



# WHO DO YOU SAY I AM?

REVELATION 3: SON OF GOD & SON OF MAN  
WEEK 1, DAY 1

REPENTANCE LEADS TO  
GOD'S MERCY &  
COVENANT LIFE

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MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



## 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



In Week One of Revelation Three, Jesus continues to testify to His identity and mission as the Son of God. On Days One and Seven we offer Helps to Prayer to help your discipleship. We will examine Repentance leads to God's Mercy and Covenant Life on Day One. Repentance is a deliberate effort to turn away from sin and be firmly pointed in the direction of Jesus, both His Person and His teachings. In the event of sin, we return to Jesus through sincere contrition. A true spirit of repentance will always lead to a life of selflessness, where Jesus and others are more important to us than we are to ourselves. Surrendering to the Holy Spirit to lay a sound foundation for our relationship with God is necessary.

On Day Seven, we will consider the necessity of Avoiding the Occasions of Sin. Following the teachings of Jesus, the saints have always advocated self-control, or moderation in all things. Surges toward extremes are not helpful.

On Day Two, we will see that Jesus was Offering Tax Collectors and Sinners Repentance. The Call of Levi (Matthew) was a salvific event, displaying unabashedly God's passionate and total love for sinners. In the eyes of the Scribes and Pharisees, tax collectors were lumped with sinners, and were considered among the lost sheep of Israel. Jesus was challenging their theological worldview and acting against it. Jesus brings salvation and hope to Matthew who readily gives up his lucrative and dishonest profession to follow Jesus.

On Day Three, we will consider Jesus' Pre-Existence with the Father. We will see that Jesus was the Word who was with God and was God. Jesus is God, and the Father will be revealed to us through Jesus, His Word, who speaks of Him.



## Preparing for the Journey

On Day Four, we will reflect on Jesus, Temple of the New Covenant. In cleansing the Temple, Jesus was highlighting the reality of sin lurking and wreaking havoc even in the most sacred of places. The desecration of God by His people was an ongoing and painful reality in the Old Testament. The Church as well has not been clean of this sinful blight. Jesus will become the Temple of the new and everlasting Covenant by dying on the cross and voluntarily allowing Himself to be destroyed, by being buried and raised on the third day!

On Day Five, Jesus talks to Nicodemus about Eternal Life through Jesus being Lifted Up. Nicodemus is in crisis: should he follow his heart and seek Jesus out as his Messiah, or should he stay in a religious system that has corrupted itself beyond measure? After his encounter with Jesus, Nicodemus became a disciple, in secret at first, and later in public after Jesus' death. Nicodemus entered the kingdom of God through Jesus, his Messiah and Lord, and was never the same again!

On Day Six, we will embrace the Gift of The Holy Spirit, our Advocate. Like Jesus, the Holy Spirit will be our Advocate. He will be the Keeper of our souls, guarding us jealously as Jesus did His disciples and us for whom He died! The Holy Spirit will be with us always, re-creating us in the image and likeness of Jesus and making Jesus always present in us. Hence, we will never be orphans. He is the Spirit of truth who will protect us from the evil ways of the world.



# Face to Face WITH GOD



## PRAYER TO THE HOLY SPIRIT

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

In Mark 1:15, Jesus begins His public ministry by proclaiming three profound realities: This is the final era: the time of fulfillment has arrived with the coming of Jesus. Secondly, because of the presence of Jesus in our midst as Emmanuel, God-with-us, the kingdom of God is present among us. Lastly, the only way we are going to proceed into the final age and the Kingdom of God through Jesus, is by repenting and believing in the gospel. Repentance and Believing in the gospel go hand in hand. The gospel or good news is Jesus Himself who has come into the world to redeem it and offer it eternal life, a sharing in the fullness of God's divine Life. Believing in the gospel is accepting Jesus Christ as the Son of God, sent by the Father, to offer us eternal life through the saving action of His death on the cross and resurrection. Accepting Jesus Christ as Savior and Lord means that in response to His own surrender to us, we have handed our life over to Him in covenant. We belong to Him; He is more important to us than our very life. In accepting Jesus Christ and living in covenant union with Him in the daily circumstances of life, we have the spirit of repentance.



