



LEAD ME INTO THE DEEP, LORD

REVELATION 4: HAVE YOU BEEN
FORGIVEN & DO YOU FORGIVE OTHERS?
WEEK 2, DAY 1

LECTIO DIVINA OR THE
BENEDICTINE METHOD OF
PRAYER

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.

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:



It does happen that somebody says that they have been forgiven by God but cannot quite forgive themselves. Such an inconsistency is quite prevalent. In some instances, it might have to do with a fateful decision they made in their past whose memory haunts them. In other cases, it could be their perfectionism that leaves them ever dissatisfied with themselves. Intellectually, they know that God can restore them to spiritual health and wellbeing. Why is it then, that even after they have sought forgiveness from God in prayer and the sacrament of reconciliation, they still cannot forgive themselves? While their shame and guilt about a certain sin is genuine and heartfelt, it has become toxic, robbing the individual of true peace and joy. Such un-forgiveness of themselves undermines their assertion that they have been forgiven by God. Such persons victimize themselves with an abiding dislike of self, sometimes leading to a debilitating sense of hopelessness. This burden can rob a person of true peace and joy without which it is impossible to be an ardent and generous disciple.

Such an obstacle can only be removed by understanding that at the core of our Catholic Faith is the beating Heart of Jesus who bled to death on the cross on our behalf and restored us to our rightful dignity as God's sons and daughters. Jesus is God's enduring mercy incarnate. Jesus will not withhold His forgiveness and mercy from a repentant heart. The hallmarks of true repentance are sincere sorrow for sin and a firm purpose of amendment in the full knowledge that the sinner is being forgiven by God and brought into new life in Jesus through the power of the Holy Spirit. Jesus is indeed our Savior and Lord. He will forgive us all our sins if we approach him with a repentant heart.



PREPARING FOR THE JOURNEY

As part of our formation in trusting the Lord, we will have to remind ourselves that God has forgiven us, and forgotten our sin(s): “God has not dealt with us as our sins merit, nor requited us as our wrongs deserve. For as the heavens tower over the earth, so his mercy towers over those who fear him. As far as the east is from the west, so far has he removed our sins from us” (Psalm 103:10-12). Jesus based all His ministry on this premise of God’s loving kindness and enduring mercy toward us. Jesus was God’s mercy incarnate: “But the tax collector stood off at a distance and would not even raise his eyes to heaven but beat his breast and prayed, ‘O God, be merciful to me a sinner.’ I tell you, the latter went home justified, not the former; for everyone who exalts himself will be humbled, and the one who humbles himself will be exalted” (Luke 18: 13-14). The Pharisee did not need Jesus as his Savior as he was gaining heaven on his own merit. In acknowledging his sin, the tax collector was made right through God’s enduring mercy. Ask the Holy Spirit to give you the special grace to trust Jesus’ promise that those who believe and accept Him as their Savior and Lord will be forgiven their sins and will receive salvation. In the presence of Jesus, address the following question: Lord, am I willing to forgive myself as you have forgiven me? It is time you forgave yourself as God has forgiven you.



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.

'Lectio Divina' or 'divine reading' is an ancient prayer practice that has been kept alive in the monastic traditions of the Church, especially by the Benedictine Order. Hence, it is also called 'The Benedictine Method of Prayer.'

The first step is Lectio or Reading the Word of God which is the passage selected for prayer, and to hear it "with the ear of our hearts," in the words of St. Benedict. This step is done slowly and reverently, gently listening for a word or phrase that is God's word for us this day.

The second step is Meditatio or Repetition. We ponder this morsel given to us by the Holy Spirit, tasting and relishing it, and allowing it to impact us. The term 'repetition' emphasizes the fact that repeating God's word over and over, is strikingly like chewing the cud: God's word gets digested slowly.



FACE TO FACE WITH GOD

The third step is Oratio or Prayer. The disciple now addresses God through the Scriptural message that they have received from reading and listening to the Holy Spirit. Prayer leads to an offering of self, shaped by the living word of God. If the Scripture is short, you can ponder the same word or phrase by following this procedure two or three times. If the passage is long, you can break it up into smaller portions and follow the same procedure for each portion.

