



LEAD ME INTO
THE DEEP, LORD

ORIENTATION WEEK, DAY 1

THE VISION FOR GOD'S
EMBRACE

MICHAEL FONSECA, D. MIN

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

Morning PRAYER

Listen:



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



PREPARING FOR THE JOURNEY

Listen:



The Orientation Week prepares us to journey with Lead Me into the Deep, Lord. Through the help of the Holy Spirit, we desire to become ardent disciples of Jesus, committed to becoming saints for His greater praise and service. On Day One, we will focus our attention on The Vision for God's Embrace Ministries. Our formation programs foster familiarity with both the Old and New Testaments in the Bible; GEM strengthens the participant's reliance on the rich heritage of Catholic Spirituality; GEM emphasizes familiarity with the Catechism of the Catholic Church. The desired outcome is that our participants will learn to live within the Trinitarian embrace, linked to the divine life of the Blessed Trinity, and to one another in God's covenant family.

On Day Two, we will examine Three Assumptions. The First Assumption is that you are a busy person and do not have much time for prayer and the spiritual life. With that in mind, we ask that you spend about 15 minutes for your Morning Face to Face with God, and 10 minutes in the evening for your Examination of Conscience. The Second Assumption is that the pace of your formation in discipleship should be slow and steady. Hence your daily staple for prayer will be done easily enough if you are consistent. The Third Assumption is that once your relationship with God has become significant, you will live every day under the guidance of the Holy Spirit.

On Day Three, we will reflect on the importance of The Acts of Faith, Hope, Charity, and Daily Offering. We will make them our first acts of prayer every day. Many who begin their day with the Sign of the Cross, followed by the Acts of Faith, Hope, Charity, and the Daily Offering, have noticed a deepening of their faith in the Blessed Trinity, a greater commitment to their relationship with God, and an increased enthusiasm to witness to Jesus.



PREPARING FOR THE JOURNEY

On Day Four, we will become acquainted with the Prayers to the Holy Spirit and Holy Trinity. Through the Holy Spirit you will come to know Jesus more intimately, and the Father through Jesus. You will find yourself being re-created in the image and likeness of Jesus and will become a credible witness for the Kingdom of God! The Prayer to the Holy Trinity emphasizes the need to experience each divine Person within the Trinitarian Community.

On Day Five, we will reflect on the importance of The Examination of Conscience. We examine how we have offered ourselves to God in response to God's total gift of Himself to us through Jesus. Through this practice, we seek to strengthen the two pillars of discipleship: a serious turning away from sin, and a sincere turning toward God for help and strength.

On Day Six, we will consider The Benefits of Journaling. Journaling helps you become familiar with the guidance of the Holy Spirit. Through the Journal, which is included in all the manuals, you will be training yourself to listen closely to the Holy Spirit, both in your prayer and throughout the day. Your answers to the questions will be a significant key to this formation.

On Day Seven, you will reflect on the God's Embrace Ministries Logo. A picture or image is worth a thousand words. Through our Logo, GEM has attempted to express the central reason for our existence. We trust that you will arrive at a deeper appreciation of our ministries after you have pondered the explanation of our Logo. God bless you! You are in our daily prayers!



FACE TO FACE WITH GOD

Listen:



God's Embrace Ministries (GEM) is a Non-Profit Ecclesial Corporation established to bring about renewal in the Catholic Church. Our formation programs are based on prayer and spirituality that is Trinitarian in emphasis, and contemplative in approach. The programs rely on a threefold source: GEM fosters familiarity with both the Old and New Testaments in the Bible so that the Participant's developing spirituality is steeped in God's revelation of Himself through Jesus Christ, and in the Blessed Trinity's glorious Plan of salvation for us. Secondly, GEM strengthens the participant's reliance on the rich heritage of Catholic Spirituality, to make sure that the Word of God that they ponder in the Scriptures becomes the Word made flesh dwelling in their hearts. Thirdly, in all our programs we emphasize familiarity with the Catechism of the Catholic Church which stands, in the words of Saint John Paul II, as "a sure norm for teaching the faith," and an "authentic text." The desired outcome is that our participants will learn to live within the Trinitarian embrace, linked to the divine life of the Blessed Trinity, and to one another in God's covenant family.