# Face to Face WITH GOD

Repentance, then, is a deliberate effort to turn away from sin and be firmly pointed in the direction of Jesus, both His Person and His teachings. In the event of sin, we return to Jesus through sincere contrition. A true spirit of repentance will always lead to a life of selflessness, where Jesus and others are more important to us than we are to ourselves. Denial of wrongdoing is part of our sinfulness. We rationalize and constantly come up with excuses to justify our sinful behaviors. Our sinfulness makes it difficult for us to move toward repentance. Surrendering to the Person and teachings of Jesus is our only recourse. Unfortunately, sometimes we will justify our own interpretation of Jesus' teachings in order to continue in our state of rebellion, not wanting to make a complete 180-degree turn toward God. Submitting to the authority of the Church, as she interprets the teachings of Jesus, is an essential part of our discipleship and repentance. We call the teaching authority of the Church, the Magisterium. Along with rejecting any conscious and deliberate sin, a true disciple understands that they need to be steeped in their covenant relationship with Jesus, that union with Jesus can only come from a serious adherence to His teachings.

## 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!*



# 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 Three: Have you considered additional ways for God to speak truth into your day?

- Engage the life of Christ in a new way by exploring the New Testament.
- Consider simply reading 2 Chapters from any of the Gospels three or four times per week.
- As Bearers of Christ's light to the world, consider consciously engaging in doing one good deed daily.









# WHO DO YOU SAY I AM?

REVELATION 3: SON OF GOD & SON OF MAN  
WEEK 1, DAY 2

OFFERING TAX  
COLLECTORS AND  
SINNERS REPENTANCE

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MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



## **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



## 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.

*"Why do you eat and drink with tax collectors and sinners?" Jesus said to them in reply, "Those who are healthy do not need a physician, but the sick do. I have not come to call the righteous to repentance but sinners." - Luke 5: 30-32*

Today, we will continue to explore the opposition to Jesus and His mission by the Scribes and Pharisees. Before the incident of the opposition to Jesus by the Scribes and Pharisees, Luke 5 talks about the Call of Simon after an enormous catch of fish, the Cleansing of a Leper, the Healing of a Paralytic, and the Call of Levi (Matthew), a tax collector, and therefore a sinner in the eyes of the Scribes and Pharisees. For anyone who had faith and was therefore fair-minded and willing, these events were miraculous and heralded the advent of the kingdom of God. Simon Peter was a fisherman, and considered a 'nobody' whom Jesus chose to become the leader of the Apostles. Jesus healed "a man full of leprosy" who was considered unclean and counted among the lost sheep of Israel. Healing the sick was one of the signs of the true Messiah. In the case of the Paralytic, Jesus first forgave his sins before He healed him to indicate that He was divine.



# Face to Face WITH GOD

The Call of Levi (Matthew) was a salvific event, displaying unabashedly God's passionate and total love for sinners. Jesus approached him, a tax collector, at his customs post, and asked that he follow Him. In the eyes of the Scribes and Pharisees, tax collectors were lumped with sinners, and were considered among the lost sheep of Israel. The Scribes and Pharisees were vehemently opposed to the identity and mission of Jesus. In their minds, tax collectors and sinners had to be excluded from salvation. Hence, instead of His works of mercy and healing heralding Jesus as Lord and Savior, they became stumbling blocks. Jesus was criticized because He was associating with tax collectors and sinners. Jesus was challenging their theological worldview and acting against it.

Jesus brings salvation and hope to Matthew who readily accepts to give up his lucrative and dishonest profession to follow Jesus: "And leaving everything behind, he got up and followed him" (Luke 5: 28). Such a radical step called for a celebration. Matthew could joyfully give up everything because in the first place he had received the greatest treasure on earth, Jesus Himself through whom he can now start sharing abundantly in God's divine life. Jesus has now become his Teacher, Savior, and Lord. Matthew "gave a great banquet for him in his house, and a large crowd of tax collectors and others were at table with him" (Luke 5: 29). Indeed, Jesus came to call sinners to repentance and salvation in Him as Messiah and Lord!

## 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 *listen* Prayer



The nightly review gives us the opportunity to pull ourselves together to see how our day has been filled with blessings and graces through the Blessed Trinity's presence in us and among us. In due time, the nightly review will become a sacred tradition in our discipleship. In due time, as well, our awareness of God's constant love and presence among us will deepen and become second-nature to us. So, make sure you take your time over the different steps of the review, tasting and relishing each step. Try to be deliberate and intentional with your prayer of thanksgiving and examination of conscience. In your morning Face to Face with Jesus, you encountered Jesus' compassion and love for tax collectors and sinners. He called Matthew the tax collector to be one of His Twelve Apostles! What did God say to you as you participated in the event with Jesus and the tax collectors? Is the message a source of gratitude or a matter for repentance? As you review your blessings from the Lord with gratitude, and your failures with repentance, keep in mind that the Lord always blesses the disciple who is grateful, honest, and transparent. Our single greatest blessing is that Jesus is our Messiah, the Son of the Living God! Every blessing flows out of this source of divine life! Indeed, Jesus is our Way, Truth, and Life! 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?