The fourth step is Contemplatio or Contemplation. In this step we simply rest in the Presence of the One who has used His living word to bring us into His Loving Embrace. In our Christian tradition, this wordless, quiet communing with God is called contemplation. When Lectio Divina has been practiced for a long time, the disciple becomes quite familiar with the fourth step.

Lectio Divina has been used by countless holy men and women through the centuries. Lectio Divina has the uncanny knack of unlocking the precious treasures of God's heart and bringing us into silent communion with Him. It unlocks the treasures of our own hearts as well, making us know ourselves as God does. Thank you, Jesus, for becoming our Word made flesh!

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 kindness. We engage in praise and thanksgiving for the blessings and protection we received from God. With thanksgiving in your heart, you can go over your day, from morning to evening, and see how God was Emmanuel, with you and in you. You can then do an examination of your conscience to see how you responded as Jesus' disciple. You can assess honestly your commitment to Jesus as your personal Savior and Lord. 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.

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 Four: Are you ready to become more of the disciple Jesus intends you to be?

- Consider reading *The Imitation of Christ*, the most influential book after the Bible to form disciples of Christ. We suggest three or four Chapters per week. They are short and to the point.
- In addition to the Morning and Night prayers you have established as a disciple's lifestyle, consider inviting the Blessed Mother to walk with you on this daily journey. Try to pray the rosary or parts of it, daily.
- As you interact with others throughout your day, attempt to place a greater emphasis on listening than on talking.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO
THE DEEP, LORD

REVELATION 4: HAVE YOU BEEN FORGIVEN
& DO YOU FORGIVE OTHERS?
WEEK 2, DAY 2

THE CLEANSING OF THE SAMARITAN LEPER

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.

“Go show yourselves to the priests.” As they were going they were cleansed. And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him. He was a Samaritan... “Stand up and go; your faith has saved you.” - Luke 17: 14-16; 19

Luke tells us that Jesus made His way to Jerusalem through Galilee and Samaria. Apparently, Jesus was going through those regions for the last time in which He had already carried out His ministry. The ten lepers met Jesus in one of the border villages of Galilee and Samaria. Such villages tended to have a mixed population of Jews and Samaritans. Despite age-old racial hatred and religious intolerance toward one another, these ten lepers were united by their common misery and stigma. They probably lived together in the same quarantined settlement even though they were enemies. They were outcasts of society and longed for a cure to heal their physical torment.



FACE TO FACE WITH GOD

The news that Jesus was passing through their village buoyed their sagging spirits. They had heard of the many miracles that Jesus had performed in Galilee and that he was being proclaimed as the Messiah. Hope springs eternal in the human heart, as God's image and likeness is umbilically connected with the Original, our Creator. These disgraced outcasts came to Jesus believing that He would heal them. Nine of them were Jews and one of them was a Samaritan. As a Samaritan, he was considered an outcast in the eyes of the Jews. Jesus was a Jew. Would Jesus turn him down because he was identified as the enemy of the Jews? Or would Jesus set aside the long-standing hostility between Jews and Samaritans and be his Savior? Owing to his degrading sickness, his misery was great indeed! But even greater was his faith and trust in Jesus.

In their approach to Jesus, they had to stand at a far-off distance as prescribed by the law. They had to shout out their urgent plea for healing, though it required a great effort, as one symptom of leprosy is a hoarse whisper: "Jesus, Master! Have pity on us" (Luke 17: 13). They addressed Jesus by His name and knew of His authority to heal as they described Jesus as Master. They hoped that Jesus would have pity on them. Jesus offers them healing in a most unexpected way! He tells them to go and show themselves to the priests before they were cleansed. One went to the priests only after one had been cleansed! In faith, therefore, they had to believe that they would be healed.



