



# LEAD ME INTO THE DEEP, LORD

RECAP WEEK, DAY 1

## ASSESSING YOUR RELATIONSHIP WITH JESUS

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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.



## REFLECTING ON THE JOURNEY

Listen:



We have been on a remarkable journey with Jesus during His earthly ministry. We joined the multitudes who followed Jesus through Galilee and Samaria and accompanied Him to Jerusalem where He laid down His life on the Cross for us. We witnessed many riveting encounters that various persons had with Jesus. They were beside themselves with demonic possessions, debilitating long term illnesses, and counted among the lost sheep of Israel. Their families and friends grieved for them and shared the same disgrace and scorn in society. In their despair, these individuals came to Jesus as their Savior. They believed that Jesus would free them from their demonic possessions, heal them of their illnesses, and restore them to righteousness with God.

The responses to Jesus as Savior and Lord were manifold. When Jesus calmed the storm on the Sea of Galilee, the Apostles were shocked with amazement: "What sort of man is this, whom even the winds and the sea obey?" (Matthew 8: 27). Jesus summarized eloquently the transformation in the woman who was pardoned her sins: "So I tell you, her many sins have been forgiven; hence, she has shown great love" (Luke 7: 47). The woman who was healed from a hemorrhage she had for twelve years, came to believe in Jesus: "She fell down before Jesus and told him the whole truth. He said to her, "Daughter, your faith has saved you. Go in peace and be cured of your affliction" (Mark 5: 33-34). After the paralytic was forgiven his sins and healed, the crowd's reaction to Jesus was divinely inspired: "They were all astounded and glorified God, saying, "We have never seen anything like this" (Mark 2: 12).





## *REFLECTING ON FOR THE JOURNEY*

There were oppositional reactions to Jesus as well. The Pharisees and scribes would not accept Jesus as Savior and Lord even though he did works that only God could do, like forgive sins and heal in His own name. Jesus was disrupting their religious status and heralding the kingdom of God contrary to their liking.

You have journeyed with these individuals as they interacted with Jesus. You have pondered the teachings and actions of Jesus. You have had your own personal interactions with Jesus about your life and circumstances. How would you assess your relationship with Jesus? Can you say without any hesitation, that Jesus has become your Savior and Lord? Have you begun creating more space for Jesus in your heart and life, as the Holy Spirit is re-creating you in the image and likeness of Jesus? Have you accepted God's forgiveness of your sins and have you forgiven yourself and others? Are you experiencing the advocacy and influence of the Holy Spirit upon your life and actions?

During your Morning Face to Face with God, your nightly Examination of Conscience, and throughout the day, we invite you to ponder your answers to these questions as you assess your relationship with Jesus. The Holy Spirit will be overshadowing you with His gentle power and wisdom and leading you, gently and inexorably, into God's Embrace! May your response to Jesus' invitation be pleasing to Him.



# FACE TO FACE WITH GOD

Listen:



## PRAYER TO THE HOLY SPIRIT

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

In the Recap Week, we will focus on our relationship with Jesus as our Savior and Lord. All Seven Days are intended to strengthen our commitment to move into deeper waters. On Day One, you will spend time Assessing your Relationship with Jesus. For several weeks, you journeyed with individuals who were desperate and found Jesus. He became their Savior and Lord and their lives were transformed. You are taking stock of your own discipleship and assessing your relationship with Jesus.

On Day Two, we will focus our prayer and reflection on making a Firm Commitment to the Person and Teachings of Jesus. You cannot separate the Person of Jesus from His teachings. Jesus is God's Incarnate Word. His teachings reveal Him and the other Persons of the Holy Trinity. We cannot have Jesus piecemeal. We have got to receive Him whole, as He reveals Himself, and give ourselves wholeheartedly to Him, as He gave Himself to us in a total self-offering.



