



# LEAD ME INTO THE DEEP, LORD

REVELATION 3: CREATING SPACE FOR  
JESUS IN YOUR LIFE  
WEEK 2, DAY 1

THE METHOD OF IGNATIAN  
CONTEMPLATION

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MICHAEL FONSECA, D. MIN

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

# Morning PRAYER

Listen:



## Act of Faith

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

## Act of Hope

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

## Act of Charity

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

## Morning Offering

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



## PREPARING FOR THE JOURNEY

Listen:



The purpose of our creation as God's image and likeness was so that we would have the privilege of sharing intimately in God's life and love in covenant union with Him. A significant dimension of covenant union with God is that it is a family bond. We have become sons and daughters of God through Jesus Christ who now shares with us His Sonship with the Father! In sharing God's divine nature, we are called to be perfect as Our Heavenly Father is, to be merciful as God is. To make possible the impossible, the Father gave us the Holy Spirit to re-create us in the image and likeness of Jesus. God wants us to be like Him, to become other than whom we have known ourselves, as burdened by sin.

Such a transformation at the hands of the Holy Spirit calls for a thorough house cleaning of our hearts and minds, so that Jesus can be re-created in us at the hands of the Holy Spirit. As St. Paul would put it, "I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself for me" (Galatians 2: 20). The Blessed Trinity is deeply committed to our transformation into Christ. Jesus calls us through His death and resurrection to embrace God's love, to commit ourselves to the Beatitudes in daily life, to renounce our hurts and resentments, and make a strong commitment to forgive ourselves and others as Jesus forgave. In fact, in the Lord's Prayer, Jesus made forgiveness of others a condition for us to receive forgiveness from God.



## *PREPARING FOR THE JOURNEY*

Immediately after He gave us His prayer, Jesus insisted once again on the forgiveness of our sins being dependent on our forgiveness of others: “If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions” (Matthew 6: 14-15). While others treated Jesus as their enemy, He died for all, even those who would reject Him. He expects the same conduct and disposition from His disciples.

In our commitment to making Jesus the Center of our lives, revolving around Him and through Him in the daily circumstances of our lives, we take the discernment of spirits seriously in our lives. The nightly examination of conscience becomes a serious spiritual practice. Each day, we do an inventory of our actions, noting how we have been obedient to the guidance of the Holy Spirit and giving praise and thanksgiving to the Blessed Trinity when we do. We also note how we have been resistant to the promptings of the Holy Spirit and moved away from our covenant union with God into desolation. We ask for the grace of repentance. In the next week, you will explore the layers of your memories and consciousness to address the question, ‘Am I willing to become like Jesus, to forgive others and myself, just as Jesus has forgiven me?’



# 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.*

St. Ignatius of Loyola popularized the method of prayer that uses imagination as a major vehicle. He asks you to use your imagination in creating the Scriptural scene on which you are praying. You enter the scene as if you were in the audience that Jesus was addressing, or the individual that Jesus was healing. Next, you consider, observe, and ponder what the persons are saying and doing, and then to reflect on yourself and draw some fruit from it. Briefly, the method engages our imagination to better see God's mystery and to observe what is being said and done by Jesus. This method highlights the fact that our sense faculties are an integral part of our being, and therefore, must become an integral part of our relationship with God and our prayer.

St. Ignatius of Loyola used this method extensively in his 30-day Spiritual Exercises. It engages all the human faculties of mind, memory, imagination, senses, and will. What starts out as pure imagination, as one tries to engage God's mystery, ends up in imaginative faith. What took place 2000 plus years ago, is still alive for us in the Incarnate Word of God.



# FACE TO FACE WITH GOD

We are impacted in much the same way as were those who engaged with Jesus' healing power of love and compassion. Many who use this method will say quite categorically that they experienced God's Presence and Mystery and were awed and subdued by it. For those who enjoy using the imagination in prayer, this method can be both restful and productive. St. Ignatius seems to presume that this method could lead to a greatly simplified form of discursive prayer where God's presence and love are experienced with fewer words and thoughts, and more in silence and in the heart.