FACE TO FACE WITH GOD

Sure enough, they experienced cleansing from the disease while they were on their way to the priests. All ten were granted their request for healing from their accursed sickness. However, only the Samaritan returned, “glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him. He was a Samaritan.” His voice was no longer hoarse, and he was full-throated in his praise and gratitude to God. He fell at the feet of Jesus and thanked Him. Having faith in Jesus, as the Samaritan did, is surrendering to Jesus as Savior and Lord. Jesus exercises His power within the context of faith, as He has come to bring us salvation from Satan, sin, and permanent death. Jesus reminds us in His comment on the Samaritan that God’s ways are mysterious, that the Samaritan’s heart revealed spiritual depths that moved Jesus: “Has none but this foreigner returned to give thanks to God?” Then he said to him, “Stand up and go; your faith has saved 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:



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 the faith and commitment of the Samaritan who was healed of his leprosy and returned to thank Jesus for his healing. His misery was great indeed, but even greater was his faith and trust in Jesus. He fell at the feet of Jesus and thanked Him! 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?

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 Four: Are you ready to become more of the disciple Jesus intends you to be?

- Consider reading *The Imitation of Christ*, the most influential book after the Bible to form disciples of Christ. We suggest three or four Chapters per week. They are short and to the point.
- In addition to the Morning and Night prayers you have established as a disciple's lifestyle, consider inviting the Blessed Mother to walk with you on this daily journey. Try to pray the rosary or parts of it, daily.
- As you interact with others throughout your day, attempt to place a greater emphasis on listening than on talking.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?

A scenic sunset over a body of water. In the foreground, a wooden boat is visible on the left. The sun is low on the horizon, creating a bright glow and reflecting on the water. Mountains are visible in the background under a blue sky with some clouds. The text "LEAD ME INTO THE DEEP, LORD" is overlaid in a white, outlined, serif font.

LEAD ME INTO
THE DEEP, LORD

REVELATION 4: HAVE YOU BEEN FORGIVEN
& DO YOU FORGIVE OTHERS?
WEEK 2, DAY 3

THE PARABLE OF THE PHARISEE AND TAX COLLECTOR

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.

"But the tax collector stood off at a distance and would not even raise his eyes to heaven but beat his breast and prayed, 'O God, be merciful to me a sinner.' I tell you, the latter went home justified, not the former; for everyone who exalts himself will be humbled, and the one who humbles himself will be exalted."

- Luke 18: 13-14

Jesus used various kinds of stories to illustrate the truths that He was revealing of God and His Plan of Salvation for the world. Jesus had a special fondness for the parable. The parable is a story that has a very unusual ending. Sometimes, the parable is like a riddle that is unsolvable for the unbelieving: "This is why I speak to them in parables, because 'they look but do not see and hear but do not listen or understand'" (Matthew 13: 13). At other times, the parable has an ending that defies human logic: "These last ones worked only one hour, and you have made them equal to us, who bore the day's burden and the heat" (Matthew 20: 12). The parables of Jesus attest to the fact that God's ways are not human ways. We can always have great hope because of the way God thinks and does.



FACE TO FACE WITH GOD

The parables give us a peek into God's compassion and love for us. Verily, they are glimpses into the reign of God as Emmanuel, God among us! Through these peeks we can resolve the incongruent and confusing situations of our lives, because ultimately, God is our perfect answer even when we are unable to make sense of our concrete circumstances.

In the Parable of the Pharisee and the tax collector, Jesus is contrasting two opposing styles of discipleship. The tax collector has the right approach to salvation and discipleship. He understands that he cannot save himself from his sin. Only God can. In not raising his eyes to heaven, he acknowledges his sinfulness. His prayer is addressed directly to God. It is honest, humble, and trusting. Jesus extols the tax collector's understanding of discipleship. He goes home justified, meaning that God has restored to the tax collector the right order of things between God and himself, between himself and others.