# *FACE TO FACE* WITH GOD

On Day Three, Make Being Consistent in Daily Prayer your Priority, will be our topic for prayer. There is in us a tendency to sabotage our necessary dependence on God. We need discipline and commitment to practice being faithful to our prayer practices. It does take rigorous practice to become consistent in our prayer to the point where prayer becomes second nature and we take to it as to food and sleep.

On Day Four, we will examine how we are learning to discern the various spirits by reflecting on Living in Obedience to the Holy Spirit. When consolation has become the normal state of one's soul, one experiences peace and joy, giving the disciple the assurance that they are acting under the influence of the Holy Spirit. As their faith and trust in God's Providence and love deepens, they learn to give and not to count the cost, to love and serve without recompense. Such spiritual consolation results in an unremitting commitment to God.

On Day Five, we will reflect on **Practicing Forgiveness**. If mercy is to be our lifestyle, then we are to treat everybody with love as friends, even though they might choose to treat us as enemies. Practicing forgiveness is a daily discipline as we are dealing with persons who do not like us or whom we do not like. Jesus wants us to be like Him: to carry our cross daily, making it an instrument of reparation and salvation.





# FACE TO FACE WITH GOD

On Day Six, **Developing a Sanctified Unconscious** will be our subject matter for prayer. Through continual prayer, the mind and heart of Jesus are formed in the disciple. In continual prayer, the disciple comes face to face with the tender mercies and holiness of God. In continual prayer, the Holy Spirit reveals the deeper meaning of the inspired teachings of Scripture. Blessed with such revelation, the disciple experiences a peace and integrity that is not of this world.

On Day Seven, we will reflect on **Living as God's Sanctuary**. A central truth of our Christian lives is that Jesus is Emmanuel, God-with-us. He chose to free us from our slavery to sin and Satan and make us sons and daughters of our God, His Father. In Jesus, we now "*share in the divine nature*" (2Peter 1: 4). Through Jesus, God has made His abode in us. We are the Triune God's sanctuary. God bless you! You are in our daily prayers!

## PRAYER TO THE HOLY TRINITY

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

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

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 frame, with fingers slightly spread. The lighting is soft, highlighting the texture of the skin.

## Assessing the Journey

In your grace-filled journey into the heart of God, you have been assisted by the Holy Spirit who became your ardent Advocate, re-creating 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 developed 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 became an integral part of your daily life. However, developing a disciple's lifestyle continues to take 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 prayerfully led you slowly but surely, on your pilgrimage into God's Heart. We offered you easy steps and gradually accelerated the process so you could experience your growth as a disciple, organically and naturally.

Were you able to successfully take these steps?

- Did you make a Commitment to daily prayer as a serious disciple?
- Have you added depth to your daily prayer routine?
- Have you found additional ways for God to speak truth into your day?
- Have you become more of the disciple Jesus intends you to be?
- Have you improved your spiritual focus?
- Did you have a strong finish to the journey?



# 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

RECAP WEEK, DAY 2

## FIRM COMMITMENT TO THE PERSON AND TEACHINGS OF JESUS

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MICHAEL FONSECA, D. MIN

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

# Morning PRAYER

Listen:



## Act of Faith

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

## Act of Hope

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

## Act of Charity

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

## Morning Offering

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# FACE TO FACE WITH GOD

Listen: 

## PRAYER TO THE HOLY SPIRIT

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

You cannot separate the Person of Jesus from His teachings. The teachings of Jesus are autobiographical statements. Jesus is God's Incarnate Word. His teachings reveal Him and the other Persons of the Holy Trinity. The Bible is God's own voice, speaking to us personally, through the authorship of human beings. Scripture being the Word of God, Jesus is speaking directly to us in the gospels. Jesus is the Way, the Truth, and the Life. Every one of His teachings speaks to us of Covenant Life, God's covenant Life in the Blessed Trinity, into which we have been invited through His death on the cross. Covenant union with God always presupposes obedience and total surrender as our response to God's wholehearted gift of Himself to us through Jesus. Therefore, we cannot be cafeteria Catholics, picking and choosing what pleases our fancy. If we did so, we would pick Jesus apart. We would choose ourselves over Him. We cannot have Jesus piecemeal. We have got to receive Him whole, as He reveals Himself, and give ourselves wholeheartedly to Him, as He gave Himself to us in a total self-offering.





