



LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 1, DAY 1

THE METHOD OF MEDITATION

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:



God always intended that we would be filled with ‘the breath of life,’ namely, the Holy Spirit, or else we could not become the image and likeness of God, or ever be capable of entering into covenant with God! God would not allow ‘the breath of life’ to be destroyed in us by sin. Our restoration to the fullness of the Holy Spirit, our Breath of life, has been made possible through the death and resurrection of Jesus who is LORD! The Father created the world and us in the power of His Holy Spirit: “a mighty wind sweeping over the waters” (Genesis 1:2), and in Genesis 2: 7, “the Lord God formed the man out of the dust of the ground and blew into his nostrils the breath of life, and the man became a living being.” In commenting on John 20: 21-22 where Jesus breathed the Holy Spirit on His disciples, St. Cyril of Alexandria commented that “Christ’s act was a renewal of that primal gift and of the inbreathing bestowed on us, bringing us back to the form of the initial holiness and carrying man’s nature up, as a kind of first fruits among the holy apostles, into the holiness bestowed on us initially at the first creation.”

The Holy Spirit shares the same divine essence as the Father and the Son. In the Nicene Creed, we pray, “I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified.” We are baptized in the name of God, not names, or else it would have to be of three gods. The Three Divine Persons have one Name: God! In 1Corinthians 2: 10-13, St. Paul gives us a glimpse into the inner life of God and shows how the Holy Spirit is the bond of knowledge and union between the Father and the Son.



PREPARING FOR THE JOURNEY

The Holy Spirit scrutinizes all matters, even the deep things of God. The Holy Spirit picks up every nuance in God's depths and gives voice to it through Jesus, the Word of God. The Holy Spirit will reveal the tiniest wisps of divine tenderness and love toward us. It is only in the Holy Spirit that we can know the Father and the Son: "Therefore, I tell you that nobody speaking by the spirit of God says, "Jesus be accursed." And no one can say, "Jesus is Lord," except by the holy Spirit" (1Corinthians 12: 3).

Jesus asked and received the promise of the Holy Spirit from His Father to continue the work of revealing the Father and the Son to His disciples: "But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming." (John 16: 13). Without the baptism of the Holy Spirit, the Kingdom of God, firmly established by Jesus, could not be inaugurated. The inauguration could only happen in and through the Descent of the Holy Spirit. The Holy Spirit is our Guardian and Guide, the One who causes Jesus to be our Risen Lord and to take Him seriously. It is within this covenant with Jesus that we share in the Trinitarian Life of Father, Son, and Holy Spirit. 'Is your discipleship guarded and guided by the Holy Spirit?' Beseech the Holy Spirit to fulfil this special promise that Jesus has made to us.



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.

Intimacy with God cannot be had without honesty and transparency. If we were without sin, honesty and transparency would be our trademark. But because we are sinners, we always need to be open and repentant toward our Triune God. Union of hearts and minds is the purpose and fruit of an intimate relationship. The disciple feels impelled to surrender to God in response to God's gift of Himself to us. In seeking intimacy with God, then, the disciple makes a sincere commitment to live according to God's ways, under the guidance and direction of the Holy Spirit. Prayer thus takes on a serious dimension because it petitions God for help to do right and avoid evil, to walk on the straight and narrow road. When one has wandered off into sin, the disciple feels convicted by the Holy Spirit without being condemned. They are moved to repentance and receive God's forgiveness. In accepting Jesus as Savior and Lord, the disciple begins to grow in the ways of God. Thus, prayer becomes a serious and elevating experience as it transforms life and conduct. Without a sincere commitment to God, prayer will be superficial and tenuous, lacking real connection with God. A willingness to surrender totally to the authority of the Holy Spirit is the bedrock of serious prayer and discipleship!