In the case of the Pharisee, his salvation is dependent on his good works and merit. He does not need God to be saved. He can do it himself. In his prayer, therefore, he is addressing himself rather than God: "The Pharisee took up his position and spoke this prayer to himself, 'O God, I thank you that I am not like the rest of humanity – greedy, dishonest, adulterous – or even like this tax collector...'" His prayer is a monologue, rather than a dialogue, because he is self-sufficient. For him, prayer is a sales pitch about himself rather than a trusting conversation. Thank you, Jesus, for being Mercy Incarnate to 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!



The nightly review is a visit when the Lord reveals His heart to us and in turn helps us 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. In our morning Face to Face with the Blessed Trinity, the tax collector has the right approach to salvation and discipleship. He understands that he cannot save himself from his sin. Only God can. In not raising his eyes to heaven, he acknowledges his sinfulness. His prayer is addressed directly to God. It is honest, humble, and trusting. Jesus extols the tax collector's understanding of discipleship.

In the case of the Pharisee, his salvation is dependent on his good works and merit. He does not need God to be saved. In his prayer, therefore, he is addressing himself rather than God. His prayer is a monologue, rather than a dialogue, because he is self-sufficient. For him, prayer is a sales pitch about himself rather than a trusting conversation. Jesus is our Way, Truth, and Life! 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 and assess honestly your commitment to Jesus as your personal Savior and Lord. As disciples of Jesus, we owe it to our Savior to humbly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual 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 hand reaching out, palm 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 Four: Are you ready to become more of the disciple Jesus intends you to be?

- Consider reading *The Imitation of Christ*, the most influential book after the Bible to form disciples of Christ. We suggest three or four Chapters per week. They are short and to the point.
- In addition to the Morning and Night prayers you have established as a disciple's lifestyle, consider inviting the Blessed Mother to walk with you on this daily journey. Try to pray the rosary or parts of it, daily.
- As you interact with others throughout your day, attempt to place a greater emphasis on listening than on talking.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO
THE DEEP, LORD

REVELATION 4: HAVE YOU BEEN FORGIVEN
& DO YOU FORGIVE OTHERS?
WEEK 2, DAY 4

THE CALL OF MATTHEW

MICHAEL FONSECA, D. MIN

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

Morning PRAYER

Listen:



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



FACE TO FACE WITH GOD

Listen:



PRAYER TO THE HOLY SPIRIT

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

“As Jesus passed on from there, he saw a man named Matthew sitting at the customs post. He said to him, “Follow me.” And he got up and followed him. While he was at table in his house, many tax collectors and sinners came and sat with Jesus and his disciples.” - Matthew 9: 9-10

Matthew was a tax collector who was from Galilee. He was the only tax collector chosen by Jesus to be one of His Twelve Apostles. Most probably, Matthew had his customs post in the vicinity of Capernaum and Magdala. Jesus had established His headquarters in Capernaum during His Galilean ministry in fulfillment of Isaiah's prophecy: “The people who walked in darkness have seen a great light; upon those who lived in a land of gloom a light has shone” (Isaiah 9: 1). Due to its location on the Sea of Galilee and being an intersection for major roads, fishing, agriculture, and trade made Capernaum an important commercial center. Magdala or Migdal, about 6 miles southwest of Capernaum was an important fishing town. The Greeks called the village Taricheia, a word meaning “pickling,” because of Magdala's fish-salting industry which was one of the mainstays of its economy. Magdala was also known for its boat-building industry.



FACE TO FACE WITH GOD

From his name it is clear, that Matthew was Jewish. As a tax collector, Matthew was identified as a sinner and lost sheep of Israel by the Orthodox Jews. According to Rabbinic wisdom, he could never be saved, as his sins were beyond the pale of forgiveness. Matthew has now encountered Jesus as He is ministering in the towns and villages of Galilee. There is a deep stirring going on in him. He probably has been associating with Jesus along with his other tax collector friends. However, he is still actively plying his trade as a tax agent. Jesus knows Matthew's heart and meets him at his customs post. In this public place, Jesus asks Matthew to follow Him. And Matthew does the right thing. He does not hesitate. Promptly he leaves his old life behind and follows Jesus, his way, truth, and life!

