



WHO DO YOU SAY I AM?

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

THE PURGATIVE STAGE OF DISCIPLESHIP

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Preparing for the Journey

listen



In Revelation Two, Week Two, Jesus continues to testify to His identity and mission as the Son of God. On Days One and Seven we offer Helps to Prayer to help your discipleship. We will examine The Purgative Stage of Prayer on Day One. No meaningful relationship with God is possible without a serious renunciation of sin. The Purgative stage of discipleship focuses on the necessary conditions required for discipleship or true surrender to Jesus Christ. It focuses on surrendering to the Holy Spirit to lay a sound foundation for our relationship with God.

On Day Seven, we will consider the need to Practice Self-Control and Agere Contra. Following the teachings of Jesus, the saints have always advocated self-control, or moderation in all things. Surges toward extremes are not helpful. In his Spiritual Exercises, St. Ignatius of Loyola enunciated the Principle of Agere Contra, or Acting against one's disordered desires.

On Day Two, we will consider Jesus, the Way, Truth, and Life. This is one of the seven "I AM" statements of Jesus found in John's gospel. 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!

On Day Three, we will reflect on The Re-Creation of Zacchaeus. According to Rabbinic wisdom, he could never be saved, as his sins were beyond the pale of forgiveness. This story serves as evidence that Jesus is God and makes possible what is humanly impossible. Zacchaeus had an intense desire to meet Jesus and experience salvation from Him. God's compassion for us, revealed in Jesus, is boundless and non-discriminatory.



Preparing for the Journey

On Day Four, we will consider Jesus telling us that We will do Great Works through Jesus. Jesus makes it clear that we will do even greater works than the ones He did because He is going to the Father and will be our Intercessor. Through Jesus, all things will be made possible for us. Jesus' union with us will be so significant to Him that whatever we ask the Father in Jesus' name, He will grant, as the fulfillment of our prayer will bring glory to the Father.

On Day Five, we will examine the truth of The Vine and the Branches. Through His incarnation, Jesus has assumed our human nature. He is one of us and has become our worthy representative before God. Through Jesus we can fulfill the purpose of our creation as God's image and likeness. We can become other Christs. Thus, Jesus establishes an inextricable bond with us when He says that He is the Vine and we are His branches.

On Day Six, we will look at ourselves as being Friends of Jesus. Even while Jesus treated His disciples as friends, wanting to share everything of Himself and the Blessed Trinity with them, they were not yet ready and disposed to receive and surrender to Jesus and through Him to the Father and the Holy Spirit. That re-creation would occur with Jesus' forthcoming death and resurrection bringing about the Outpouring of the Holy Spirit. The disciples would be transformed and truly know what it meant to be the friends of Jesus, because they would be living and experiencing covenant life and union with the Triune God.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

Saints like Ignatius of Loyola and Teresa of Avila have stated that no meaningful relationship with God is possible without a serious renunciation of sin. It is a severe illusion to think that we can develop union with God without repentance, or a serious turning away from sin toward God. The Purgative stage of discipleship focuses on the necessary conditions required for discipleship or true surrender to Jesus Christ. It focuses on surrendering to the Holy Spirit to lay a sound foundation on which to establish a solid relationship with the Blessed Trinity, resulting in covenant living.

According to St. Teresa of Avila, serious discipleship can only really begin when a disciple has made an unequivocal rejection of deliberate sin. She believed that the main reason for her mediocrity stretching over twenty years was the fact that she paid little attention to avoiding venial sin. She attributed this negligence in part to liberal and permissive advice given to her by priests; "What was venial they said was no sin at all, and what was serious mortal sin they said was venial. This did me so much harm" (Her Life, chapter 5, no. 3). However, she took full responsibility for her dissipated life, and at age 39, made a firm commitment to surrender herself completely to God.



Face to Face WITH GOD

Another reason for mediocrity is the fact that we all look for advice that will let us follow our selfish desires. We tend to seek selective counsel. We tend to be defensive about honest feedback. St. Paul says it very well: "For the time will come when men will not tolerate sound doctrine but, following their own desires and insatiable curiosity, will accumulate teachers and will stop listening to the truth and will be diverted to myths" (2Timothy 4: 3-4).