FACE TO FACE WITH GOD

An important dimension of such willingness to surrender is a peaceful security that the Holy Spirit is in charge and will bring about a good result even though one has no sense how this will be accomplished. The Holy Spirit is indeed our Counselor and Advocate who dwells among us and within us. When we are following God's ways in everyday life, the Holy Spirit makes known the Divine Presence through consolations, or movements that point us in God's direction. Such consolations would be peace, joy, assurance that God is with us, a spirit of generosity, etc.

PRAYER TO THE HOLY TRINITY

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

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



Night PRAYER

The nightly review of the day is a sit-down with the Holy Spirit, the Keeper of our souls. In seeking intimacy with God, the disciple makes a sincere commitment to live according to God's ways, under the guidance and direction of the Holy Spirit. In the nightly review, we petition God for help to do right and avoid evil, to walk on the straight and narrow road. When the disciple has wandered off into sin, they feel convicted by the Holy Spirit without being condemned. They are moved toward repentance and receive God's forgiveness. When we are following God's ways in everyday life, the Holy Spirit makes known the Divine Presence through consolation, or movements that point us in God's direction, such as peace, joy, assurance that God is with us, a spirit of generosity, etc.

This evening you can focus on your stewardship and formation at the hands of the Holy Spirit. With thanksgiving in your heart, you can go over your day and see how God was Emmanuel, with you and in you. You can then do an examination of your conscience to see how you responded in your covenant union with Him. Did you succumb to temptation and did you commit deliberate sin? As disciples of Jesus, we owe it to our Savior to humbly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

Listen: 

Examination of CONSCIENCE

Prayer of Thanksgiving

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

Examination of Conscience

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

The Act of Contrition

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



Encouragement for the Journey

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

Step Five: Are you looking to improve your spiritual focus?

- Gaining control of our sense faculties and temptations arising through them can allow for a deeper commitment to our desire to become a saint. To increase your spiritual endurance, besides use of Internet for business and work, pick a day or two each week to limit your use of Internet, TV, and Media to an hour daily. Work your way up to a daily commitment to this practice.
- In order to help treat your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.

My Notes

Date :

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For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 1, DAY 2

THE ADVOCATE

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

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Act of Charity

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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.

“And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you.” - John 14: 16-17

Jesus is with His disciples in the Upper Room on the eve of His crucifixion and death. It is a moment of great intimacy and urgency. Jesus is sharing explicit details of His Father's plan for us that were alluded to in the past, as about the Eucharist in the Discourse on the Bread of Life. His own role in the execution of God's Plan of Salvation is heading toward the climax. On numerous occasions before this intimate assembly in the Upper Room, Jesus had spoken explicitly that He would have to suffer and die and be raised on the third day.



FACE TO FACE WITH GOD

The institution of the Eucharist, the declaration of our status as friends, and petitioning His Father to give us the Holy Spirit, are some of the special revelations Jesus offers us as He moves toward His salvific oblation on the cross. Like Jesus, the Holy Spirit will be our Advocate. Jesus describes the Holy Spirit as another Advocate, someone who will be just like Him in relationship to us. The Holy Spirit will be the Keeper of our souls after Jesus ascends to heaven, guarding us jealously as Jesus did His disciples. Like Jesus, the Holy Spirit will be with us always as Emmanuel, dwelling within us and re-creating us in the image and likeness of Jesus. And during the Eucharist, the epiclesis or coming down of the power of the Holy Spirit enables the priest to transform the gifts of bread and wine into the body, blood, soul, and divinity of Jesus, thus making Him always present among us as Emmanuel. Hence, the Holy Spirit will make sure that we will never be orphans.

The Holy Spirit will always be rejected by the world as Jesus was, because He is the Spirit of Truth and the Spirit of God. Satan is the ruler of the world. The world subscribes to self-centeredness. Its philosophy is to dominate and enslave others through deceit, lies, and coercion. With such a sinful outlook, the world will never be able to recognize the Holy Spirit. And the Spirit of Truth will strengthen us who do not belong to the world, against its wiles and temptations. Come Holy Spirit and enliven me with your wisdom and power!