It is our hope that you will receive all the necessary help to satisfy your hunger for God. Jesus is continually seeking out the lost sheep to return to God's embrace. For every return there will be great rejoicing in heaven. God's invitation to enter into covenant union with Him is an urgent and enthusiastic one, and Jesus has made this invitation a reality through His death and resurrection: "Behold, I stand at the door and knock. If anyone hears my voice and opens the door, [then] I will enter his house and dine with him, and he with me. I will give the victor the right to sit with me on my throne, as I myself first won the victory and sit with my Father on his throne" (Revelation 3: 20-21).



FACE TO FACE WITH GOD

Lead me into the Deep, Lord starts you out on an amazing journey with the Holy Trinity over twelve weeks. It chooses the option of offering spiritual formation by adopting the dynamics of a directed retreat. Spiritual Formation in a directed retreat dynamic is based on developing a consistent practice of daily prayer which would be a trusting face-to-face encounter with our Lord. Such daily prayer has immense benefits for the participants. It gives them ample opportunities for a first-hand experience of prayer. The participants become familiar with different methods of prayer. They learn how to apply the rules for the discernment of spirits, as they undergo the varying influences of good and evil in their prayer and daily circumstances of life. GEM's goal is that under the guidance of the Holy Spirit, they will learn to develop their own internal authority about their life of covenant union with God, of which they are having a first-hand experience in their prayer. In time, we hope that your relationship with God will permeate and influence every aspect of your earthly life.

During this day, we encourage you to ponder the far-reaching implications of your acceptance of Jesus' invitation to live and act as His disciple. He is knocking at your door and asking that you open your heart to Him. God bless you! You are in our daily prayers!

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 One: Commitment to daily prayer is the mark of serious discipleship.

- As you begin your journey, try to set aside some time for prayer and reflection in the morning and evening. As a good start, try to review the written and audio reflections each day. If you can't do them every day, you can try to do them all by the end of the week.
- Using either the written or audio reflections at the start or end of each day is a great way to develop a routine.
- Audio prayer sessions are a guideline for how to pray. After listening to the audio, consider adding more time to each daily prayer session as you meditate on what God is saying to you.
- Journaling can be done at any time during the day.

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

ORIENTATION WEEK, DAY 2

THREE ASSUMPTIONS

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:



GEM makes three assumptions in *Lead Me into the Deep, Lord*. The First Assumption is that you are a busy person and do not have much time to spend in prayer, spiritual reading, and spiritual practices. With that in mind, we are asking that you spend about 15 minutes for your Morning Face to Face with God, and 10 minutes in the evening for your Examination of Conscience. On two of the seven days of the week, you will be given a few reflections to go over quietly and prayerfully. This quiet time will serve as your spiritual reading of the week. And during the week, whenever possible, we encourage you to ponder these reflections as they relate to the best practices of discipleship that Jesus teaches us, and our Catholic saints have emulated. On the other five days of the week, you will be given a passage from Scripture on which to ponder and pray. These Scriptural verses will focus on the theme of the Revelation. Your reflection and prayer on these passages will strengthen your commitment to the Person and Teachings of Jesus. After reading the brief reflection each day, you will be invited to converse with Jesus about the movements generated in your mind and heart.

The Second Assumption is that the pace of your formation in discipleship should be slow and steady so that you do not get overwhelmed. Hence your daily staple for prayer will be manageable and done easily if you make some effort to be consistent. We believe that devoting 25 minutes a day to your relationship with God, broken up into a morning segment of 15 minutes, and a night segment of 10 minutes is a good start. Your commitment to accepting Jesus' invitation to come and follow Him will bear rich fruit. There will be days when you might not be able to devote the stipulated time to your prayer sessions. However, you will do well if you try to be consistent even when you can barely do a minimum of ten minutes on any given day.