St. Teresa has a profound understanding of the gravity of sin. For her, every deliberate sin is grave: "It seems to me a sin is very deliberate when, for example, one says: "Lord, you see it, and I know you do not want it, and I understand this; but I want to follow my whim and appetite more than your will." It doesn't seem to me possible that something like this can be called little, however light the fault; but it's serious, very serious" (Way of Perfection, chapter 41, no. 3).

PRAYER TO THE HOLY TRINITY

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

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



Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

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





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Three: Have you considered additional ways for God to speak truth into your day?

- Engage the life of Christ in a new way by exploring the New Testament.
- Consider simply reading 2 Chapters from any of the Gospels three or four times per week.
- As Bearers of Christ's light to the world, consider consciously engaging in doing one good deed daily.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?

My Notes

Date :

[illegible]



WHO DO YOU SAY I AM?

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

JESUS, THE WAY, TRUTH,
AND LIFE

MICHAEL FONSECA, D. MIN



MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

"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. 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.



Face to Face WITH GOD

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.

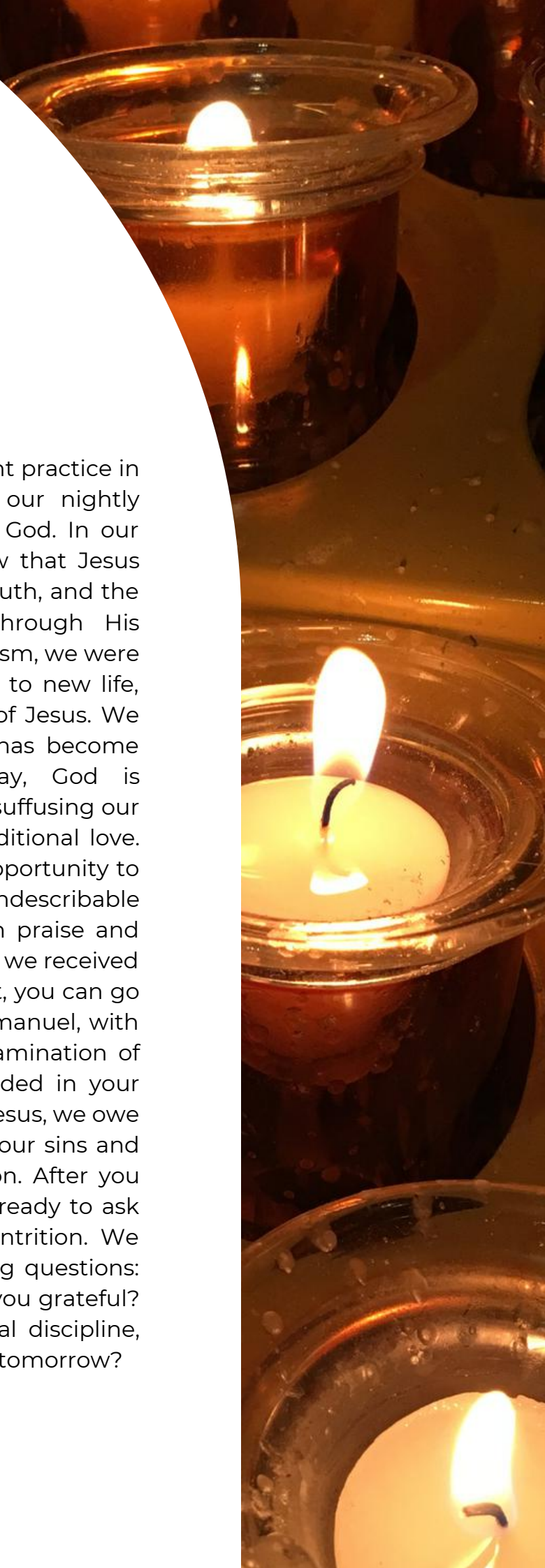
Triune God, be my all! Triune God, be my all! Triune God, be my all!

NIGHT *Prayer*

listen



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 our morning Face to Face with God, we saw that Jesus revealed Himself as being the Way, the Truth, and the Life. And He vindicated this claim through His resurrection from the dead! 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 loving kindness. We engage in praise and thanksgiving for the blessings and healing we received from God. 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 Him. 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?





Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

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





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Three: Have you considered additional ways for God to speak truth into your day?