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:



During our nightly review of the day we take the time to appreciate God's amazing love for us. We can never quite plumb the depths of God's magnanimity and generosity toward us. God's love for us is the very foundation of our lives. It becomes necessary, therefore, that daily we bathe ourselves in this fountain of everlasting life! In our morning Face to Face with Jesus, we appreciated the gift of the Holy Spirit given to us by the Father at the request of Jesus. Like Jesus, the Holy Spirit is our Advocate. He is the Keeper of our souls, guarding us jealously as Jesus did His disciples. This Holy Spirit will be with us always, re-creating us in the image and likeness of Jesus and making Jesus always present among us through the Eucharist, and in us. Hence, we will never be orphans. As you engage in thanksgiving and praise for God's multiple blessings that you have received this day, you can thank God especially for His gift of the Holy Spirit. Similarly, as you do your Particular and General Examination of Conscience, reviewing your response as a disciple to God's love for you, you might want to pay special attention to the question: how deeply committed have I been to the guidance of the Holy Spirit? As disciples of Jesus, we owe it to our Savior to honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

Listen: 

Examination of CONSCIENCE

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The Act of Contrition

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Encouragement for the Journey

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Step Five: Are you looking to improve your spiritual focus?

- Gaining control of our sense faculties and temptations arising through them can allow for a deeper commitment to our desire to become a saint. To increase your spiritual endurance, besides use of Internet for business and work, pick a day or two each week to limit your use of Internet, TV, and Media to an hour daily. Work your way up to a daily commitment to this practice.
- In order to help treat your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 1, DAY 3

THE PROMISE OF THE HOLY SPIRIT AND PRAYER

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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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.

"But you will receive power when the holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth." ... All these devoted themselves with one accord to prayer, together with some women, and Mary, the mother of Jesus, and his brothers."

- Acts 1: 8, 14

Luke is writing to Theophilus, a name which means 'Lover of God,' and similar readers who are ardent followers of Jesus. Luke himself is a Gentile who was Paul's disciple, and accompanied him on his missionary journeys. He begins The Acts of the Apostles by connecting it with his gospel account and speaks of the last 40 days of Jesus as the Risen Lord before He ascended to His Father. The number 40 has been used about 146 times in the Bible and signifies a time of testing and judgment. Moses spent 40 years in Egypt and the Israelites spent forty years in the desert. Jesus spent 40 days in prayer and fasting before He began His ministry. After His resurrection, Jesus spent 40 days with His disciples, preparing them for their ministry. And the context is the Kingdom of God or the New and Eternal Covenant that Jesus has established once and for all by His death and resurrection.



FACE TO FACE WITH GOD

The Risen Lord, victorious over Satan and sin, has arrived at a significant crossroads in the accomplishment of God's Plan of Salvation. He is ascending to heaven to reign and intercede for us. He is making sure that His covenant family will be in the very capable hands of His Holy Spirit. Jesus tells His disciples to return to Jerusalem and await the promise of the Father, namely, the Holy Spirit. We can only imagine the anticipated joy and freedom that this promise of Jesus engendered in the disciples, causing them to return to Jerusalem with great enthusiasm. Attached to the promise of the Holy Spirit is the statement of a profound truth made reality by the Risen Lord. The disciples will be so transformed by the Holy Spirit, and will be so profoundly convinced of the victory over sin of the Risen Lord that they will readily go to the ends of the earth to witness to the most important reality of human existence: Jesus is Savior and Lord of the universe!

The only way for the disciples to prepare for such a momentous event in their lives and in the lives of all future Christians, is to pray and be under God's umbrage. That is exactly what they do. This is the only time the New Testament tells us explicitly that the Blessed Virgin Mary was with the resurrection community. Come Holy Spirit and enliven me with your wisdom and power!