# FACE TO FACE WITH GOD

The reason for picking and choosing among the teachings of Jesus is because sin lurks in our hearts. One reason could be because we are overwhelmed by the high standards of Jesus: “So be perfect, just as your heavenly Father is perfect” (Matthew 5: 48). Jesus, however, knows our weak and pusillanimous faith, and assures us that He will make possible for us what is impossible by human standards. At Jesus’ request, the Father gave us the Holy Spirit to be our Advocate, to teach us everything and remind us of all that Jesus taught us (John 14: 26). Another reason could be that we are also entrenched in our sin and rebellion against God. We have made ourselves the center of our universe, thus opting out of covenant union with God. No covenant union with God or humans is possible without an honest effort to serve the other and forget self.

The thousands of Christian ecclesial communities and denominations speak to the split we have created between Jesus and His teachings. Such a split is not of God. Human sin is the sole cause: “*So that they all be one, as you, Father, are in me and I in you, that they also may be in us, that the world may believe that you sent me*” (John 17: 21). A central teaching of Jesus is that He appointed Peter and the Apostles, and their successors, to speak and act in His name, to forgive and retain sin in His name. The Catholic Church can trace an unbroken link to the Apostles, and therefore to Jesus.



# *FACE TO FACE* WITH GOD

While the Catholic Church will have sinners in her ranks, and will cause scandal and strife because of sin, the fact remains that she has survived 20 centuries, and will continue to do so till the end of time, like no other human institution, because “the gates of the netherworld shall not prevail against it” (Matthew 16: 18). So, become familiar with the Bible, God’s spoken Word in Jesus, and the Catechism of the Catholic Church, and your discipleship will become ardent and committed.

## **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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# Examination of CONSCIENCE

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## Examination of Conscience

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## The Act of Contrition

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





## Assessing the Journey

In your grace-filled journey into the heart of God, you have been assisted by the Holy Spirit who became your ardent Advocate, re-creating 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 developed 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 became an integral part of your daily life. However, developing a disciple's lifestyle continues to take 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 prayerfully led you slowly but surely, on your pilgrimage into God's Heart. We offered you easy steps and gradually accelerated the process so you could experience your growth as a disciple, organically and naturally.

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# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*



LEAD ME INTO  
THE DEEP, LORD

RECAP WEEK, DAY 3

MAKE BEING CONSISTENT  
IN DAILY PRAYER YOUR  
PRIORITY

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MICHAEL FONSECA, D. MIN



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

# Morning PRAYER

Listen:



## Act of Faith

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

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# FACE TO FACE WITH GOD

Listen:



## PRAYER TO THE HOLY SPIRIT

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Sin lurks in the soul and can both hinder and even destroy our relationship with God. Hence, we need to practice self-denial in the pursuit of an intimate relationship with God. There is in us a tendency to sabotage this necessary dependence on God. Consequently, we will be tempted to become erratic in our relationship with God and even stay away from Him. So, we need discipline and commitment to practice being faithful to our prayer practices. There will be times when we will postpone our practices because we are in desolation. It does take rigorous practice to become consistent in our prayer to the point where prayer becomes second nature and we take to it as to food and sleep.

The purpose of prayer is to become naked before God and feel no shame. God will make straight what is crooked, heal what is broken, and make us "share in the divine nature" (2 Peter 1: 4), when we open ourselves to the outstretched arms of the Crucified One and receive forgiveness and transformation. Prayer becomes an essential part of the disciple's lifestyle. The disciple lives and breathes God.



# FACE TO FACE WITH GOD

Their formal times for prayer are important. So are their informal conversations with God. Both in prayer and daily life, their knowledge and understanding of God that they have received from study and prayer, is now being supplemented by knowledge and wisdom being given to them directly by the Holy Spirit. Prayer becomes more and more a waiting on God, receptive to whatever God desires.