- Engage the life of Christ in a new way by exploring the New Testament.
- Consider simply reading 2 Chapters from any of the Gospels three or four times per week.
- As Bearers of Christ's light to the world, consider consciously engaging in doing one good deed daily.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?

My Notes

Date : _____

[illegible]



WHO DO YOU SAY I AM?

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

ZACCHAEUS' RE-CREATION

MICHAEL FONSECA, D. MIN



MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

"But Zacchaeus stood there and said to the Lord, "Behold, half of my possessions, Lord, I shall give to the poor, and if I have extorted anything from anyone I shall repay it four times over." And Jesus said to him, "Today salvation has come to this house because this man too is a descendant of Abraham. For the Son of Man has come to seek and to save what was lost."
-Luke 19: 8-10

Zacchaeus was Jewish, as his name is mentioned in the Old Testament as Zaccai (Ezra 2:9; Nehemiah 7:14). The name means 'pure' or 'innocent.' Zacchaeus was a chief tax collector. According to Rabbinic wisdom, he could never be saved, as his sins were beyond the pale of forgiveness. As a Jew, he was condemned to be a lost sheep of Israel. Zacchaeus clearly had not lived up to his name. Almost everything about this story seems improbable or even impossible unless it serves as evidence that Jesus is God and makes possible what is humanly impossible. Why would a Jew be living and working in Jericho among the Samaritans who would be hostile toward him? Why would a chief tax collector want to meet Jesus? Had Zacchaeus heard about Jesus from his fellow tax collectors and his heart was stirred? Why would Zacchaeus be so deeply motivated to meet Jesus that he would be prepared to face ridicule and opposition from the hostile crowd?



Face to Face WITH GOD

Could Zacchaeus ever have imagined the transformation that would take place, making him willing to tithe 50% of his possessions, and return fourfold to anyone whom he might have cheated inadvertently? Being a pariah among his own people, and hated by the Samaritans among whom he lived, could he have imagined that Jesus would want to visit him in his own home?

Maybe Zacchaeus had the chief attribute of a disciple, namely, an intense desire to meet Jesus and experience salvation in His presence. And he was willing to go to any lengths to satisfy the desire of his heart. We are told that Zacchaeus was short in stature and could not see Jesus because of the crowd that had surrounded Him. He solved his dilemma by racing ahead and getting a clear view of Jesus from a sycamore tree. In doing so, he also opened himself to ridicule and mockery. In a few mesmerizing moments, Jesus changes Zacchaeus' life from having been a story into becoming a parable: his story or the logical ending of his life would have been spiritual disaster. Instead, his story was changed into a parable and is moving toward salvation and transformation. Jesus brings salvation to Zacchaeus and restores his spiritual lineage with Abraham. He can receive salvation from Jesus because he believes and wants to be His disciple. In response, Zacchaeus is willing to tithe 50% of his possessions, and return fourfold to anyone whom he might have cheated inadvertently. Those who sincerely desire to encounter Jesus will, like Zacchaeus, break through opposition whether it comes from within them or toward them from external sources. God's compassion for us, revealed in Jesus, is boundless and non-discriminatory. Jesus is there for the lost and abandoned as He is the Incarnate Presence of God's mercy and love for us.

PRAYER TO THE HOLY TRINITY

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

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



Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

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





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Three: Have you considered additional ways for God to speak truth into your day?

- Engage the life of Christ in a new way by exploring the New Testament.
- Consider simply reading 2 Chapters from any of the Gospels three or four times per week.
- As Bearers of Christ's light to the world, consider consciously engaging in doing one good deed daily.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?

My Notes

Date :

[illegible]



WHO DO YOU SAY I AM?

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

WE WILL DO GREAT
WORKS THROUGH JESUS

MICHAEL FONSECA, D. MIN



MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

"Amen, amen, I say to you, whoever believes in me will do the works that I do, and will do greater ones than these, because I am going to the Father. And whatever you ask in my name, I will do, so that the Father may be glorified in the Son. If you ask anything of me in my name, I will do it." -John 14: 12-14

During the final hours of His earthly life, Jesus is orchestrating the climax of His mission from His Father. Within the celebration of the Passover Feast of the Mosaic Covenant with its necessary components of sacrifice and meal of the Passover lamb, Jesus celebrates the Passover Feast of the New and Everlasting Covenant. In instituting the Eucharist, Jesus makes it clear that He will be the Lamb of Sacrifice. The Lamb of Sacrifice will be eaten at the Last Supper in anticipation of His sacrifice on the cross.