FACE TO FACE WITH GOD

The Third Assumption is that once your relationship with God has become significant, you will receive a freedom of spirit from the Holy Spirit that will overcome many a resistance that you will experience. The Holy Spirit will reorder your priorities and teach you how best to deepen your discipleship through a greater investment of your time, and even your life. You will enter more deeply into a covenant relationship with the Holy Trinity which will in turn reorder your human relationships. You will appreciate with gratitude that God has given Himself to you completely, through His Son Jesus, and the Holy Spirit is making it possible for you to surrender your entire life to God in joyful trust. You will then have realized the true meaning of a covenant relationship: the mutual and total offering of oneself to the other: of God to me, and me to God through Jesus in the power of the Holy Spirit. As you grow in greater intimacy and commitment with our Triune God, you will notice that your identity is being transformed. You are putting on the mind and heart of Jesus, thinking and acting like Him more consistently.

The purpose of God's Embrace Ministries is to help you develop an intimate relationship with Jesus, who will bring you to the Father through His Holy Spirit. We believe your discipleship will move into deeper waters, taking you away from the shore, and teaching you to trust the power and comfort of the Holy Spirit who will become the Keeper and Comforter of your soul. God bless you! You are in our daily prayers!

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 One: Commitment to daily prayer is the mark of serious discipleship.

- As you begin your journey, try to set aside some time for prayer and reflection in the morning and evening. As a good start, try to review the written and audio reflections each day. If you can't do them every day, you can try to do them all by the end of the week.
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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

ORIENTATION WEEK, DAY 3

THE ACTS OF FAITH,
HOPE, CHARITY AND
THE DAILY OFFERING

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: 

GEM strongly encourages you to develop the habit of praying the Acts of Faith, Hope, Charity, and Daily Offering as one of your first acts of the day, and preferably before your daily Face to Face with God. We will begin every prayer session with a Prayer to the Holy Spirit, and end with a Prayer to the Holy Trinity. Today, we will reflect on the Acts of Faith, Hope, Charity, and the Daily Offering. On Day Four, we will ponder the Prayers to the Holy Spirit and to the Holy Trinity.

THE 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.

The Act of Faith is a creedal statement. We profess our belief in the Blessed Trinity: one God in three divine Persons. We believe that Jesus is the Son of God who became our incarnate Savior, and as our Lord will come to judge the living and the dead. We also believe that the Magisterium (Teaching Authority) of the Church has been divinely ordained. Therefore, God cannot and will not deceive us when we accept wholeheartedly the teachings of the Church.

To believe is to surrender to the Father through Jesus in the power of the Holy Spirit. Through our surrender to God, we promise to live in obedience to Jesus and His teachings as interpreted by His Church.

In praying the Act of Faith very slowly, meaning every word you say, you are pledging to even die to uphold these truths. Only the Holy Spirit can make such a commitment possible.



FACE TO FACE WITH GOD

THE 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.

The Act of Hope is a creedal statement as well. We trust God who is everlastingly trustworthy and reliable. God has made promises to us that He continues to fulfill through His Son and in the power of His Holy Spirit. Therefore, we can confidently hope for forgiveness of sin, the help of God's sanctifying presence with us, and our sharing in His eternal life. Our hopes will be fulfilled through Jesus who is our Savior and Lord.

In praying the Act of Hope deliberately, you are pledging your total dependence and reliance on the Blessed Trinity. Such total trust and dependence are possible because through Jesus we have been brought into covenant union with the Blessed Trinity.

THE 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.

The Act of Charity is a covenant statement in that we are pledging our undying commitment to God as the Center of our lives. We can pledge our lives to God because in the first place the Father has shared everything of His divine life with us through His Son and in the power of His Holy Spirit. We are pledging, equally importantly, our undying commitment to loving our neighbor as God loves us. At heart in our relationships with humans is the issue of forgiveness.



FACE TO FACE WITH GOD

We are committing ourselves to repentance for our wrongful acts and forgiveness of others who have offended us. Such total commitment is possible because we believe that what is impossible for us will be made possible by the Holy Spirit. Hence, the Act of Charity is a creedal statement as well.

In praying the Act of Charity very slowly, meaning every word you say, you are offering yourself to God as a covenant partner, making God and His covenant family the center of your life and service. Such uncompromising action is possible because Jesus has brought us into covenant union with the Blessed Trinity, with our wholehearted consent and commitment.

THE DAILY 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.