This method does not seem to work too well for those who have a logical and intellectual bent. Some have found to their relief and delight that when they stopped trying to paint God's Mystery on the canvas of their hearts, paradoxically, the images started to appear, and they could enter into God's Mystery through this method. Lord Jesus, I place my whole being, all my faculties and senses, at your disposal!

## 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

While the theological virtues of faith, hope, and love are the essential ingredients of covenant union with the Blessed Trinity, the action of the Holy Spirit in enlivening these fundamental virtues in us is through the practice of constant gratitude and repentance. St. Paul recommends the nurturance of constant thanksgiving in his letters: “We too give thanks to God unceasingly, that, in receiving the word of God from hearing us, you received not a human word but, as it truly is, the word of God, which is now at work in you who believe” (1Thessalonians 2: 13). Clearly, for St. Paul, gratitude follows on the gift of faith. He knew from first-hand experience that our discipleship is greatly empowered through constant amazement and wonder at God’s fathomless love and forgiveness through Jesus. Radical discipleship will result in a disciple who is imbued and permeated with the love of God! Constant gratitude also creates a delicate conscience. Hence, the attitude of repentance or being turned toward God in all that we think, say, and do, becomes our lifestyle. Indeed, the nightly review of the day is a significant practice in a disciple’s formation as the context is our covenant relationship with God. With thanksgiving in your heart, go over your day and see how God has been so loving and generous toward you. Then do your examination of conscience to see how you responded in your covenant union with Him, ending with an Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

Listen: 

# Examination of CONSCIENCE

## Prayer of Thanksgiving

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

## Examination of Conscience

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

## The Act of Contrition

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



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# Encouragement for the Journey

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 :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*



# LEAD ME INTO THE DEEP, LORD

REVELATION 3: CREATING SPACE FOR  
JESUS IN YOUR LIFE  
WEEK 2, DAY 2

FORGIVENESS IN THE  
LORD'S PRAYER

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MICHAEL FONSECA, D. MIN

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***"And forgive us our debts, as we forgive our debtors." - Matthew 6: 12***

Just as the Ten Commandments could be viewed as the nuptial agreement of the Mosaic Covenant, binding in covenant the Israelites with God, in the same manner, the Lord's Prayer could be described as the Covenant Prayer of the New and Eternal Covenant established by Jesus through His death and resurrection. Through Jesus, we have been established in a family bond with the Blessed Trinity. On His part, God has shared His divine life with us through His Son Jesus. God has given us everything of Himself through Jesus. As God's sons and daughters, we live in this covenant bond with God by offering everything of ourselves to Him as a pleasing offering.



# *FACE TO FACE* WITH GOD

In this covenant family with God, Jesus is our Head, uniting us, His body, with Himself, and through Him with the Blessed Trinity. In this covenant union, everyone thinks, acts, and speaks as Jesus does and would. In this covenant union, we are as committed to the Blessed Trinity as we are to one another in the body of Christ, as we all have been created in God's image and likeness. The Lord's Prayer is the quintessential expression of our covenant bond with God who is our Father. We pray the 'Our Father' as covenant family members of the Blessed Trinity. Therefore, we commit to living, acting, and doing as Jesus would, as we are other Christs in Jesus. An essential dimension of being like Jesus in covenant union is to act like Jesus in the matter of forgiveness.

We ask God to 'forgive us our debts,' as we are sinners committed to becoming saints. We make this prayer every time we pray the Lord's Prayer. What is at the heart of this prayer request? At the core of God's Plan of Salvation is the amazing reality that God chose to forgive us all our sins, to rescue us from the death-strangle of Satan, sin, and permanent death. In effect, God shared all His love for us through His compassion and mercy, inviting us then to share in His own divine, covenant life. We are now God's covenant family.