PRAYER TO THE HOLY TRINITY

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

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



Night PRAYER

The nightly review of the day is a time of intimate and honest contact with the Lord. It is a visit when the Lord reveals His heart to us and in turn helps us to take an honest look at our own love and commitment to Him. The Lord reveals His heart through the Holy Spirit, reminding us how He has been Emmanuel, God-with-us throughout the day. In our Face to Face with God this morning, we experienced the joy and victory of the Risen Lord as He prepared His disciples for their mission. The Risen Lord, victorious over Satan and sin, has arrived at a significant crossroads in the accomplishment of God's Plan of Salvation. He is ascending to heaven to reign and intercede for us. He is making sure that His covenant family will be in the very capable hands of His Holy Spirit: "You will receive power when the holy Spirit comes upon you." The disciples will be so transformed by the Holy Spirit, that they will readily go to the ends of the earth to witness to the most important reality of human existence: Jesus is Savior and Lord of the universe! Through the Holy Spirit, God has overwhelmed us with grace upon grace, suffusing our lives with His tender mercies and unconditional love. So, with thanksgiving in your heart, you can go over your day and see how God was Emmanuel, with you and in you. You can then do an examination of your conscience to see how you responded as Jesus' disciple. 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 practice, including fasting do you need to focus on tomorrow?

Listen: 

Examination of CONSCIENCE

Prayer of Thanksgiving

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Examination of Conscience

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The Act of Contrition

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My Notes

Date :

My Notes

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For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 1, DAY 4

THE NEED OF REPENTANCE

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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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.

“Peter [said] to them, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the holy Spirit.” - Acts 2: 38

In his Pentecost Sermon, Peter was offering a kerygma or proclamation. A proclamation is divinely orchestrated through a human instrument, and its chief function is to create a crisis leading to a life-altering decision. Peter the Witness is offering the ultimate good news that Jesus is Savior and Lord. Will you accept Jesus' invitation to be saved and transformed? Or will you sit on the fence, reject Jesus, and bring condemnation upon yourself? Peter is on fire with the Holy Spirit. He and the Apostles have been transformed by the Outpouring of the Holy Spirit at Pentecost. With boldness and enthusiasm, they are now witnessing powerfully to the fact that God has made Jesus both Lord and Messiah, the very same Jesus whom the Jewish leadership had crucified.



FACE TO FACE WITH GOD

In the case of Peter's listeners, the crisis engendered by his witness moves them to action. With a great sense of urgency, they ask Peter and the other Apostles as to what they should do. Peter gives them an answer that is reassuring and comforting: He invites them to be baptized in the name of Jesus for the forgiveness of sins. And in baptism they will receive the gift of the Holy Spirit: "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the holy Spirit."

His audience is moved deeply toward repentance. They want to accept the good news that has transformed Peter and the Apostles. That is exactly what they do, and we are told that about three thousand persons were added to Jesus' covenant family that day. We have received the Holy Spirit through baptism for the forgiveness of sin. The Holy Spirit remains inactive in us when we live tepid and un-repentant lives. Then we are in desolation and under the influence of evil. On the other hand, the Holy Spirit is unleashed in us when we live our lives in repentance, under the Holy Spirit's authority. Living in repentance or always turned in God's direction is a necessary condition to experience the power and presence of the Holy Spirit! Come Holy Spirit and enliven me with your wisdom and power!