Face to Face WITH GOD

Jesus is offering us profound implications that will affect us through our participation in the Eucharist. We will foster covenant union with Jesus, and through Him with the Father and the Holy Spirit. The Blessed Trinity will become an essential part of our lives, and as we participate in God's life and love, we will be re-created into the image and likeness of Jesus by the Holy Spirit. Through the action of the Holy Spirit our minds and hearts will be replaced with the mind and heart of Jesus, becoming other Christs in and through Jesus. In this covenantal union with the Blessed Trinity leading to transformation, Jesus' words of assurance and promise will become reality:

"Whoever believes in me will do the works that I do, and will do greater ones than these, because I am going to the Father." Jesus makes it clear that we will do even greater works than the ones He did because He is going to the Father and will be our Intercessor. Through Jesus, all things will be made possible for us. Furthermore, Jesus' union with us will be so significant to Him that whatever we ask the Father in Jesus' name, He will grant, as the fulfillment of our prayer will bring glory to the Father. It is an amazing promise that Jesus makes to us: "If you ask anything in my name, I will do it."

PRAYER TO THE HOLY TRINITY

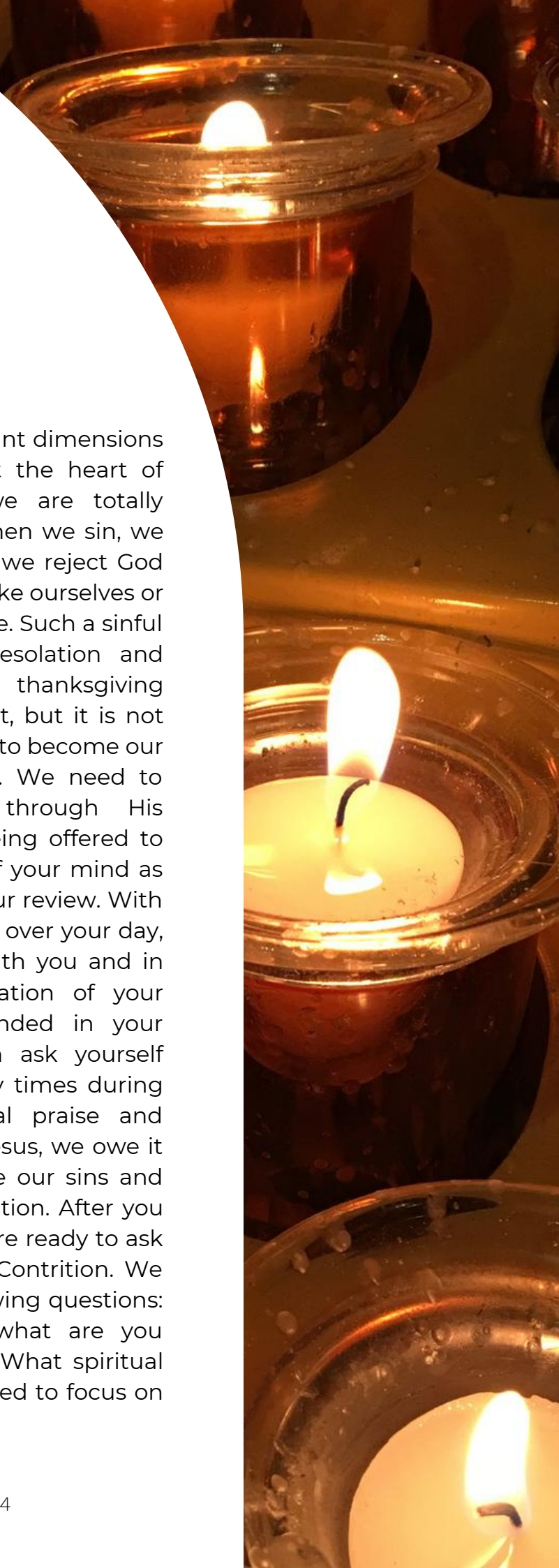
Father, Son, and Holy Spirit, I thank you for your gracious companionship. I praise you for being my Creator, Savior, and Lord. May I take your blessings to my day, and may your Presence envelop and permeate all my thoughts and actions, through Christ our Lord. Amen.