# FACE TO FACE WITH GOD

If our intent is serious, we cannot ask God to forgive us our sins if we are not prepared to forgive others their sins against us. And so, 'we forgive our debtors.' In a very real way, our brothers and sisters are placed on the same level as God. There is an unbreakable bond between God, the Original, and us who have been created in the divine image and likeness. As image, we are always to reflect the Original. If God is all forgiving and gracious, we are to reflect the same attitude toward humans. We are the bride of Christ. He is the Head and we are the body. We cannot say we love the Head and not the body; nor can we say that we love the bridegroom and hate the bride. We cannot be united with the Head and divided in the body. Lord Jesus, heal my hurts and resentments with your healing balm of love, so that I may always be ready to forgive others!

## PRAYER TO THE HOLY TRINITY

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

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Listen:



Forgiveness is an essential component of the nightly review of the day. Receiving God's forgiveness of our sins reminds us that Jesus is God's Mercy Incarnate. If we are truly repentant, we will always be assured of God's forgiveness. Forgiveness of our sins is dependent on our forgiveness of others: "If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions" (Matthew 6: 14-15). Forgiveness of self is crucial to the proper development of discipleship. It is not uncommon for someone to believe that God has forgiven them but have difficulty forgiving themselves. Our nightly review can help us address the dichotomy between God's forgiveness of our sins, and our own inability or unwillingness to forgive ourselves. Lastly, when we experience true forgiveness, then we are filled with gratitude and joy. Experiencing God's forgiveness leads us to experience covenant union with God. During your examination of conscience, pay special attention to your experience of forgiveness. Along with gratitude, you might realize that you have work to do in forgiving yourself and others. As disciples of Jesus, we owe it to our Savior to humbly acknowledge our sins and make an act of repentance and contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

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# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

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LEAD ME INTO  
THE DEEP, LORD

REVELATION 3: CREATIING SPACE FOR  
JESUS IN YOUR LIFE  
WEEK 2, DAY 3

ENDLESS FORGIVENESS

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MICHAEL FONSECA, D. MIN

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

# Morning PRAYER

Listen:



## Act of Faith

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

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# FACE TO FACE WITH GOD

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## PRAYER TO THE HOLY SPIRIT

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***“Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him. And if he wrongs you seven times in one day and returns to you seven times saying, ‘I am sorry,’ you should forgive him.” - Luke 17: 3-48***

The scripture quotation begins with a note of caution: “Be on your guard!” We are being reminded that Jesus is addressing a serious requirement for anyone who desires to be His disciple. As disciples, it is incumbent upon us to build up the body of Christ through good example as well as through honest and fair fraternal correction. Jesus died for all of us, and it is our responsibility to help everyone receive the good news that Jesus is Lord and Savior of the world! Exercising this responsibility is a serious obligation: “If your brother sins, forgive him.”





# FACE TO FACE WITH GOD

And like God, our forgiveness of our brothers and sisters should be enduring, without let up: “And if he repents, forgive him; and if he wrongs you seven times in one day and returns to you seven times saying, ‘I am sorry,’ you should forgive him.” We are in covenant relationship with our Triune God and with God’s covenant family. In an honest and serious way, we have pledged our lives to be at the service of God and His covenant family. We have pledged to become unprofitable servants, seeking everyone’s well-being and profit, and seeking no profit for ourselves. This was Jesus’ attitude toward us. He became a slave and did not cling to His divinity so that we could receive eternal life. We are being asked to be like Jesus, to have the same solicitude and concern for our brothers and sisters as God has for them. We have the obligation to pray for our brothers and sisters, to forgive them when they repent, and to offer them assistance to stay on the straight and narrow path. We need to ask the Holy Spirit for the wisdom to correct without condemning, and to correct the evil within us as we seek to correct others.

We will learn to correct our brothers and sisters in the right way when we harbor love and compassion in our hearts, always seeking the truth and not condemnation. We know we have truly become like God when our spontaneous response to sin is compassion toward the sinner, not condemnation. Lord Jesus, heal my hurts and resentments with your healing love!