The Daily Offering is a renewal of one's life and purpose as a disciple of Jesus Christ. It is a daily renewal of one's vows, highlighting the disciple's commitment to covenant union with God and His covenant family. We make our prayer to Jesus who as our Intercessor before the Father, brings down the continual Outpouring of the Holy Spirit upon us and His covenant family.



FACE TO FACE WITH GOD

Our prayer is a participation in Jesus' prayer to the Father made through His Sacrifice on the Cross. Jesus intercedes for us as the Lamb who was slain. In offering our prayers, works, joys and sufferings of the day, we are offering ourselves, without reservation. We can do this because our offering of self is made in union with Jesus' sacrifice on the cross which we celebrate in the holy sacrifice of the Mass throughout the world.

Mary and the whole heavenly hosts are participating continually in the Sacred Mysteries of Jesus' redemptive sacrifice on the cross. Mary plays a central role in this supreme act of her Son's continual intercession on our behalf. She is the Queen Mother of God's covenant family. Jesus has entrusted us to her loving care and protection. Mary thinks, acts, and lives in Jesus. We therefore offer our prayer through her immaculate heart as well.

As disciples, our lives are centered in Jesus. We live to fulfil His intentions: the salvation of the world, reparation for our sins and the sins of others, and the reunion of all Christians. Like St. Paul, we make up for the sufferings of Christ in His body. And we dedicate our lives for the reunion of all Christians in the one Catholic Church that Jesus founded. As a further expression of Jesus' intercessions, we pray for His Body, the Church: the intentions of our bishops, of all apostles of prayer, and especially for the intentions recommended by our Holy Father. Many who begin their day with the Sign of the Cross followed by the Acts of Faith, Hope, Charity, and the Morning Offering, have noticed a deepening of their faith in the Blessed Trinity, a greater understanding and commitment to their relationship with God, and an increased enthusiasm to witness to the world that Jesus is Lord and Savior. God bless you! You are in our daily prayers!

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Examination of CONSCIENCE

Prayer of Thanksgiving

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My Notes

Date :

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For what are you grateful?

For what are you contrite?



LEAD ME INTO
THE DEEP, LORD

ORIENTATION WEEK, DAY 4

PRAYERS TO THE HOLY
SPIRIT AND THE HOLY
TRINITY

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.

This prayer highlights the special place and function of the Holy Spirit in our lives as disciples of Jesus. In His Great Discourse, Jesus gives us a vivid description of the Holy Spirit's function. The Holy Spirit comes to those who invite Him, who are willing to accept Jesus as Lord and Savior. Only in the Holy Spirit can we receive new life in Jesus or be reborn. Very deliberately, therefore, we ask the Holy Spirit to come and rule in our hearts as our Guardian. We ask the Holy Spirit to overshadow us with His gentle wisdom and power.

Whenever the temple was consecrated, in Exodus 40:34 and 1Kings 8:10, the presence of God overshadowed it. God made it clear that He was Emmanuel, God dwelling among His people. Similarly, through the power of the Holy Spirit, we will be made into temples of the Blessed Trinity, becoming God's abode. So, in our prayer we ask that the Holy Spirit overshadow us as well. Jesus said, "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). In other words, the Holy Spirit will always point us in the direction of Jesus, re-creating us in the image and likeness of Jesus, thus making us very pleasing to the Father.



FACE TO FACE WITH GOD

So, we ask the Holy Spirit to purify our minds and hearts so that we will live according to the teachings of Jesus. We can only know the Person of Jesus through accepting His teachings. With gratitude and joy, we state the amazing truth that the Holy Spirit is the Guardian of our souls. He is our Advocate given to us by the Father at the request of Jesus, working tirelessly on our behalf. We believe that He will bring us into God's heart. We ask for the grace to be docile and submissive to His wisdom and guidance, as Mary was in her submission to the Holy Spirit, so that our lives may be a sweet-smelling offering in God's sight. And we pray this prayer in Jesus' name.

When you invoke the guidance and direction of the Holy Spirit throughout the day, you will experience Him as the Keeper of your soul. Through the Holy Spirit you will come to know Jesus more intimately, and the Father through Him. In living under the guidance and direction of the Holy Spirit, you will become a credible witness for the Kingdom of God! And you will find yourself being re-created in the image and likeness of Jesus!