PRAYER TO THE HOLY TRINITY

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

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



Night PRAYER

Listen:



The nightly review of the day is a significant practice in a disciple's formation. The context for our nightly review is our covenant relationship with God. In our morning Face to Face with God, we were reminded of a significant connection between the spirit of repentance and the Holy Spirit's abode in our hearts. The Outpouring of the Holy Spirit has transformed Peter and the Apostles. In response, Peter invites his listeners to be baptized in the name of Jesus for the forgiveness of sins. Through baptism we were buried into the death of Christ, and rose to new life, God's own life, through the resurrection of Jesus. We belong to God and the Blessed Trinity has become ours through Jesus. Every single day, God is overwhelming us with grace upon grace, suffusing our lives with His tender mercies and unconditional love. Every single day of our lives, then, is an opportunity to praise, adore, and thank God for His indescribable goodness and loving kindness. We engage in praise and thanksgiving for the blessings and protection we received from God. With thanksgiving in your heart, go over your day and see how God was Emmanuel, with you and in you. You can then do an examination of your conscience to see how you responded in your covenant union with Him. As disciples of Jesus, we owe it to our Savior to honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual practice, 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 Five: Are you looking to improve your spiritual focus?

- Gaining control of our sense faculties and temptations arising through them can allow for a deeper commitment to our desire to become a saint. To increase your spiritual endurance, besides use of Internet for business and work, pick a day or two each week to limit your use of Internet, TV, and Media to an hour daily. Work your way up to a daily commitment to this practice.
- In order to help treat your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 1, DAY 5

THE ANSWER TO PRAYER

MICHAEL FONSECA, D. MIN

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

Morning PRAYER

Listen:



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



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.

"If you then, who are wicked, know how to give good gifts to your children, how much more will the Father in heaven give the holy Spirit to those who ask him?" - Luke 11: 13

In Luke 11, Jesus teaches us about prayer. In doing so, Jesus highlights the essential truths of our relationship with the Blessed Trinity. And He does so by first offering us the Lord's Prayer and then emphasizing the necessity and importance of the prayer of petition that is at the heart of the 'Our Father.' Through the 'Our Father,' Jesus captures the essence of the covenant union between God and His covenant family. Through His death and resurrection, Jesus has offered us all the joys and privileges of His filial relationship with His Father. God is now our Father as well. We participate in God's righteousness (2Corinthians 5: 21); we share in the divine nature of the Blessed Trinity (2Peter 1: 4). It behooves us, therefore, to act like Jesus does. And we voice our commitment to acting like Jesus in the first half of the 'Our Father.'

In the second half of the Lord's Prayer, Jesus is reminding us that we are lost outside of Him. Jesus emphasizes the extreme importance of the prayer of petition. Without true dependence on God, our salvation will be in jeopardy. And so, we ask for the unmerited gift of always being in union with Him through receiving our daily bread which is the Body and Blood of Jesus.



FACE TO FACE WITH GOD

We ask for the forgiveness of our sins in the same measure in which we forgive the sins of others; and we ask as well that we might always be faithful to our covenant bond with the Blessed Trinity, especially in the hour of death. Finally, we ask to share in the victory of Jesus over Satan, the prince of darkness and Evil personified.

Jesus then follows that up with further teachings on prayer, emphasizing the necessity of being persistent and never giving up on beseeching God for all our needs. Persistence and perseverance are the bedrock of the prayer of petition. Even wicked people give good gifts to their children. How much more then will God give to us when we ask Him who is good? And the most precious gift that the Father will give us is the gift of the Holy Spirit. No one knows the Holy Spirit more intimately and lovingly than the Father and Jesus. God's life is imparted to us through the Holy Spirit. The bond of love between the Father and the Son is the Holy Spirit. They desire that we live in covenant relationship with the Blessed Trinity. Hence, they share everything with us without any reservation, especially the Holy Spirit. The Father has given Himself to us through His Son. Jesus has given Himself to us by becoming one of us and rescuing us from the snatches of sin and Satan by dying on the cross. And now, they are giving us their Holy Spirit to be ours! Through the Holy Spirit we can surrender our lives and be in covenant union with the Holy Trinity. Come Holy Spirit and enliven me with your wisdom and power!