## **PRAYER TO THE HOLY TRINITY**

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

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# Night PRAYER

During our morning Face to Face with God, we pondered on Jesus' teaching in the matter of forgiveness. Many of us tend to be like St. Peter. We are willing to forgive our brother seven times and would consider it a generous spiritual effort by human reckoning. Jesus tells us that we are to forgive as God does, unremittingly and unconditionally, a standard that is worthy of God and beyond human endeavor. In forgiving others through the action of the Holy Spirit, our covenant union with God and one another is strengthened. In many instances, forgiveness of others will revolve around an incident that caused us much anguish and resentment. And we steeled our hearts against forgiveness and love. Experiencing freedom from our resentment and anger is like experiencing new life in Jesus. However, we will be challenged daily to forgive and accept others unconditionally. Hence, forgiveness of others remains a daily item of discipleship that we address during our nightly review of the day. During your examination of conscience, you might realize that you have work to do in forgiving yourself and others. As disciples of Jesus, we owe it to our Savior to humbly acknowledge our sins and make an act of repentance and contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

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*For what are you grateful?*

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# LEAD ME INTO THE DEEP, LORD

REVELATION 3: CREATING SPACE FOR  
JESUS IN YOUR LIFE  
WEEK 2, DAY 4

## RENEWAL IN CHRIST

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MICHAEL FONSECA, D. MIN

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*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.*

***"All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice." -Luke 13: 11-16***

St. Paul ministered briefly to the church at Ephesus toward the end of his second missionary journey, and then for more than two years on his third missionary journey (Acts 18-21; 19: 1-41). Ephesus housed the famous temple to the Greek goddess Artemis. Many were converted to faith in Jesus Christ, and many opposed his preaching in the synagogues and homes. Demetrius, a prominent silversmith, who made implements for the worship of Artemis, found his business suffering greatly because people were converting to Christianity. He incited the townspeople against Paul and the converts. A riot almost broke out, forcing Paul to leave the city. However, he was able to stabilize the Ephesian church in their faith in Jesus.

Paul wrote the letter to the Ephesians sometime in AD 60-61 when he was undergoing his first Roman captivity. Ephesians is one of the four letters commonly known as the Captivity Epistles, the others being Philippians, Colossians, and Philemon. There are two clear segments in the Letter to the Ephesians.



# *FACE TO FACE* WITH GOD

In the first three chapters, Paul discusses God's creation of a holy community by His gift of grace in the death and resurrection of Jesus Christ. The community has become adopted sons and daughters of God, brought to the Father through His Son. Jews and Gentiles who were dead in their transgressions and sins have been made alive because of the person and work of Jesus Christ. In the next three chapters, Paul outlines his expectations as to how this community of believers should walk in accordance with its heavenly calling (Ephesians 4: 1). As a result of their faith in Jesus Christ, several practices should follow in their relationships within the church, in the home, and in the world.

Our passage for prayer is taken from the second half of the letter and deals with proper Christian living. Paul is talking about unity in the body of Christ. Our daily conduct is an important expression of our unity with God and His covenant family. Paul is urging the Ephesians to live in a manner that is worthy of their covenant union with God through Jesus. The body cannot be different from the Head. The body cannot be unholy while the Head is holy. Our unity with Jesus, the Head, and one another, is to be expressed in every facet of our lives. Such transformation is made possible through the Holy Spirit.



# *FACE TO FACE* WITH GOD

Everything that opposes covenant union with God has got to be rejected. Opposition to covenant union with God is inspired by sin lurking in our hearts, and the devil. Bitterness, fury, anger, shouting, and reviling one another, along with malice, are the hallmarks of the Evil One and our enslavement to sin. In desolation, we become enslaved to our passions. Disorder, disruption, and dispute become the order of the day. In desolation, we destroy the peace and joy of the Risen Lord within us, gifts we experience when we are in covenant union with Him. Hence Paul tells us that a significant practice in our spiritual lives is to curb these movements of desolation within us. We do this by cultivating the exact opposite of them: loving kindness in place of bitterness; patience and self-control over fury; kindness in place of anger; speaking calmly instead of shouting and removing gossip and all evil from our conduct. Lord Jesus, heal my hurts and resentments with your healing balm of love!