At times, it is very taxing to wait on God who seems to be so elusive and in the dark. Hopefully as prayer advances, the disciple will know that the Presence silhouettes the darkness. The disciple learns that prayer is about God rather than about self. Oftentimes, prayer seems to be without results, as it can be dry and distracting. However, as the disciple learns, the results of prayer come to them at odd and unexpected times, through insights, consolations, affirmations and deeper convictions. A deep relationship with God relies strongly on daily prayer becoming a priority.

## 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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# Examination of CONSCIENCE

## Prayer of Thanksgiving

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## 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

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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

RECAP WEEK, DAY 4

LIVING IN OBEDIENCE TO  
THE HOLY SPIRIT

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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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According to the description provided by St. Ignatius of Loyola in his two sets of Rules for the Discernment of Spirits, living in consolation means being obedient to the teachings of Jesus and accordingly, being directed by the Holy Spirit in one's thoughts, words, and actions. Some of these actions involve making the right decisions in accordance with the teachings of Jesus. In a committed relationship with Jesus, consolation becomes the normal state of one's soul. The union with God shapes the life of the disciple. This relationship takes center stage and is experienced in tangible and not so tangible ways. Tangibly, one experiences peace and joy, giving the disciple the assurance that they are acting under the influence of the Holy Spirit. There is an eagerness to grow in one's commitment to Jesus. The reading of Scripture becomes a priority as the word of God becomes life-giving. The presence of God is felt throughout the day, through stirrings of the heart, like an intensifying hunger for God, an aversion for sin, a growing desire to make reparation for one's sins and those of others, and wanting to pray continually. There is a distinct awareness that Jesus dwells in their heart. In time, the disciple develops a reverence for creation that radiates the glory of God and for humans who have been created in God's image and likeness. Jesus loved them even unto His death and wants all of them to be saved.



# *FACE TO FACE* WITH GOD

When living in consolation has become habitual, the disciple develops a delicate conscience. They are acutely aware of God's holiness, leaving them with an abhorrence of sin and a strong desire to root out deliberate sin. They become serious gatekeepers of their senses, making sure to subordinate the use of their senses to what is for the greater praise and service of God. Ascetical practices like eating light meals on specified days, developing a moderate use of television and the Internet, giving up snacks for spiritual intentions, etc. become an integral part of their lifestyle.

Intangibly as well, they experience consolation in moments of dryness and challenging circumstances, like being patient when criticized, forgiving someone again when rejected or gossiped against, refraining from gossiping when pressured to do so. The disciple can sense that God is with them, and they have the necessary grace to carry their cross. When prayer is dry and distracted and God seems to be absent from them, they can sense that their longing for God intensifies rather than diminishes, that their commitment to staying the course and not giving in to discouragement and neglect of their prayer practices remains steadfast. As their faith and trust in God's Providence and love for them deepens, they learn to believe without seeing.





# FACE TO FACE WITH GOD

They learn to give to God their all without apparently receiving from Him, to give and not to count the cost, to love and serve without recompense. Such intangible consolation results in a strengthening of their habits of trust, patience, perseverance, and unremitting commitment to God. They learn to love God unconditionally, placing their lives at His disposal in the service of others. Living in consolation is living with Jesus throughout the day. Indeed, discerning the various spirits, and obeying the Holy Spirit, has become a daily discipline.

## 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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## Assessing the Journey

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# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*





LEAD ME INTO  
THE DEEP, LORD

RECAP WEEK, DAY 5

PRACTICING FORGIVENESS

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MICHAEL FONSECA, D. MIN

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

# Morning PRAYER

Listen:



## Act of Faith

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

## Act of Hope

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

## Act of Charity

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

## Morning Offering

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



# FACE TO FACE WITH GOD

Listen:



## PRAYER TO THE HOLY SPIRIT

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

Jesus forgives our sins because we have turned to Him with repentant hearts. In His love and mercy, Jesus shares with us the divine life He has with His Father and the Holy Spirit. In God's forgiveness, our relationship with the Blessed Trinity is restored. In response, we make an offering of ourselves to God. At the heart of God's forgiveness of us is our creation as His image and likeness. The Original has created an unbreakable bond between Himself and His image and likeness. We cannot, therefore, receive the Original's forgiveness and love, if we in turn do not offer forgiveness to our fellow humans, created in God's image and likeness. Jesus makes this point immediately after He taught His disciples the Lord's Prayer: "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).