That day there is a celebration of sorts. Along with many tax collectors and sinners, Jesus is dining with Matthew and his family, most probably in Matthew's home. Jesus is not concerned what the scribes and Pharisees will say. His zeal for saving the lost overrides any criticism that He might face from His enemies. Jesus even goes as far as making Matthew one of His chosen Twelve! It boggles the mind to think that sinners would be so enamored of Jesus. Clearly, Jesus gave them hope, and elicited repentance in their hearts. In Jesus, they experienced entrance into the kingdom of God. Thank you, Jesus, for being Mercy Incarnate to 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!



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 witnessed the call of Matthew. Matthew is a tax collector, identified as a sinner and lost sheep of Israel. Jesus has come into his life and there is a deep stirring going on in him. Jesus knows Matthew's heart and meets him at his customs post. Jesus asks Matthew to follow Him. And Matthew does the right thing. He does not hesitate. Promptly he leaves his old life behind and follows Jesus, His way, truth, and life! Jesus has called you as well to be His disciple and to follow Him generously and wholeheartedly. This evening you have received another 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. How would you assess your discipleship? 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.



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 Four: Are you ready to become more of the disciple Jesus intends you to be?

- Consider reading *The Imitation of Christ*, the most influential book after the Bible to form disciples of Christ. We suggest three or four Chapters per week. They are short and to the point.
- In addition to the Morning and Night prayers you have established as a disciple's lifestyle, consider inviting the Blessed Mother to walk with you on this daily journey. Try to pray the rosary or parts of it, daily.
- As you interact with others throughout your day, attempt to place a greater emphasis on listening than on talking.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 4: HAVE YOU BEEN FORGIVEN
& DO YOU FORGIVE OTHERS?
WEEK 2, DAY 5

PETER'S DENIAL OF JESUS

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.

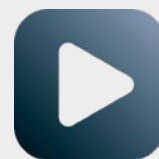
Morning Offering

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.

“Assuredly, this man too was with him, for he also is a Galilean.” But Peter said, “My friend, I do not know what you are talking about.” Just as he was saying this, the cock crowed, and the Lord turned and looked at Peter; and Peter remembered the word of the Lord, how he had said to him, “Before the cock crows today, you will deny me three times.” - Luke 22: 59-61

Peter has been with Jesus for three years. Jesus had picked him out as the leader of His band of Apostles. In the Upper Room, Jesus predicted that His disciples' faith in him would be shaken. Peter had boasted that his faith would not be shaken and that he would even die with Jesus. He was probably very sincere, as he trusted his commitment to his Master. However, when the moment arrived, he failed miserably. The heart-rending account of Peter's denial is painful to read. In his first denial to the maid, Peter said that he did not know Jesus. The second time his accusers insisted that Peter was one of Jesus' disciples, and Peter denied the truth. The third time, his accusers insisted that Peter was Jesus' disciple because he too was a Galilean like Jesus. Once again, Peter denied the truth. Mark's version is quite graphic: “He began to curse and to swear, “I do not know this man about whom you are talking” (Mark 14: 71). It is then that the cock crowed and “the Lord turned and looked at Peter” (Luke 22: 61).



FACE TO FACE WITH GOD

It is then that Peter remembered what Jesus had said to him in the Upper Room. One could spend hours pondering on the gaze exchanged between Jesus and Peter. As this painful saga unfolded, Peter's faith and commitment to his Master sunk into the dregs. In a jiffy, three years of discipleship careened toward disaster. Through his tears, Peter reaffirmed his trust in Jesus that he had been forgiven. He chose to stay with the community of disciples rather than perish in his despair. And in the Resurrection of his Master and the Outpouring of the Holy Spirit upon him, he became a changed disciple, and did indeed die for his Master. According to the tradition, Peter was crucified in Rome and asked to be hung upside down because he did not deem himself worthy to die like his Master. His empty boast in the Upper Room truly became a wholehearted commitment, for better or for worse, even leading to laying down his life for his Master. Thank you, Jesus, for being Mercy Incarnate to 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!