## **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 gives us the opportunity to see how our day has been filled with blessings and graces through the Blessed Trinity's presence among us. In due time, our awareness of God's constant love and presence among us will deepen and become second-nature to us. So, try to be deliberate and intentional with your prayer of thanksgiving and examination of conscience, tasting and relishing each step. In your morning Face to Face with Jesus, you prayed on the Apostle Paul's exhortation to become an ardent disciple. Opposition to covenant union with God is inspired by sin lurking in our hearts, and the devil. Bitterness, fury, anger, shouting, and reviling one another, along with malice, are the hallmarks of the Evil One and our enslavement to sin. In desolation, we become enslaved to our passions. Disorder, disruption, and dispute become the order of the day. We destroy the peace and joy of the Risen Lord within us, gifts we experience when we are in covenant union with Him. Hence Paul tells us that a significant practice in our spiritual lives is to curb these movements of desolation within us. We do this by cultivating loving kindness in place of bitterness, patience and self-control over fury, kindness in place of anger, speaking calmly instead of shouting, and removing gossip and all evil from our conduct. As you review your blessings from the Lord with gratitude, and your failures with repentance, keep in mind that the Lord always blesses the disciple who is grateful, honest, and transparent. 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.

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# Encouragement for the Journey

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

Step 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 :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*





LEAD ME INTO  
THE DEEP, LORD

REVELATION 3: CREATING SPACE FOR  
JESUS IN YOUR LIFE  
WEEK 2, DAY 5

SAYING AGAINST GREED

---

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.*

***"Then he said to the crowd, "Take care to guard against all greed, for though one may be rich, one's life does not consist of possessions." - Luke 12: 15***

In Chapter 12 of Luke's gospel, Jesus addresses various important issues that impact our discipleship and salvation of soul. Times of persecution, trials, and tribulations are times of testing when the true mettle of our souls will be exposed: "There is nothing concealed that will not be revealed, nor secret that will not be known" (Luke 12: 2). Jesus is encouraging His followers to acknowledge Him and His mission fearlessly and courageously in the face of persecution. Jesus assures them that He will be with them in their trials and tribulations: "Do not be afraid of those who kill the body but after that can do no more. I shall show you whom to fear. Be afraid of the one who after killing has the power to cast into Gehenna" (Luke 12: 4-5).

Jesus assumes that we will be well prepared to witness to Him in time of persecution if our lifestyle is centered on Him. Jesus highlights the proper attitudes of a disciple. Being a disciple of Jesus is a matter of going public, of letting the world know that your lifestyle has been shaped and ordered by your commitment to Jesus as your Savior and Lord: "Everyone who acknowledges me before others the Son of Man will acknowledge before the angels of God" (Luke 12: 8).



# FACE TO FACE WITH GOD

An essential dimension of discipleship is possessing the freedom from preoccupation with material wealth. One of Jesus' sayings has to do with our hankering after material possessions and is the focus of our prayer: "Take care to guard against all greed." Our greed will subvert our allegiance to Jesus and His teachings. It will corrupt us, placing our self-interests over God. In this way, we will end up becoming idol worshipers.

Jesus follows His saying on greed with the Parable of the Rich Fool. The rich fool makes his self-interests the purpose of his life: "I shall say to myself, "Now as for you, you have so many good things stored up for many years, rest, eat, drink, be merry!" He does not account for the fact that that night he will die. Jesus then offers us a very sobering assessment of the rich fool: "The things you have prepared, to whom will they belong?" Thus will it be for the one who stores up treasure for himself but is not rich in what matters to God." A wealthy person can live in dependence on God because their heart is with God and not in their possessions. We are caretakers of the riches with which God has blessed us. We cannot be enslaved by our possessions. Lord Jesus, reign in my heart and free me from my attachment to material possessions and comfort!