PRAYER TO THE HOLY TRINITY

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

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



Night PRAYER

The nightly review of the day is very instrumental in developing a sanctified Unconscious. Painful memories that incite anger and resentment, generational sins that ensnare us, addictive behaviors that enslave us, they all reside in our Unconscious, and influence strongly our conscious thoughts, actions, and decisions. Our discipleship will be jeopardized if we are half-hearted about destroying the roots of sin in us. So, there is an urgent need to sanctify our Unconscious by creating as much space for Jesus as possible. One way of sanctifying our Unconscious is to make sure that we sleep with the Presence of God on our lips and in our hearts. When we sleep with grateful and forgiven hearts, our Unconscious will become God's abode. St. Ignatius of Loyola suggests that our last thoughts should linger on the Scripture passage we have selected for our Morning Prayer. With this important purpose in mind, and with a grateful heart, you can go over your day and see how Jesus worked miracles for you, bringing healing and salvation. Did your morning Face to Face with Jesus strengthen your resolve to petition the Father with great confidence as He wishes to give you the Holy Spirit? You can then do an examination of conscience to see how you have been a disciple this day. 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 practices, including fasting, do you need to focus on tomorrow?

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The Act of Contrition

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- In order to help treat your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 1, DAY 6

THE HOLY SPIRIT HAS BEEN
POURED OUT

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.

"Through Him we have gained access [by faith] to this grace in which we stand, and we boast in hope of the glory of God. Not only that, but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit that has been given to us." - Romans 5: 2-5

On his way to Damascus, Paul encountered Jesus, roughly around A.D. 33. From being a persecutor of the followers of Jesus, he became an ardent Apostle. At his baptism at the hands of Ananias, Paul experienced the Outpouring of the Holy Spirit, and his life was forever transformed. In A.D. 56-57, Paul wrote his Letter to the Romans. In his letter, Paul is reflecting on the profound transformation that has taken place in his life through Jesus. He refers to the profound blessing he has received of gaining access to grace which is the unmerited gift of sharing in the divine nature through the death and resurrection of Jesus. Through grace he participates in the life of the Blessed Trinity. Through his union with Jesus, he is living in the reality of His death and resurrection and is confident that he will participate in the glory of God.



FACE TO FACE WITH GOD

Through his entrance into the life of God through Jesus, Paul has been able to identify himself with his crucified Master. Paul has come to understand that his participation in God's life is to live in the reality of Christ's death by crucifixion and resurrection. Elsewhere, Paul talks about making up for the sufferings of Christ. Obviously, he is referring to the sufferings of Christ in His body, His covenant family. Paul has come to see that suffering in the service of Christ's flock has given him and them many special blessings, fruits of the resurrection. And he enumerates some of them, like endurance, proven character, and hope. Such a transformation is wrought at the hands of the Holy Spirit: "Because the love of God has been poured out into our hearts through the holy Spirit that has been given to us." Come Holy Spirit and enliven me with your wisdom and power!

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

Listen:



During Revelation Five of Lead me into the Deep, Lord, we have been praying to receive the Holy Spirit in great abundance. Through His Son, the Father has taken every possible step to make this precious gift available to us. Without the presence and power of the Holy Spirit, we would not be able to participate in God's Life and Love. Through the sacraments of Baptism and Confirmation, the Holy Spirit has been given to us to become our Advocate and Emmanuel, making us His abode and sanctuary. During your nightly review, you can address your response to the question that has been asked of you all week: Will you pray to be empowered by the Holy Spirit? You can thank the Father through His Son, for the many graces and blessings you have experienced through the presence and power of the Holy Spirit in your life. Try to be specific as you name them and thank God for His generosity and love toward you. And you can also examine whether you seriously encourage the Holy Spirit to be present with you all day. How insistent are you throughout the day to invoke the protection and guidance of the Holy Spirit against the snares of the devil? Take the time today to examine the spiritual practices and daily dialogue that you carry on with the Holy Spirit, to see if you need to do more. The context for our nightly review is our covenant relationship with God. 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 practices, including fasting, do you need to focus on tomorrow?