# Examination of CONSCIENCE

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# WHO DO YOU SAY I AM?

REVELATION 3: SON OF GOD & SON OF MAN  
WEEK 1, DAY 3

## JESUS' PRE-EXISTENCE WITH THE FATHER

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MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



## Act of Faith

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# Face to Face WITH GOD



## PRAYER TO THE HOLY SPIRIT

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***"In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came to be through him, and without him nothing came to be." - John 1: 1-3***

The Lord loved John and taught him in the school of grace. John was intensely aware of Jesus' love for him as he described himself as 'the beloved disciple' or 'the one whom Jesus loved.' He knew that his lovability had everything to do with Jesus' love for him. His eyes and heart kept expanding within the unfathomable abyss of God's grace and love as they were so uniquely brought to light in the Son of God's love for everyone. From the very beginning of his gospel narrative, John is offering us the story of our re-creation in Jesus who is God. In doing so, John is re-telling the Creation story as it was always meant to be, our full restoration in Jesus, the Son of God.

To make his point, John begins his gospel narrative in the same way as the Creation story begins in Genesis: 'In the beginning.' In the Creation story, God creates all creatures and us by speaking His Word at the beginning of each day, climaxing in His creation of humans in His image and likeness on the sixth day: "Then God said: Let us make human beings in our image, after our likeness" (Genesis 1: 26). From being with Jesus and tutored by the Holy Spirit, John has come to see that Jesus is the Word that God spoke through whom all things were made. What the Father spoke, came to be through His Son: "In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God.



# Face to Face WITH GOD

All things came to be through him, and without him nothing came to be” (John 1: 1-3). Jesus is God and the Father will be revealed to us through Jesus, His Word, who speaks of Him. John then alludes to the transition that took place from the old Mosaic Covenant to the New and Everlasting Covenant in Jesus: “Of his fullness we have all received, grace in place of grace, because while the law was given through Moses, grace and truth came through Jesus Christ” (John 1: 16-17). The old unmerited gift of the Mosaic Covenant has been replaced by the unmerited gift of the New and Everlasting Covenant in Jesus.

In continuation of his emphasis on the Word being God, John marshals witness after witness to attest to the divinity of Christ. His first witness is John the Baptist who testifies to Jesus being the Light, “so that all might believe through him” (John 1: 7). John keeps reminding us that “no one has ever seen God. The only Son, God, who is at the Father’s side has revealed him” (John 1: 18). John also mentions the sad reality that “He was in the world, and the world came to be through him, but the world did not know him. He came to what was his own, but his own people did not accept him” (John 1: 10-11). The whole gospel of John is a progressive revelation of the glory of God’s Incarnate Son who has come to reveal the Father and then return in glory to the Father: “Jesus performed many other signs as well – signs not recorded here – in the presence of his disciples. But these have been recorded to help you believe that Jesus is the Messiah, the Son of God, so that through this faith you may have life in his name” (John 20:30-31).

## PRAYER TO THE HOLY TRINITY

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# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*





# WHO DO YOU SAY I AM?

REVELATION 3: SON OF GOD & SON OF MAN  
WEEK 1, DAY 4

## JESUS, TEMPLE OF THE NEW COVENANT

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MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



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*"What sign can you show us for doing this?" Jesus answered and said to them, "Destroy this temple and in three days I will raise it up." The Jews said, "This temple has been under construction for forty-six years, and you will raise it up in three days?" But he was speaking about the temple of his body. Therefore, when he was raised from the dead, his disciples remembered that he had said this, and they came to believe the scripture and the word Jesus had spoken." -John 2: 18-22*

The opposition to Jesus and His mission continues unabated as He corrects gross distortions of God's designs for His people, and points to Himself as fulfilling the Law and the Prophets. After cleansing the Temple in Jerusalem, Jesus had a heated argument with the Jewish leadership regarding the meaning and prophetic significance of the Temple. In the Mosaic Covenant, the Temple was God's dwelling place among His people. Hence, all the religious feasts had to be celebrated in Jerusalem. The Holy Family made an annual pilgrimage to Jerusalem to celebrate the religious festivals. Animal and grain sacrifices could only be offered at the Temple. God was dwelling among His people through the Ark of the Covenant stationed in the inner sanctuary, the Holy of Holies of the Temple. The cleansing of the temple suggests that God's dwelling place had been desecrated. It had been made into a place of commerce where mammon reigned. God was no longer given priority in His very own dwelling place. Hence, Jesus saw it fitting to cleanse the Temple and highlight the real purpose of its existence.