## PRAYER TO THE HOLY TRINITY

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

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# Night PRAYER

Through our nightly review of the day we are affirming the truth that we have been overwhelmed by God's amazing generosity and love in giving us His Son to be our Savior and Lord. In response, we wish to offer all our thoughts, words, and actions to God, generously and without reserve. So, this evening we are reviewing how God has come to us all day and looking at how we have carried out our various responsibilities and decisions. God blessed us with many graces and insights. The Holy Spirit preserved us from temptation and convicted us when we sinned. In our morning prayer, Jesus warned us against greed. We are caretakers of the riches with which God has blessed us. We cannot be enslaved by our possessions. A wealthy person can live in dependence on God when their heart is with God and not in their possessions. With thanksgiving in your heart, you can go over your day, and see how God came to you. You can then do an examination of conscience to see how you, as a part of the body of Christ, responded to Jesus, the Head. Are there some teachings of Jesus that you disregard? As disciples of Jesus, we owe it to our Savior and Lord to humbly acknowledge our sins, and make an act of repentance. After you have examined your conscience you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

Listen: 

# Examination of CONSCIENCE

## Prayer of Thanksgiving

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

## Examination of Conscience

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## The Act of Contrition

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

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# Encouragement for the Journey

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- As you interact with others throughout your day, attempt to place a greater emphasis on listening than on talking.





# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*



LEAD ME INTO  
THE DEEP, LORD

REVELATION 3: ARE YOU READY TO  
RECEIVE NEW LIFE IN JESUS?  
WEEK 2, DAY 6

TRUE WISDOM

---

MICHAEL FONSECA, D. MIN

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

# Morning PRAYER

Listen:



## Act of Faith

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

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# FACE TO FACE WITH GOD

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 if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth. Wisdom of this kind does not come down from above but is earthly, unspiritual, demonic. For where jealousy and selfish ambition exist, there is disorder and every foul practice.” - James 3: 14-16***