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 One: Commitment to daily prayer is the mark of serious discipleship.

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- Audio prayer sessions are a guideline for how to pray. After listening to the audio, consider adding more time to each daily prayer session as you meditate on what God is saying to you.
- Journaling can be done at any time during the day.

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

ORIENTATION WEEK, DAY 5

THE EXAMINATION OF
CONSCIENCE

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.

The nightly review of the day is a significant practice in a disciple's formation. The context for our nightly review is our covenant relationship with God. Through baptism we were buried into the death of Christ, and rose to new life, God's own life, through the resurrection of Jesus. We belong to God and the Blessed Trinity has become ours through Jesus. Every single day, God is overwhelming us with grace upon grace, suffusing our lives with His tender mercies and unconditional love.



FACE TO FACE WITH GOD

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. So, with thanksgiving in your heart, you can go over your day, from morning to afternoon to evening, and see how God was Emmanuel, with you and in you. You can then do an examination of your conscience to see how you responded to God.

Did you succumb to temptation and commit deliberate sin? As disciples, we owe it to our Savior and Lord to honestly and humbly acknowledge our sins and make an act of repentance. After you have examined your conscience and are ready to ask and receive forgiveness, you can make 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? You can recite the Act of Contrition after you have answered the four questions.

Listen: 

Examination of CONSCIENCE

Prayer of Thanksgiving

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The Act of Contrition

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

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Encouragement for the Journey

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- Journaling can be done at any time during the day.

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

ORIENTATION WEEK, DAY 6

THE BENEFITS OF JOURNALING

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.

Journaling helps you become more familiar with the guidance and direction of the Holy Spirit in your life. Through the Journal, which is included in all the manuals, you will be training yourself to listen closely to the Holy Spirit, both in your prayer and throughout the day. The questions that you will be responding to daily will be a significant key to this formation. Let us look at the questions:

What is God saying to you?

In prayer we express our sentiments and petitions to God and listen to how He wants us to live our lives. Prayer becomes truly efficacious when we learn the art of listening to God's voice manifesting itself through the various movements generated in our mind, senses, imagination, memory, and heart. Teaching us this art is the work of the Holy Spirit, and it requires diligent practice. Sometimes the Holy Spirit will reveal to you a deeper appreciation of the teachings of Jesus. Sometimes, in doubt and confusion, you will be strengthened to stay true to the teachings of Jesus. At other times, you will get a deeper insight into yourself, whether it be your sinfulness, or God's great love for you, or God's unwavering compassion and forgiveness upon your repentant heart.