# Face to Face WITH GOD

In cleansing the Temple, Jesus was highlighting the reality of sin lurking and wreaking havoc even in the most sacred of places. The desecration of God by His people was an ongoing and painful reality in the Old Testament. The Church as well has not been clean of this sinful blight. Jesus alludes to this evil presence in holy places in the Parable of the Wheat and Weeds in Matthew 13. Satan and sin will lurk in the most sacred of places! But more especially, Jesus makes a significant point when He declares that the Temple of the Mosaic Covenant would be replaced by Him as the Temple of the New Covenant: "When he speaks of a "new" covenant, he declares the first one obsolete. And what has become obsolete and has grown old is close to disappearing" (Hebrews 8: 13). He will become the Temple of the new and everlasting Covenant by dying on the cross, by voluntarily allowing Himself to be destroyed, by being buried and raised on the third day! In this glorious and magnanimous act of salvation, the Mosaic Covenant will have been replaced by Jesus, the new Covenant and Temple. He dwells in our midst as God dwelling among us. Under the guidance of the Holy Spirit we are made sanctuaries of the Blessed Trinity; we have been buried into the death of Christ and rise with Him in Baptism. We are made clean and holy through Reconciliation and the reception of Holy Communion. Our daily prayer ensures the cleansing of God's abode in us. The Temple in Jerusalem was destroyed in A.D. 70.

## PRAYER TO THE HOLY TRINITY

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# NIGHT *Prayer*

*listen*



Our nightly review of the day has an immediate and a long-term purpose. The immediate purpose is to review our current relationship with God to see if it is increasingly grace-filled or adversely affected by the disorder of sin. The saints inform us that we either go up in fervor and generosity or down into complacency and ennui in the spiritual life. Hence, the nightly review is important. The long-term purpose of the nightly review is to foster and deepen our awareness of God's presence during the whole day. When the nightly review is done sincerely and seriously, it leads to a strong desire to be in communion with God throughout the day. With practice and familiarity with the different traditions of the practice of the Presence of God, a disciple will develop a consistent awareness of God's presence and love throughout the day.

Keeping this long-term benefit in mind, we can now go over the day to see how God has been present to us. With grateful hearts, we express our praise and amazement at God's immense love and compassion for us as His sons and daughters. We then do an Examination of Conscience, both Particular and General, to see how we have responded to God as disciples of Jesus. Have we been obedient to the guidance of the Holy Spirit? In what specific ways have we sinned? Did we make a generous effort to practice the presence of God through a short prayer formula, as for instance, Triune God, be my all, reciting it as many times as possible? 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?







# 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.

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# WHO DO YOU SAY I AM?

REVELATION 3: SON OF GOD & SON OF MAN  
WEEK 1, DAY 5

ETERNAL LIFE BY JESUS  
BEING LIFTED UP

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MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



## **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



## 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.*

***"For just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life." For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life." - John 3: 14-16***

Jesus is having a significant meeting with Nicodemus, a member of the Sanhedrin. It is a secret meeting as well, conducted in the dark of night. Nicodemus has arrived at a moment of crisis in his life: should he follow his heart and seek Jesus out as his Messiah, or should he stay in a religious system that has corrupted itself beyond measure? He decides to meet Jesus who might indeed be the Promised One of old. Jesus opens up the Scriptures and sets him on the road to accepting Jesus as his Savior and Lord!

In our passage chosen from their conversation, Jesus first offers the full significance of the bronze serpent event in Numbers 21: 9 which acted as a foreshadowing of His death on the cross: "Accordingly Moses made a bronze serpent and mounted it on a pole, and whenever the serpent bit someone, the person looked at the bronze serpent and recovered." Everyone who believes in the Son of Man lifted up on the cross will receive eternal life!