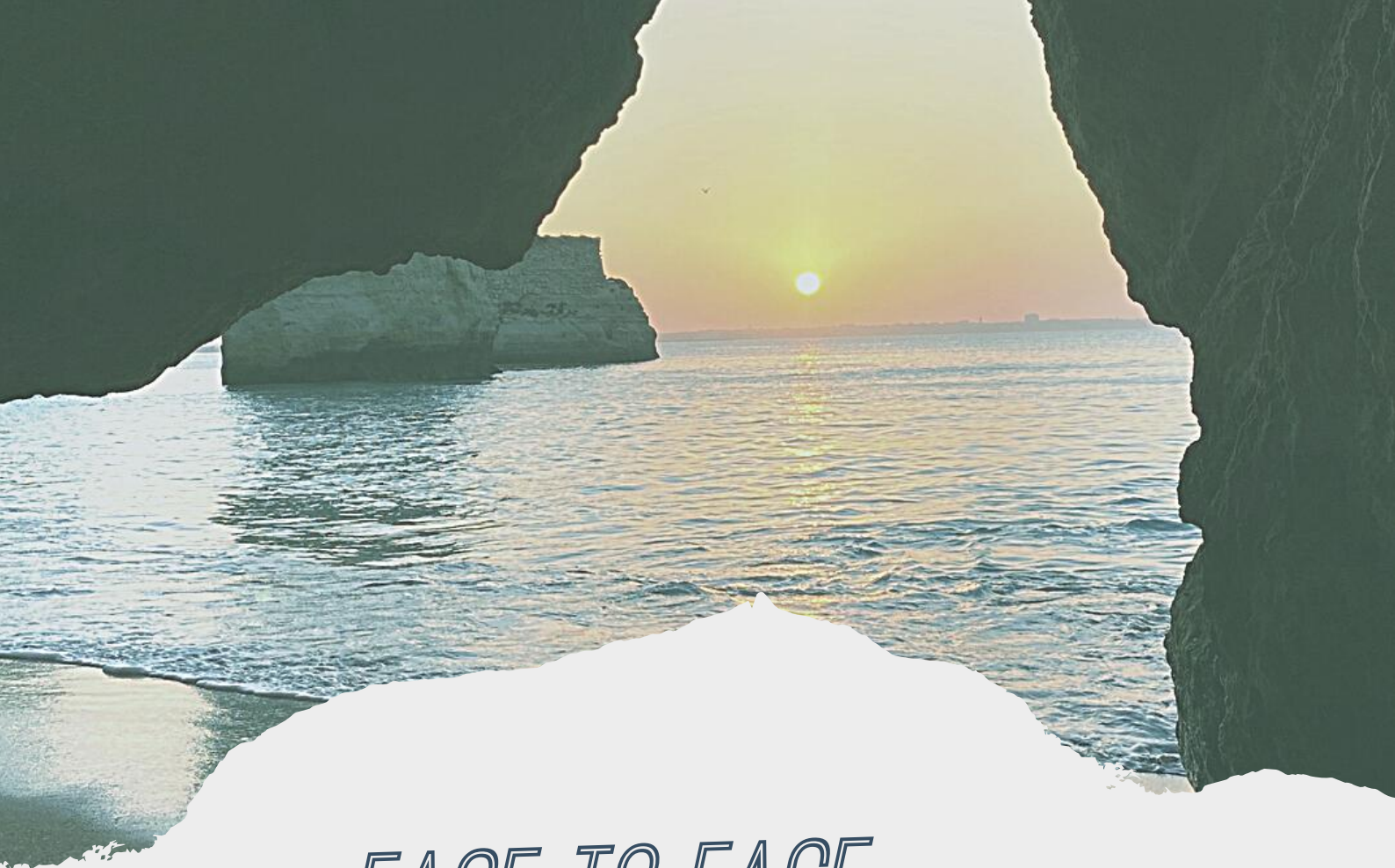
The author of this Catholic Epistle was not one of the two Apostles named James. He describes himself as ‘a slave of God and of the Lord Jesus Christ.’ Most probably, he was a relative of Jesus who is usually called ‘brother of the Lord’ (Matthew 13: 55; Mark 6:3). James was the first bishop and leader of the Jewish Christian community of Jerusalem. He was a prominent voice in the First Council of Jerusalem in A.D. 50. Paul acknowledged him as one of the pillars of the Christian community (Galatians 2: 9). According to the Jewish historian Josephus, James was stoned to death by the Jews under Ananus II in A.D. 62.



# FACE TO FACE WITH GOD

The Letter of James represents a type of early Christianity that emphasized sound teaching and responsible moral behavior. Ethical norms of living are derived from an experience of salvation that involves conversion, baptism, and forgiveness of sin: “All good giving and every perfect gift from above, coming down from the Father of lights, with whom there is no alteration or shadow caused by change. He willed to give us birth by the word of truth that we may be a kind of firstfruits of his creatures” (James 1: 17-18). Such an experience of salvation will inevitably involve an expectation of judgment: “If you judge the law, you are not a doer of the law but a judge. There is one lawgiver and judge who is able to save or to destroy. Who then are you to judge your neighbor?” (James 4: 11-12).

Throughout his epistle, James is both exhorting the Jewish Christian communities scattered in the Diaspora to adhere to sound Christian teaching and cautioning them against irresponsible moral behavior. In our passage for prayer, James 3: 14-16, the author is describing a person who has succumbed to the law of sin. The influence of evil is upon them. Their thoughts, words, and actions express the divisive and hateful attitudes that have gripped their souls. Bitter jealousy and selfish ambition are the values of the world. Selfish interest and gain are at the center of the world’s philosophy and outlook. James is challenging us to give serious consideration to the sharp contrast between God and the values of the world.