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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

REVELATION 5: RECEIVING THE HOLY
SPIRIT
WEEK 1, DAY 7

THE HOLY SPIRIT'S ADVOCACY

MICHAEL FONSECA, D. MIN

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

Morning PRAYER

Listen:



Act of Faith

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

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FACE TO FACE WITH GOD

Listen: 

PRAYER TO THE HOLY SPIRIT

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

Like Jesus, the Holy Spirit will be an Advocate who will stand in our corner and go to bat for us. The Holy Spirit will be intimately committed and deeply concerned about our welfare as children of God. This commitment will go on forever, always, with no let up! The Holy Spirit will be Emmanuel, God-with-us. And the Holy Spirit will dwell within us, making us temples of the Holy Trinity. Here on earth, the Holy Spirit will continue to fashion us into the Body of Christ, through our participation in the Risen Jesus' Eucharistic Sacrifice, taking place continually in heaven and on earth in praise and adoration of His Father! The Holy Spirit will teach us how to discern the different spirits that influence us daily. Movements like peace, joy, trust, patience, wisdom to discern and avoid evil, and similar sentiments, will be present when one submits to the authority of the Holy Spirit. These movements are called consolations. Decisions made in a state of consolation bear good fruit because they are influenced and strengthened by the Holy Spirit. In a state of consolation, it is easy to hear God's voice and feel God's presence.



FACE TO FACE WITH GOD

Still, there is the lurking presence of our deviousness even in this sacred space! We could succumb to the temptation of thinking that these consolations have come to us through our own merits, and consequently, we can produce them at will. For this reason, it is necessary to take stock of our daily thoughts and actions through the nightly examination of conscience. When we succumb to temptation and move away from God, we will experience desolation or movements like turmoil, anxiety, guilt, shame, anger, resentment, and attraction to what is evil and harmful. Decisions made in time of desolation never bear good and lasting fruit because they originate in confusion, reaction, and turmoil.

Our lives are inextricably intertwined with the life of the Blessed Trinity in and through the power of the Holy Spirit! The Holy Spirit is continually forming us into the Body of Christ, into Church or God's covenant family! Come Holy Spirit and enliven me with your wisdom and power!

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

We do the nightly review of the day to assess our companionship with the Lord and take stock of our discipleship. St. Ignatius of Loyola introduced the Particular Examination of Conscience in the Spiritual Exercises. From his experience, he came to see that we all have a significant weakness or core wound which acts as a major stumbling block to our progress in the spiritual life. This core wound could be generational, a core sin in our gene pool that jeopardizes our discipleship, sabotages what is good in us, and prevents a seriously committed relationship with the Lord. Or it could be the result of bad habits that have become deeply rooted in us, leading us to succumb to temptation and sin. This morning you prayed on the advocacy of the Holy Spirit. No serious discipleship can develop without the disciple establishing a central connection with the Holy Spirit. Our relationship with the Holy Spirit is crucial, as it is the Holy Spirit who re-creates us in the image and likeness of Jesus. It is the Holy Spirit who reveals to us the divine truth and life in Jesus' teachings. It is the Holy Spirit who gathers us as God's covenant family to celebrate God's life in the Eucharist. Today, in your review, you can focus on the presence and role of the Holy Spirit in your discipleship. How important has the Holy Spirit become to you? The answer to this question can be a source of gratitude to God as well as a stepping-stone toward repentance and decisive action. As disciples of Jesus, we owe it to our Savior to humbly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual practices, including fasting, do you need to focus on tomorrow?

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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.

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 frame, with 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 Five: Are you looking to improve your spiritual focus?

- Gaining control of our sense faculties and temptations arising through them can allow for a deeper commitment to our desire to become a saint. To increase your spiritual endurance, besides use of Internet for business and work, pick a day or two each week to limit your use of Internet, TV, and Media to an hour daily. Work your way up to a daily commitment to this practice.
- In order to help treat your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?