# Face to Face WITH GOD

Furthermore, Jesus reveals His Sonship in the Father and the Father's mission for Him to save the world. The Father demonstrates His total love by giving us His very own Son. Can there be any greater selfless offering than this act of God surrendering to us sinners, His Son Jesus as an infinite gift? And the Father gave us His Son so that we might not perish or be separated permanently from Him, but rather participate in God's very own eternal life as His sons and daughters. God's passionate desire was to redeem us by His Son becoming our slave (Philippians 2: 5-11), taking upon Himself our burden of sin, and thus saving us from condemnation, and granting us the freedom of the children of God. He did this through His sacrifice on the cross!

When the disciple has gotten in touch with the God of Jesus Christ, he/she is filled with love and an intense desire to reciprocate. This was the case with Nicodemus who demonstrated such devotion and boldness at the crucifixion of Jesus. He defied the ban forbidding a proper burial and tomb for a crucified criminal and brought 100 pounds of ointment to prepare Jesus' body for burial. By this gesture of defiance against the Sanhedrin and acceptance of Jesus as his Savior and Lord, Nicodemus finally understood what Jesus meant that one had to be born from above in order to enter the kingdom of God. Nicodemus saw and entered the kingdom of God through Jesus, his Way, Truth, and Life, and was never the same again!

## 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!*





# 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.

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# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*





# WHO DO YOU SAY I AM?

REVELATION 3: SON OF GOD & SON OF MAN  
WEEK 1, DAY 6

## THE HOLY SPIRIT, OUR ADVOCATE

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MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



## **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



## 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." - 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. 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 that He offers us. Like Jesus, the Holy Spirit will be our Advocate. He will be the Keeper of our souls, guarding us jealously as Jesus did His disciples. The Holy Spirit will be with us always, re-creating us in the image and likeness of Jesus and making Jesus always present in us. Hence, we will never be orphans. He is the Spirit of truth who will protect us from the evil ways of the world. In John 16: 8-11, Jesus tells us even more of the Holy Spirit's role and presence in our lives. Jesus makes an interesting remark about the necessity of leaving us and ascending to the Father, or else the Advocate will never come to us.



# Face to Face WITH GOD

The Holy Spirit will also have a forensic role as our Advocate: “He will convict the world in regard to sin and righteousness and condemnation: sin, because they do not believe in me; righteousness, because I am going to the Father, and you will no longer see me; condemnation, because the ruler of this world has been condemned.” The Holy Spirit will prove the world wrong about sin, namely, that Jesus is the only Savior of the world; about righteousness, because the ultimate righteousness or right order of things is that Jesus, as our Risen Lord, has restored us to the Father whose children we now are, and He sits at the right hand of His Father in glory and victory; about condemnation, because through His death, Jesus has vanquished Satan, the prince of this world. The Holy Spirit is the Keeper of our souls leading us into the heart of God. May we be docile and submissive to the Holy Spirit’s wisdom and guidance, and may our lives be a pleasing offering in the Blessed Trinity’s sight.

## PRAYER TO THE HOLY TRINITY

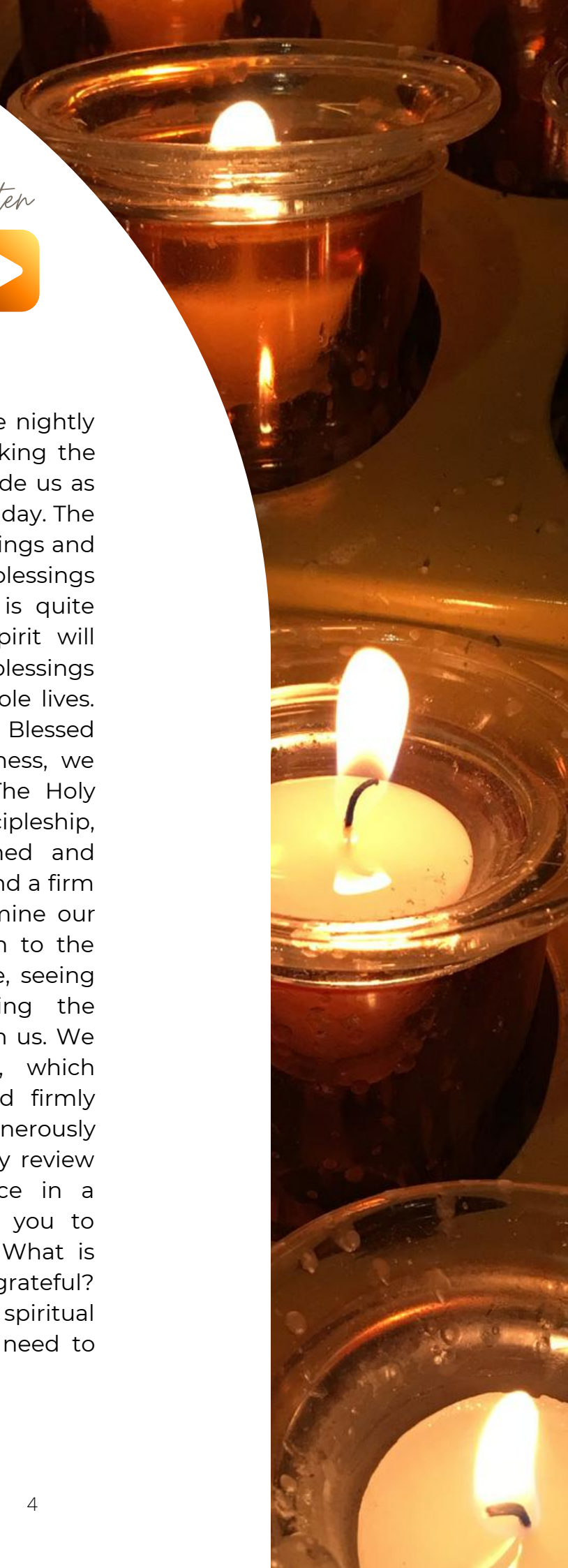
*Father, Son, and Holy Spirit, I thank you for your gracious companionship. I praise you for being my Creator, Savior, and Lord. May I take your blessings to my day, and may your Presence envelop and permeate all my thoughts and actions, through Christ our Lord. Amen.*