# *FACE TO FACE* WITH GOD

Bitter jealousy and selfish ambition are the very antithesis of covenant life with God. They lead to devastation and destruction of relationships which are meant to be nourishing and life-giving. Such a worldly outlook, where one is the center of their universe, is earthly, unspiritual, demonic. Even more telling is the fact that bitter jealousy and selfish ambition are the root cause of every disorder and foul practice. James is cautioning against living in a constant state of desolation and hurtling toward suffering the loss of one's soul. Lord Jesus, heal my hurts and resentments with your healing balm of love! Reign in my heart and free me from excessive preoccupation with myself.

## **PRAYER TO THE HOLY TRINITY**

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

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Listen:



The context for our nightly review is our covenant relationship with God. We are assessing our commitment to Jesus as His disciple. God demonstrated His immense love for us when He made the decision to send us His Son to be our Savior and ensure our participation in His Divine Life! In covenant union with God we experience God's total gift of Himself to us, and our surrender to Him becomes our heart's desire. In our morning Face to Face, we pondered on James' sober warning about the elements in human behavior that can destroy this very special and precious gift of sharing in God's divine nature. James is describing a person who has succumbed to the law of sin. Their thoughts, words, and actions express the divisive and hateful attitudes that have gripped their souls. Bitter jealousy and selfish ambition are the values of the world. Bitter jealousy and selfish ambition are the very antithesis of covenant life with God. They lead to devastation and destruction of relationships which are meant to be nourishing and life-giving. Such a worldly outlook, where one is the center of their universe, is earthly, unspiritual, demonic. Even more telling is the fact that bitter jealousy and selfish ambition are the root cause of every disorder and foul practice. In your examination of conscience, along with reviewing your failures to respond generously as a disciple, you can reflect on the place bitter jealousy and selfish ambition have in your heart. When you 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

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# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*



# LEAD ME INTO THE DEEP, LORD

REVELATION 3: ARE YOU READY TO  
RECEIVE NEW LIFE IN JESUS?  
WEEK 2, DAY 7

SUBMITTING TO THE HOLY  
SPIRIT'S DAILY GUIDANCE

---

MICHAEL FONSECA, D. MIN

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

# Morning PRAYER

Listen:



## Act of Faith

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# FACE TO FACE WITH GOD

Listen: 

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When we accept Jesus as our Savior and Lord, we learn to trust Him completely to bring about the transformation that the Holy Spirit will accomplish in us. We learn to be honest about our sins, to acknowledge them without excuse, and to ask and receive God's forgiveness. And as we receive God's forgiveness and love, we learn to forgive ourselves and live without regret over our failures and bad decisions in life. Such a process of becoming like a child to enter the Kingdom of God takes a long time and requires patience and self-acceptance. However, the disciple knows with assurance that the Holy Spirit will bring about such a change. The Holy Spirit will indeed re-create the disciple in the image and likeness of Jesus. Hence, Jesus and His disciples, James and Paul urge us to be in constant repentance, turned toward God and away from sin. One reason for being lukewarm in the spiritual life is our hesitation to act upon the Holy Spirit's invitations to deeper intimacy and change. As the saying goes, 'Well begun is half-done.' According to Saints Francis of Assisi and Francis de Sales, it is important to strike while the iron is hot.



# *FACE TO FACE* WITH GOD

When our priorities are misplaced, we experience confusion, turmoil, and disunity. What began well begins to deteriorate, and ends up in disaster, because in the first place we chose to do our own will, disguised as God's will. So, it is important that we stay on the straight and narrow road, doing God's will as it is manifested in the daily nitty-gritty circumstances of our lives. Many times, during the day, we need to look at our spiritual compass to see if it is pointing us toward God. If we are, 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. Lord Jesus, I belong to you, reign in my heart as my Lord and Savior!

## **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 us 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 we are, 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. 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 :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*