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

NIGHT Prayer



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. You can ask yourself whether throughout the day or many times during the day, you engaged in continual praise and thanksgiving to God. As disciples of Jesus, we owe it to our Savior to humbly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?





Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

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





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Three: Have you considered additional ways for God to speak truth into your day?

- Engage the life of Christ in a new way by exploring the New Testament.
- Consider simply reading 2 Chapters from any of the Gospels three or four times per week.
- As Bearers of Christ's light to the world, consider consciously engaging in doing one good deed daily.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?

My Notes

Date :

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



WHO DO YOU SAY I AM?

REVELATION 2: THE WORD MADE FLESH
WEEK 2, DAY 5

THE VINE AND THE BRANCHES

MICHAEL FONSECA, D. MIN



MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

"I am the true vine, and my Father is the vine grower. He takes away every branch in me that does not bear fruit, and every one that does he prunes so that it bears more fruit. You are already pruned because of the word that I spoke to you. Remain in me, as I remain in you... Whoever remains in me and I in him will bear much fruit, because without me you can do nothing. ... If you remain in me and my words remain in you, ask for whatever you want and it will be done for you. By this is my Father glorified, that you bear much fruit and become my disciples." -John 15: 1-4; 5; 7-8

While Jesus only makes mention of His New and Everlasting Covenant through His death on the cross in the Institution Narrative, He uses various parables and images to give us a deeper insight and appreciation of this amazing reality of covenant union between the Blessed Trinity and us, God's image and likeness, burdened with sin and rebellion. How can it be possible for the Perfect to be joined with the imperfect, the All Holy One with sinful human beings? As the Son of God who is our Savior, Jesus will make such a union possible through His magnanimous love and mercy. In experiencing God's unconditional love and mercy in Jesus, we will be deeply moved to offer ourselves completely to God in response to God's total offering of self to us.



Face to Face WITH GOD

In choosing the image of the vine and the branches, Jesus is bringing us into the depths of His union with us and our union with Him. Jesus tells us that He is the true Vine and we are His branches, and the Father is the vine-grower. The Father is actively involved in this process of our transformation as He prunes away every barren branch, and trims clean the fruitful ones to increase their yield. Furthermore, through His incarnation, Jesus has assumed our human nature. He is one of us and has become our worthy representative before God. Through Jesus we can fulfill the purpose of our creation as God's image and likeness. We can become other Christs. Thus, Jesus establishes an inextricable bond with us when He says that He is the Vine and we are His branches. If we live in Him and He live in us, we will produce abundantly. Apart from Him we will be withered, rejected branches. When Jesus thinks of Himself, He is at one and the same time the Second Person of the Holy Trinity and one of us, the son of man! He is the Head and we are His body! Through our creation as God's image and likeness, we were called to be in covenant union with our Trinitarian God, and Jesus made that happen!

PRAYER TO THE HOLY TRINITY

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

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



Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

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





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Three: Have you considered additional ways for God to speak truth into your day?

- Engage the life of Christ in a new way by exploring the New Testament.
- Consider simply reading 2 Chapters from any of the Gospels three or four times per week.
- As Bearers of Christ's light to the world, consider consciously engaging in doing one good deed daily.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?

My Notes

Date : _____

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



WHO DO YOU SAY I AM?