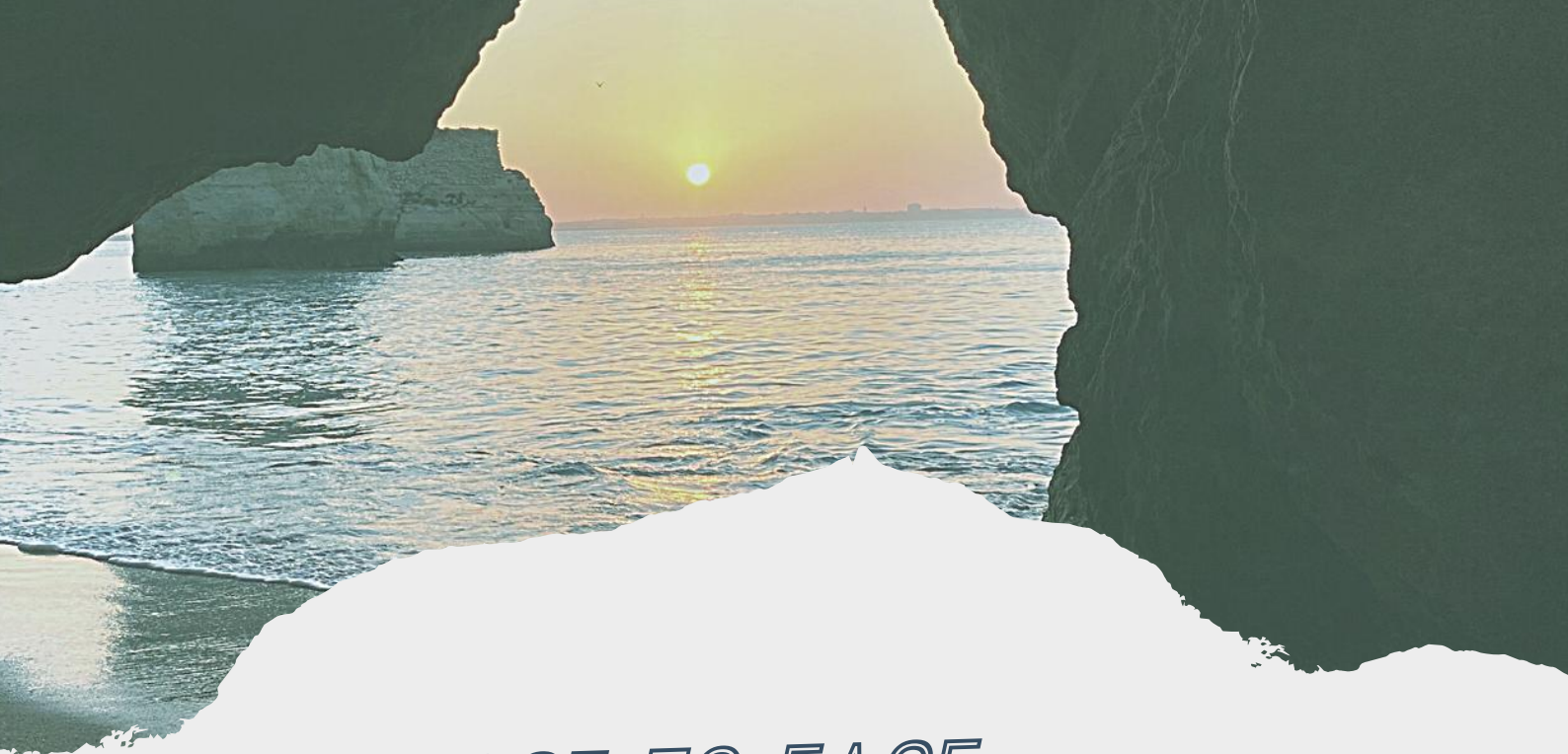
FACE TO FACE WITH GOD

There will be times when the Holy Spirit will give you confirmation about the rightness of your actions, to help you persevere and fight the good fight. On occasion, you will know that the Divine Presence is there, but you cannot quite reach, or touch God. It will seem like you are in a fog, reaching out for the Good Shepherd's hand and not finding it, or so it will seem. And you will understand that you are being asked to believe and trust in the constant Presence of Jesus. Then there will be times when you will be swept into the Mystery of the Divine Presence. In those moments, your communion with the Divine will be in awed silence.

For what are you grateful? For what are you contrite?

You are answering this question at the end of each day of the week, after you have made your Examination of Conscience. St. Ignatius of Loyola emphasized the importance of the Examination of Conscience as a great help toward union with God. A significant part of the Examination of Conscience is to recall the blessings and graces that God has bestowed upon us during the day. Being grateful to God is an essential dimension of the creature. We depend on God for absolutely everything! Then, in the light of God's loving kindness toward us, we examine our own response, generous or failed, to God's invitation to offer ourselves to Him.

Examining our conscience is the other significant aspect of this prayer. We foster a meaningful relationship with God through repentance of our sins and God's forgiveness of us. Your answer to this question gives you a deeper appreciation of this special relationship that God has with you.



FACE TO FACE WITH GOD

The Examination of Conscience will become a useful spiritual practice to advance you in discipleship, as every day you are doing an inventory of your union with God to see how God is revealing Himself to you, how you are surrendering your will to His, and how, at times, you are resistant to living your life as He asks of you. During your Nightly Review, you also take stock of how you carried out the urgings of the Holy Spirit that you received during your Morning Face to Face with God.

What spiritual discipline, including fasting, do you need to focus on tomorrow?

