communication with God. One form of vocal prayer is to take the words of others and make them our own. When we do so, we either pray them from a prayer book, or learn them from memory. The Psalms are wonderful examples of prayers that were composed by others in various life-circumstances. In many instances, holy women and men have put vocal prayers together when they were experiencing significant communion, or lack of it, with the Lord. These prayers, therefore, have a ring of authenticity and authority about them. We resonate with their prayers, and slowly but inexorably we make their holy words our own. In this way, we derive comfort from walking in the footsteps of our holy forebears. It is important, therefore, whether we are using the words of others or our own, that we pray from our hearts. Using our own words is especially appropriate when we are burdened and distraught, as well as when we are experiencing deep consolation. Our own words express who we truly are or want to be before God. And as we seek to mean what we say we pay loving attention to the Presence of God to whom we are offering our supplication. Several prayers have been hallowed by generations of faithful believers. They are a combination of vocal prayer with some other forms of prayer, like meditation and the use of imagination. Some such prayers are the Rosary, the Stations of the Cross, and the Chaplet of Divine Mercy. Lord Jesus, I desire to receive new Life in you!





# FACE TO FACE WITH GOD

Prayer is the vehicle by which we express our relationship with God. It is the place where we speak to God, and as we mature in the relationship, God speaks to us and we learn to listen and recognize God's voice. The purpose of prayer is to bring us into the Presence of God where we move from communication to communion to union with the Divine. It is important, therefore, whether we are using the words of others or our own, that we pray from our hearts. These words express who we truly are or want to be before God. And as we seek to mean what we say, we pay loving attention to the Presence of God to whom we are offering our supplication. Contrary to what some may think, vocal prayer is an exalted form of prayer that has been used by holy women and men throughout the ages. It is effective prayer that can and does lead one into the heart of God.

## **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

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. 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 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.



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

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





# My Notes

Date :

*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*