It is very possible that someone would claim that they have been forgiven by God but cannot forgive themselves. They contend that their sin has caused an inerasable scar on their soul. Such believers are mistaken even though their spiritual dichotomy is real.



# FACE TO FACE WITH GOD

However, if God desires to forgive them in their repentance, they have no business withholding forgiveness to themselves. Forgiveness is the heart and soul of Jesus' life and message. Jesus is Mercy Incarnate, and His message is solidly grounded in God's mercy for us. His death on the cross is evidence of that. Jesus asks us to make mercy our lifestyle: "I say to you, not seven times but seventy-seven times" (Matthew 18: 22.)

If mercy is to be our lifestyle, then we are to treat everybody as saints even though they are sinners. We are to treat them with love as friends, even though they might choose to treat us as enemies. Similarly, we are to behave as saints, even though we are sinners: "Be merciful, just as [also] your Father is merciful" (Luke 6: 36). Practicing forgiveness is a daily discipline as we are dealing with persons who do not like us or whom we do not like. Daily, we are being criticized and contradicted, opposed and even ridiculed. In all those circumstances, Jesus wants us to be like Him: to carry our cross daily, making it an instrument of reparation and salvation. "Blessed are the merciful, for they will be shown mercy" (Matthew 5:7).

## PRAYER TO THE HOLY TRINITY

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

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



Listen: 

# 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.



## Assessing the Journey

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# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*





LEAD ME INTO  
THE DEEP, LORD

RECAP WEEK, DAY 6

# DEVELOPING A SANCTIFIED UNCONSCIOUS

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MICHAEL FONSECA, D. MIN

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

# Morning PRAYER

Listen:



## Act of Faith

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

## Act of Hope

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

## Act of Charity

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

## Morning Offering

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



# FACE TO FACE WITH GOD

Listen:



## PRAYER TO THE HOLY SPIRIT

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

Holy men and women of our Catholic Church, canonized and non-canonized, have emphasized the necessity of living every waking and sleeping moment in the presence of God. They came to see that covenant union with God requires a radical replacement of our own sinful minds and hearts with the holy and sinless mind and heart of Jesus. Such re-birth necessitated the need to ask and be forgiven by God for their sinful past. It was necessary to forgive themselves because God had forgiven them and embrace the forgiveness of others. Simple ascetical practices helped greatly in moderating their sensual proclivities and gave them the requisite freedom of spirit to embrace God's will in their daily lives. And in immersing themselves in the presence of God, they became truly faithful to the teachings of Jesus, making obedience to God's will their paramount priority.

Various practices have developed over the centuries to foster and deepen the continual awareness of God's presence in one's discipleship. Reciting a short prayer-aspiration and paying loving attention to the words of the prayer formula and the presence of God in one's heart has been the preferred mode of practicing the presence of God.





# *FACE TO FACE* WITH GOD

The Jesus Prayer is the most well-known: ‘Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.’ Brother Lawrence of the Resurrection advocates a continual conversation with God, speaking and listening, as if God and the disciple were the only ones present in the whole world. St. Ignatius of Loyola, taking a page from St. Paul, advocates continual gratitude.