Night PRAYER

There is an intimate connection between our morning Face to Face with God and our nightly review of the day. Pondering the word of God during our morning prayer increases our awareness of how profoundly our lives have been intertwined with God's love for us. The word of God also acts as a challenge to us, exposing our sin and inviting us to return to an honest and transparent relationship with God. This morning we pondered the denial of Jesus by Peter. And Jesus looked at him in the face of his denial. Peter must have remembered Jesus' response to his question earlier as to how often we are to forgive. Through his tears, Peter reaffirmed his trust in Jesus that he had been forgiven. He chose to stay with the community of disciples rather than perish in his despair. Assessing our discipleship to make sure we are relying on the Holy Spirit's power and advocacy rather than on our own strength is a crucial dimension of our nightly review. Today, 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 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.

A close-up photograph of a hand reaching out, palm up, against a background of soft, out-of-focus blue and white 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 Four: Are you ready to become more of the disciple Jesus intends you to be?

- Consider reading *The Imitation of Christ*, the most influential book after the Bible to form disciples of Christ. We suggest three or four Chapters per week. They are short and to the point.
- In addition to the Morning and Night prayers you have established as a disciple's lifestyle, consider inviting the Blessed Mother to walk with you on this daily journey. Try to pray the rosary or parts of it, daily.
- As you interact with others throughout your day, attempt to place a greater emphasis on listening than on talking.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO
THE DEEP, LORD

REVELATION 4: HAVE YOU BEEN FORGIVEN
& DO YOU FORGIVE OTHERS?
WEEK 2, DAY 6

THE REPENTANT CRIMINAL

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.

"Now one of the criminals hanging there reviled Jesus, saying, "Are you not the Messiah? Save yourself and us." The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." Then he said, "Jesus, remember me when you come into your kingdom." He replied to him, "Amen, I say to you, today you will be with me in Paradise."- Luke 23: 39-43

In his account, St. Luke offers us a sharp contrast toward Jesus in the behavior and attitude of the two criminals hanging on either side of Him. One of them is unrepentant of his sins and mocking of Jesus: "Are you not the Messiah? Save yourself and us." His only concern is to be freed of the pain and suffering that they are all enduring unto death so that he can go about his sinful ways. There is absolutely no remorse or repentance for his evil ways. In the process, he is pronouncing Jesus to be a fake. The other criminal, however, is repentant. He has suffered the same fate as his fellow criminal. Their crimes had to have been serious to deserve capital punishment at the hands of the Romans.



FACE TO FACE WITH GOD

While rebuking his fellow criminal, he reveals several significant steps toward conversion that he has taken during his last hours with Jesus. Despite his sinful life, he did have an awareness of God. He asked his fellow criminal: "Have you no fear of God?" His sense of God also made him conclude that Jesus was innocent. He then confesses that he has been condemned justly for his crimes: "We have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." True conversion can only begin when there is honest and sincere acknowledgment of one's sins. By being in Jesus' company during his last hours, the criminal had experienced sincere repentance and acknowledged his heinous crime that deserved capital punishment. His repentance leads him to long for deeper union with Jesus. His heart is crying out to be with Jesus all the time: "Jesus, remember me when you come into your kingdom." While Jesus is being taunted as an ineffective king, or else he would have been able to save himself and them, the repentant criminal understands that Jesus indeed is a divine king who rules over the Kingdom of God. The grace of repentance, given to him by Jesus, led to his earnest plea to be with Jesus always. He realized that his salvation could only come from being with Jesus. In response, Jesus offers him the full benefits of His redemptive act of salvation on the cross: "Amen, I say to you, today you will be with me in Paradise." The repentant criminal's conversion reminds us of the necessary steps we must take to receive salvation through Jesus: an awareness of our personal sins, repentance of sin leading to the sacrament of reconciliation, acceptance of Jesus and His promise of eternal life. Thank you, Jesus, for being Mercy Incarnate to 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!