REVELATION 2: THE WORD MADE FLESH
WEEK 2, DAY 6

FRIENDS OF JESUS

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

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

Act of Hope

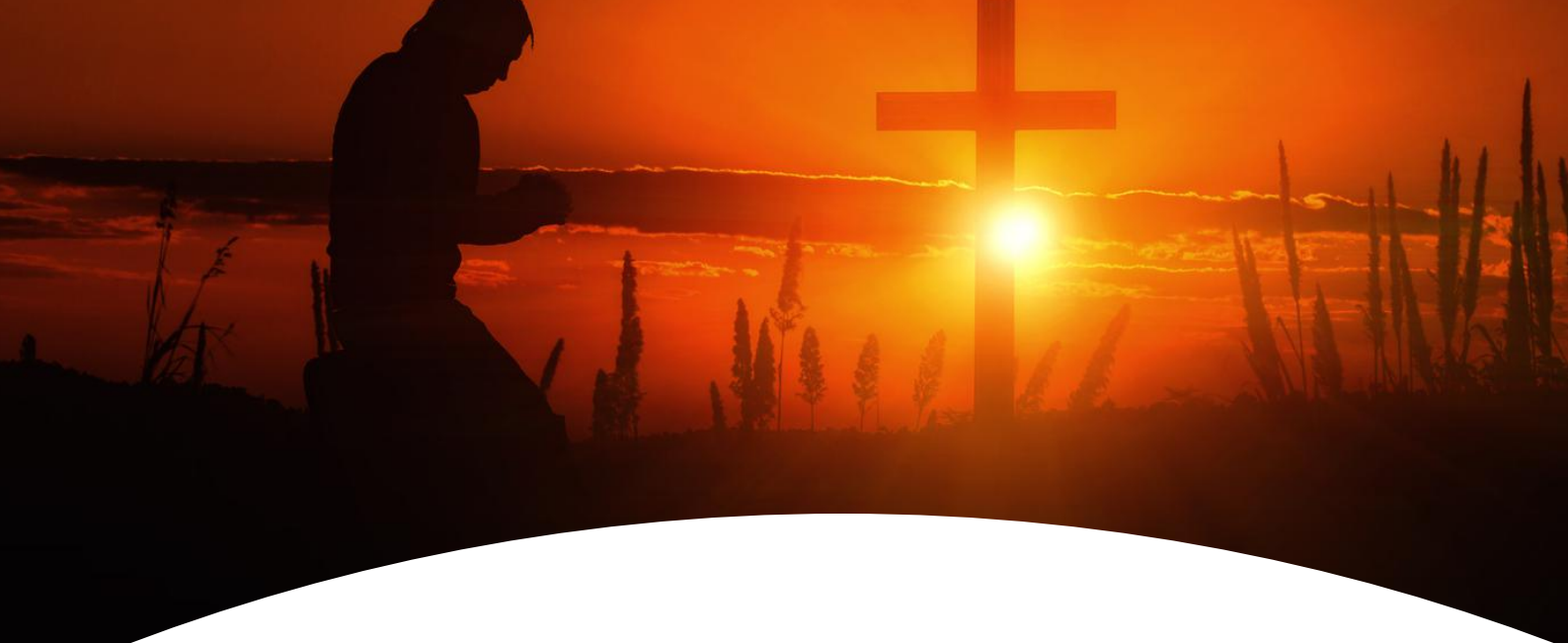
O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Charity

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

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

"I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father. It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you." -John 15: 15-16

This passage is best understood within the context of a covenant relationship where the offering of oneself to the other is total. Consequently, one lives for the other who becomes the apple of the eye. Jesus did that in wanting to establish us in a new and eternal covenant with His Father. The Sinless One went to the extent of becoming sin (2Corinthians 5: 21) on our behalf, becoming the Suffering Servant by whose stripes we were healed (Isaiah 53: 5). He truly became our slave so that we might enter and share in God's freedom from sin, and love beyond measure.



Face to Face WITH GOD

In our passage, Jesus is hinting at the fact that even while He treated His disciples as friends, meaning, He wanted to share everything of Himself and the Blessed Trinity with them, they were not yet ready and disposed. On different occasions during Jesus' ministry, we see that the Apostles had many rough edges; they were preoccupied with prestige, honor, and recognition. They were not yet well disposed to receive and surrender to oneness with Jesus and through Him with the Father and the Holy Spirit. That re-creation would occur with Jesus' forthcoming death and resurrection bringing about the Outpouring of the Holy Spirit. The disciples would be transformed and truly know what it meant to be the friends of Jesus, because they would be living and experiencing covenant life and union with the Triune God. Jesus would become the Center of their lives, so significant to them that they would die for Him. It is Jesus who makes this covenant union with God possible for us: "I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you." While we have feet of clay, we need to remember that the Blessed Trinity abides in us. We are the abode of the Blessed Trinity. In our weakness, we are strong with the power of Jesus.