As you proceed on this life-changing journey into God's heart, you will see that there is a special connection between your daily Face to Face with God and your nightly Examination of Conscience. In your Face to Face with God, the Holy Spirit has offered you insights and graces as to how you are to improve your following of Jesus. During your Nightly Review, you can ponder these movements on a deeper level. Similarly, during your nightly examinations of conscience, the Holy Spirit will encourage as well as convict you about your sinfulness and lapses, without ever condemning you. Your answer to this question tells you whether you are taking to heart the Holy Spirit's guidance and direction. This question highlights the importance of taking every means possible to stay on the straight and narrow road into God's heart and fasting can hasten our return to a state of consolation.



FACE TO FACE WITH GOD

What prayer would you compose to express what God has said to you this week?

This question is a follow-up of the questions that you have been answering each day: 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? By answering this question in the form of a prayer that captures what God has been saying to you all week, you will develop a growing appreciation of how intimately God is involved in your life. You will also begin to see how solicitous and industrious the Holy Spirit is in re-creating you in the image and likeness of Jesus. Your prayer-response will need to come from your heart. Listen to the promptings of the Holy Spirit in your heart and compose your prayer accordingly.

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?

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The Act of Contrition

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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

ORIENTATION WEEK, DAY 7

GOD'S EMBRACE
MINISTRIES LOGO

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.

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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.

Through our Logo, God's Embrace Ministries has attempted to express the central reason for our existence:

The Outer Circle symbolizes God's Trinitarian Life. This golden circle is an apt, yet inadequate image, to express God's perfection and mystery, as it has no beginning or end; truly, God is beyond our comprehension. Each Person of the Holy Trinity is represented by a Mandorla, or Almond shaped figure, within the circle. The almond shaped figures are formed from two arcs of different Mandorlas, once again suggesting unity and community in God. The Father is represented by Green, as He is the Source of Life and the Source, therefore, of our hope for participation in God's Trinitarian Life. Jesus, Son of God, is represented by Purple, as He is our Sovereign Lord and King, who sits at the right hand of the Father interceding for us. He has washed us clean of sin, and has overcome Satan, and every principality and power!! The Holy Spirit is represented by Red/Pink, as He is God's Power that muzzles Satan and evil and transforms us into the image and likeness of Jesus.

The Mandorlas crisscross in the inner circle, forming a triangle in the center of the Logo. The triangle is another apt, yet inadequate image, of God as Holy Trinity. All three colors are present in the triangle, suggesting the fullness of the divine essence and nature in each Person, while acknowledging at the same time, that they are distinct and separate Persons: Three in One, One in Three! The Holy Trinity is also at the heart of, and the reason for our existence!!