Through continual prayer, the mind and heart of Jesus are formed in the disciple. Without prayer, the disciple is like parched land thirsting for water. In continual prayer, the disciple comes face to face with the tender mercies and holiness of God. In such a presence, the supplicant has no alternative except to become transparent and authentic. In continual prayer, the Holy Spirit reveals the deeper meaning of the inspired teachings of Scripture. Blessed with such revelation, the disciple experiences a peace and integrity that is not of this world. As the transformation progresses, the disciple receives wisdom and special insight about God. One’s past begins to get healed, and one is no longer living with regrets. Standing face to face with God’s mystery, falsehood and hypocrisy get exposed. Proximity to the divine Presence can sometimes create a deep sense of sinfulness and unworthiness, akin to what Moses and Isaiah experienced. Prayer becomes a place where one gets to know oneself as God knows us. A disciple tries to be in constant touch with God during all their waking hours.





# *FACE TO FACE* WITH GOD

Only then does being created in God's image and likeness become a living reality and not just wishful thinking. Discipleship becomes walking in the Savior's footsteps. The disciple's feet will never quite fill out the imprints of the Jesus footprints, but in walking with the Master, a slow and profound transformation takes place. The disciple has developed a sanctified Unconscious and his/her life and actions have become holy.

## **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: 

# Examination of CONSCIENCE

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## Assessing the Journey

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# 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

RECAP WEEK, DAY 7

# LIVING AS GOD'S SANCTUARY

---

MICHAEL FONSECA, D. MIN

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

# Morning PRAYER

Listen:



## Act of Faith

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

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# FACE TO FACE WITH GOD

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A central truth of our Christian lives is that Jesus is Emmanuel, God-with-us. Jesus assumed our human nature and became one of us. As our worthy representative, He chose to free us from our slavery to sin and Satan and make us sons and daughters of our God, His Father: "For our sake he made him to be sin who did not know sin, so that we might become the righteousness of God in him" (2Corinthians 5: 21). In Jesus, we now "share in the divine nature" (2Peter 1: 4). Through Jesus, God has made His abode in us: "Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me" (John 15: 4). We are the Triune God's sanctuary. To make us worthy tabernacles, housing the King of kings and Lord of lords, Jesus offered us His own Body to eat and His own Blood to drink. And Jesus tells us that "Whoever eats my flesh and drinks my blood remains in me and I in him" (John 6: 56). Jesus goes on to tell us further that "just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me" (John 6: 57). Even after we have consumed Him under the species of bread and wine, Jesus remains alive in us. His Father who abides in Jesus, abides in us as well.





# *FACE TO FACE* WITH GOD

And the Holy Spirit, given to us by the Father at the request of Jesus, becomes our Advocate. Jesus has knocked on the door of our hearts. We have opened our hearts and He has entered. We have dined on Him, and consequently, we have the right to sit with Him on His throne as a victor over sin and Satan, just as He Himself first won the victory and sits with His Father on His throne (Revelation 3: 21).

It is the Holy Spirit who fashions us into the image and likeness of Jesus. The Holy Spirit makes Jesus constantly present to us and in us so that we will never be orphans. The Holy Spirit unites heaven and earth as God's community of martyrs, witnesses, and saints. In truth, we are earthly sanctuaries, housing our Triune God in our hearts and lives, and simultaneously participating in the praise and adoration of the Father in the heavenly sanctuary through His Son, the Lamb that was slain. Jesus, our High Priest, has entered the sanctuary not made by human hands, once and for all, and we, His congregation, have entered with Him permanently. The Holy Spirit is the bond of love between the Father and the Son.



# *FACE TO FACE* WITH GOD

The Holy Spirit scrutinizes everything, even the depths of God and reveals to us all the things that have freely been given to us by God. In doing so, we have received the wisdom of the Holy Spirit (1Corinthians 2: 10-13). The Holy Spirit is always drawing us to share in the fullness of God's divine life and to be free of sin. Through the Holy Spirit, we cry 'Abba,' Father! Through the Holy Spirit we belong to God and no longer to ourselves. In living as God's sanctuary, we are about God and the salvation of souls, and not about ourselves. As God's tabernacle, we make every effort to cooperate with God's grace to live, move, and have our being in God.

## **PRAYER TO THE HOLY TRINITY**

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