PRAYER TO THE HOLY TRINITY

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

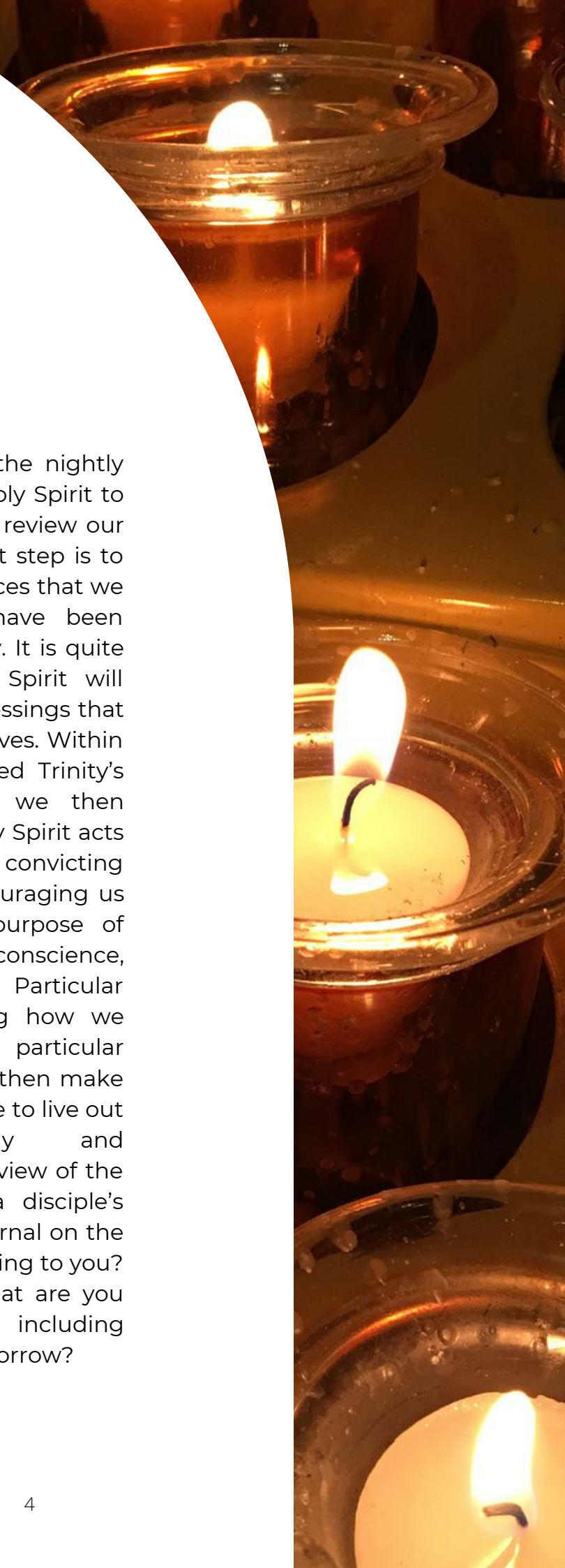
Triune God, be my all! Triune God, be my all! Triune God, be my all!

NIGHT *Prayer*

listen



By now it has become clear that the nightly review consists of first asking the Holy Spirit to overshadow us and guide us as we review our discipleship during the day. The first step is to thank God for the blessings and graces that we have received. These blessings have been poured out upon us during this day. It is quite possible, however, that the Holy Spirit will remind us of the countless other blessings that we have been receiving our whole lives. Within the context of receiving the Blessed Trinity's boundless love and forgiveness, we then examine our own response. The Holy Spirit acts as the Advocate of our discipleship, convicting us when we have sinned, and encouraging us toward repentance and a firm purpose of amendment. As we examine our conscience, we pay special attention to the Particular Examination of Conscience, seeing how we have fared in addressing the particular weakness or core wound in us. We then make an act of contrition and firmly resolve to live out our discipleship generously and wholeheartedly. Thus, the nightly review of the day is a significant practice in a disciple's formation. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?





Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

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





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Three: Have you considered additional ways for God to speak truth into your day?

- Engage the life of Christ in a new way by exploring the New Testament.
- Consider simply reading 2 Chapters from any of the Gospels three or four times per week.
- As Bearers of Christ's light to the world, consider consciously engaging in doing one good deed daily.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?

My Notes

Date :

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

A man with a beard and glasses, wearing a long-sleeved shirt and shorts, is kneeling on a rocky mountain peak. His arms are raised in a gesture of prayer or praise, with his hands open. The background shows a vast mountain range under a warm, golden sunset sky. The sun is low on the horizon, creating a strong backlight effect on the man's figure.