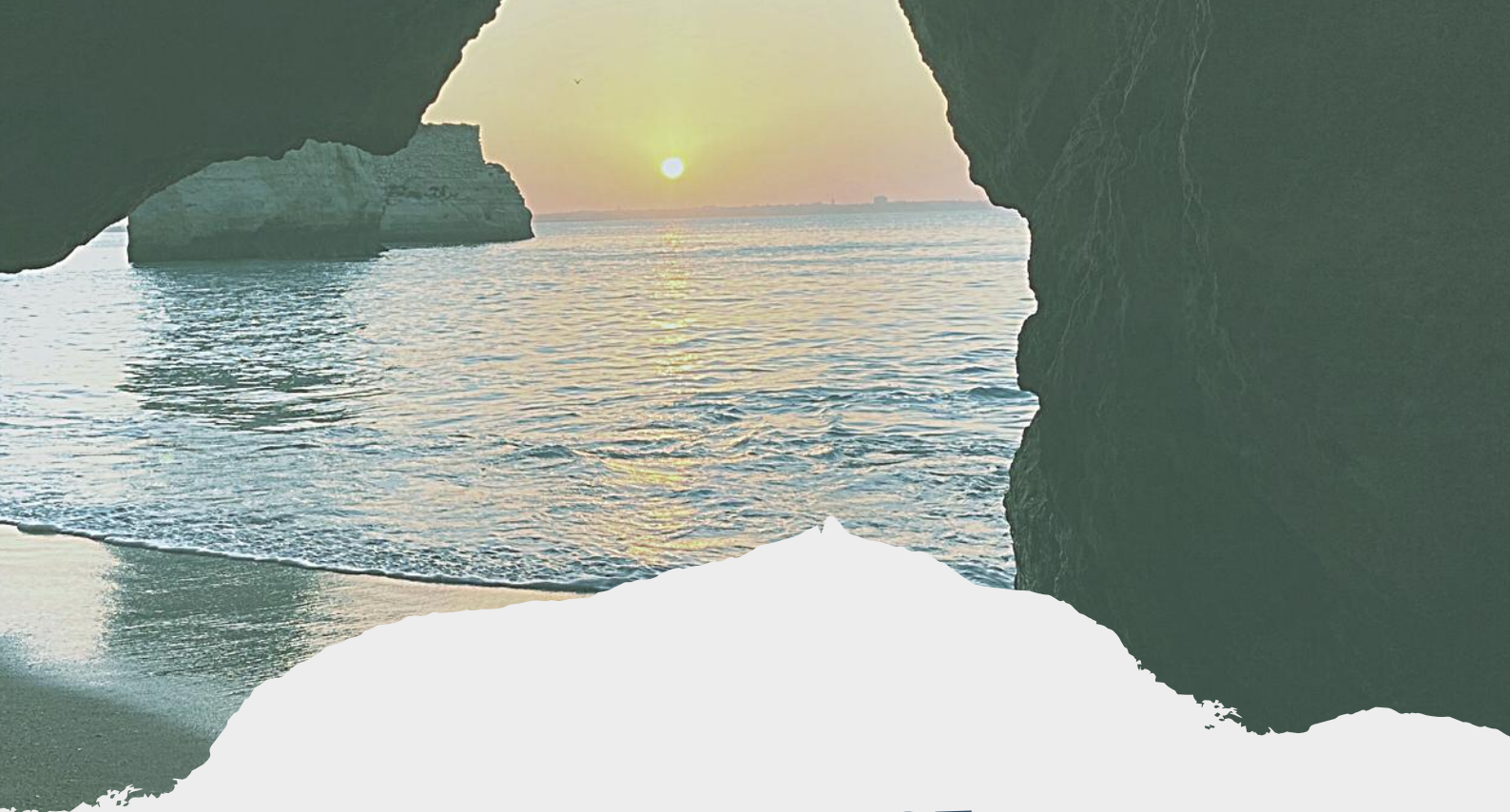


FACE TO FACE WITH GOD

The thickness and gold color of the Inner Circle symbolizes God's infinite love and delight in creating the universe with us at its center, whom He has created in His divine image and likeness! The Blessed Trinity is Emmanuel, God dwelling among us, at the heart of our universe, and enfolding us in His Embrace, the outer circle embracing the inner circle! God's Plan of saving us, and offering us a participation in God's divine life, has been made possible through Jesus' sacrificial oblation on the cross, and the Holy Spirit continues to reveal to us the depths of God's Love and Life!

God's Embrace Ministries receives its vision and mission from the Blessed Trinity, as we have been sent into the world by the Father through His Son Jesus, in the power and under the guidance of the Holy Spirit. God's Embrace Ministries functions within the Inner Circle as it is incumbent upon us to carry out faithfully and wholeheartedly the Father's mission to evangelize and renew God's covenant family. Jesus has sent us out into the world with the Holy Spirit as our Comforter and Guide and as disciples of Jesus, we accept our mission generously and enthusiastically.

Finally, the Outer Circle is surrounded by Two Prayer Aspirations, in Latin and English. The only way to accept the invitation to enter deeply into God's Life and Love is through Prayer and the sacramental life, which is our insertion into God's life, through Baptism, Eucharist, and the other sacraments, and through a life of covenant union with God. True Prayer is living every moment of daily life, in and with the Holy Trinity through Jesus. Such prayer leads to surrender and profound peace and joy. The prayer in Latin could be translated as "Holy Trinity, my God and my all!"



FACE TO FACE WITH GOD

The prayer in English, “Triune God, be my all!” emphasizes the central truth of our Catholic Faith: we are anchored and grafted onto our Triune God through Jesus. The two prayers are connected by ellipses (...), to suggest that our prayer should be continuous, day and night, as we are indeed, the abode of the Holy Trinity.

Our Programs offer every help to bring about this mission from the Father, given to us through Jesus, our Savior, Teacher, and Lord, in the power and confidence of the Holy Spirit. God Bless you! You are in our daily prayers!

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For what are you contrite?