Night PRAYER

Listen:



Once again, forgiveness is the theme of our morning Face to Face visit with God. In our experience of forgiving others, we might have experienced much difficulty. However, when we asked and received God's grace to forgive those who hate us or whom we hate, we experienced much peace, gratitude, and inner freedom. Such a state of soul is the result of God's love permeating our hearts. What is sometimes not emphasized enough, is that forgiveness of others is a daily affair. Even though we have forgiven our enemies, the roots of sin, in the form of resentment, anger, and hurt, continue to reside in us. In His response to Peter who asked how often he should forgive his brother, Jesus said that our forgiveness of others is to be without limit. Jesus applies to us the same yardstick for forgiveness that He has for Himself. He chose not to condemn us to eternal separation from God. Rather, He laid down His life for us so that we could be freed from sin and share in the fullness of His Divine Life. 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.

A close-up photograph of a hand reaching out, palm up, against a background of soft, out-of-focus blue and white 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 Four: Are you ready to become more of the disciple Jesus intends you to be?

- Consider reading *The Imitation of Christ*, the most influential book after the Bible to form disciples of Christ. We suggest three or four Chapters per week. They are short and to the point.
- In addition to the Morning and Night prayers you have established as a disciple's lifestyle, consider inviting the Blessed Mother to walk with you on this daily journey. Try to pray the rosary or parts of it, daily.
- As you interact with others throughout your day, attempt to place a greater emphasis on listening than on talking.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 4: HAVE YOU BEEN FORGIVEN
& DO YOU FORGIVE OTHERS?
WEEK 2, DAY 7

FIDELITY TO JESUS'
TEACHINGS, A REQUISITE
FOR DISCIPLESHIP

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.

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.

Try to be unwavering in your commitment to interpret life's circumstances from the point of view of faith, which is to believe without seeing. We can believe without seeing because Jesus is with us as Emmanuel. The teachings of Jesus are autobiographical statements about Jesus and God's plan of salvation for us through Him. They will always stand us in good stead, because our obedience to them will bring about union with Jesus. When anxiety and fear, or any other desolation threatens your state of joy and trust, return to thanking God even though you might not feel gratitude. Pray for your enemies, do good to those who hate you, at least in your mind and heart. Keep a non-violent and compassionate heart and mind.



FACE TO FACE WITH GOD

It does not matter how unreliable and corrupt our spiritual gene pool might be, God decided to adopt us regardless, knowing that through Jesus Christ, the Holy Spirit would accomplish the good work of making us sons and daughters of the Living God. It is more important to focus on God's love for us rather than on our love for God. When our hearts and minds have been saturated with God's magnanimous love for us, our own love and commitment for God will blossom and become passionate. Thank you, Jesus, for being Mercy Incarnate to 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!



Night PRAYER

The nightly review consists of first asking the Holy Spirit to overshadow and guide us as we review our discipleship during the day. The next 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 towards repentance and a firm purpose of amendment. Many times, during the day, we need to look at our spiritual compass to see if it is pointing us towards God. If it is, we will be in a state of consolation. Many times, we need to ask the Holy Spirit to be our Advocate and Guide, to preserve us from temptation, and lead us into God's Embrace. 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. Today, we can follow up on our morning prayer, and ask God to deepen our fidelity to Jesus' teachings so that our union with Him can be strengthened. 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 hand reaching out, palm 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 Four: Are you ready to become more of the disciple Jesus intends you to be?

- Consider reading *The Imitation of Christ*, the most influential book after the Bible to form disciples of Christ. We suggest three or four Chapters per week. They are short and to the point.
- In addition to the Morning and Night prayers you have established as a disciple's lifestyle, consider inviting the Blessed Mother to walk with you on this daily journey. Try to pray the rosary or parts of it, daily.
- As you interact with others throughout your day, attempt to place a greater emphasis on listening than on talking.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?