WHO DO YOU SAY I AM?

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

PRACTICING SELF-CONTROL
AND AGERE CONTRA

MICHAEL FONSECA, D. MIN



MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, and overshadow me with your gentle wisdom and power as I endeavor to sit at the feet of Jesus during this period of prayer. Purify my mind and heart as I seek to make the teachings of Jesus my priority in life, thinking, speaking, and doing as He desires. You are the Keeper of my soul, leading me into God's heart. May I be docile and submissive to your wisdom and guidance, and may my life be a pleasing offering in your sight, through Christ our Lord. Amen.

Following the teachings of Jesus, the saints have always advocated self-control, or moderation in all things. Surges toward extremes are not helpful. In medio stat virtus is a well-known Latin saying that highlights the necessity of moderation in all things. The phrase translates as 'In the middle stands virtue.' The followers of Jesus insisted on self-control in their Scriptural writings. St. Paul says in 1Corinthians 9: 24-27, "Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus I do not run aimlessly; ... No, I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified." In his Spiritual Exercises, St. Ignatius of Loyola enunciated the Principle of Agere Contra, or Acting Against one's disordered desires.

If we were sinless, we would not suffer from disordered attachments. We would always seek and do God's will. We would choose God's will rather than our own self-will. We would be God-centered instead of self-centered. In Jesus, and through the power of the Holy Spirit, we can be freed from our sinful attachments and disorders. Salvation and transformation will come through Him, as Jesus is the Way, Truth, and Life. Hence, Jesus wants us to "be perfect, just as your heavenly Father is perfect" (Matthew 5: 48).



Face to Face WITH GOD

But because there is sin in us, we are prone to sabotage what is in our best interest. The collective wisdom of holy men and women through the ages is that we need to keep a close watch on our sense faculties. They are the gateways to the soul. If our sense faculties are improperly used, they will contaminate the soul. Desolation could become the state of our soul which is a dangerous place to be, spiritually speaking. What we allow ourselves to see, hear, taste, smell, and touch, could be the difference between living an ardent life of union with Jesus or becoming enslaved to our addictive behaviors. The seven capital sins are committed because there is no self-control. The antidote to pride is humility. Greed is the exaggerated desire for earthly goods, honor, and power. It is a sin of excess. The antidote for greed is generosity. Gluttony refers to the sin of over-consumption and obsession with food and drink. The antidote to gluttony is fasting and abstinence. Lust refers to the impure desire of a sexual nature. The other person is treated as an object of desire rather than as God has ordained. The antidote to lust is purity and chastity. Sloth is the unwillingness to work and exert oneself. Sloth is spiritual laziness, a laxity about living the Faith and practicing virtue. The antidote to sloth is diligence. Envy or jealousy is feeling unjustified distress about the good fortune of someone else. Envy opens the door to other sins. The antidote to envy is kindness. Anger is the desire for vengeance. The antidote to anger is patience.

PRAYER TO THE HOLY TRINITY

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

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



Examination of CONSCIENCE

Prayer of Thanksgiving

O my God, I thank you for all the graces and blessings which I have received from you this day. Express to God your gratitude as you recall the blessings and graces that were present today: For what are you grateful?

Examination of Conscience

O my God, give me light to see what sins I have committed, and grant me the grace to be sorry for them: For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow? Recall your sins of the day and repent in sincere sorrow for the sins you have committed, by reciting the Act of Contrition.

The Act of Contrition

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





Encouragement for the Journey

You are beginning a grace-filled journey into the heart of God. You will be assisted by the Holy Spirit who will become your ardent Advocate, recreating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit will develop the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices will become an integral part of your daily life. However, developing a disciple's lifestyle takes time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM will lead you slowly but surely, on your pilgrimage into God's Heart. We will offer you easy steps and gradually accelerate the process so that no violence is done to your spirit, and you experience your growth as a disciple, organically and naturally.

Step Three: Have you considered additional ways for God to speak truth into your day?

- Engage the life of Christ in a new way by exploring the New Testament.
- Consider simply reading 2 Chapters from any of the Gospels three or four times per week.
- As Bearers of Christ's light to the world, consider consciously engaging in doing one good deed daily.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?

My Notes

Date :

[illegible]