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



# NIGHT *listen* Prayer

By now it has become clear that the nightly review of the day consists of first asking the Holy Spirit to overshadow us and guide us as we review our discipleship during the day. The first step is to thank God for the blessings and graces that we have received. These blessings have been poured out upon us. It is quite possible, however, that the Holy Spirit will remind us of the countless other blessings that we have been receiving our whole lives. Within the context of receiving the Blessed Trinity's boundless love and forgiveness, we then examine our own response. The Holy Spirit acts as the Advocate of our discipleship, convicting us when we have sinned and encouraging us toward repentance and a firm purpose of amendment. As we examine our conscience, we pay special attention to the Particular Examination of Conscience, seeing how we have fared in addressing the Particular weakness or core wound in us. We then make an act of contrition, which hopefully you have memorized, and firmly resolve to live out our discipleship generously and wholeheartedly. Thus, the nightly review of the day is a significant practice in a disciple's formation. 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?





# Examination of CONSCIENCE

## Prayer of Thanksgiving

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# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*





# WHO DO YOU SAY I AM?

REVELATION 3: SON OF GOD & SON OF MAN  
WEEK 1, DAY 7

## AVOIDING THE OCCASIONS OF SIN

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MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



## **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



## PRAYER TO THE HOLY SPIRIT

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One occasion of sin is our disordered relationships and attachments which constantly place us in danger of sin. Not avoiding situations involving certain persons or places associated with sin will in turn weaken our resolve to avoid sin. It is one of the main reasons why many don't make much progress in the spiritual life. Some people clearly have a harmful influence over us, yet we are reluctant to confront them about this unhealthy relationship. One reason is because we think it is easier to deal with the negative and sinful impact upon us rather than confront the situation and deal with 'all hell breaking loose.' Yet we know that the Holy Spirit is convicting us about this soul-disease, and gently but persistently drawing us back to God.

For some of us it is our addictive or harmful behaviors like drinking, pornography, gambling, and so on, that delay and even prevent any meaningful covenant relationship with our Triune God. Those who have struggled with addictions know that no recovery and serious relationship with God is possible without giving up the addiction altogether. One cannot serve God and mammon at the same time.





# Face to Face WITH GOD

Another common reason for failure in the spiritual life is self-reliance. It takes patience and humility to understand and accept graciously the reality that we cannot save ourselves. If we could, there would be no need for prayer, or for God's help. To accept Jesus as Savior means that we learn to trust Him completely to bring about the transformation that the Holy Spirit will accomplish in us. For us to be like a weaned child in its mother's lap, we will need to learn to be honest about our sins, to acknowledge them without excuse, and to ask and receive God's forgiveness. Such a process of becoming like a child in order to enter the kingdom of God takes a long time and is an essential ingredient of the Purgative stage of discipleship. When we have not learned true dependence on God, we find ourselves failing, getting frustrated and discouraged. Jesus asks us to come to Him when we are laboring under our burdens.

## PRAYER TO THE HOLY TRINITY

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