

A scenic landscape at sunset. The sun is low on the horizon, casting a golden glow over the water and mountains. A small boat is visible on the water in the foreground. The sky is a mix of blue and orange. The text "LEAD ME INTO THE DEEP, LORD" is written in a white, outlined, serif font across the top of the image.

# LEAD ME INTO THE DEEP, LORD

REVELATION 1: LAYING THE FOUNDATION  
WEEK 2, DAY 1

## THE ENVIRONMENT AND DYNAMICS OF PRAYER

---

MICHAEL FONSECA, D. MIN

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

# Morning PRAYER

Listen:



## Act of Faith

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

## Act of Hope

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

## Act of Charity

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

## Morning Offering

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



## PREPARING FOR THE JOURNEY

Listen:



In Revelation One, Week Two, we will continue to explore the same theme: Laying the Foundation. In Week One, the passages for prayer brought out dimensions in Jesus that were both compelling and indescribable, forcing one to recognize that there is more to Him than meets the eye. His compassion for the distressed and downtrodden is contagious. Those besieged with illness and misfortune flock to Him. Through His miracles, Jesus makes a compelling case that He is God. He forgives sin as only God can. And to prove that He can forgive sin, Jesus heals the paralytic. He exercises His power over Satan by exorcising the many who were possessed with unclean spirits. Jesus also has authority over the laws of nature. At His command, the storm over the lake is quelled, to the utter amazement of His followers. His power to heal disease, to overcome Satan, and exercise dominion over nature, suggests strongly that He is God. Indeed, through His life and miracles, Jesus is making a strong case that He is the Savior of the world. And He is the Savior of the world because He is God!

While we might never have doubted that Jesus was the Savior and Lord of the world, it is quite possible that we never really considered the impact on our lives of accepting Jesus as our personal Savior and Lord. During Week Two, we will examine the experience that several individuals had of Jesus as their personal Lord and Savior. Their acknowledgement of Jesus as Savior and God led to the beginning of a profound transformation in their lives. Under the powerful inspiration of the Holy Spirit, Peter professes his total faith and acceptance of Jesus as his Messiah: "You are the Messiah, the Son of the living God" (Matthew 16: 16). Peter has been gripped by the Holy Spirit. Along the way, He will have his struggles with being a faithful disciple to Jesus, even succumbing to denial of his Master.



## *PREPARING FOR THE JOURNEY*

However, he clung to his trust in Jesus' love and mercy for him and several years later, went to his own crucifixion and death as an ardent disciple and martyr! The Roman Centurion was a pagan who, very uncharacteristically, treated his slave as a son, and came to accept, humbly and wholeheartedly, Jesus as his Savior and Lord: "Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed" (Matthew 8: 8). The Samaritan leper was a very unlikely candidate for discipleship with Jesus as his Savior and Lord! In gratitude, he returned to pay homage to Jesus. He was an outcast brought to new life in Jesus' presence! The woman afflicted with a hemorrhage for twelve years was beyond the pale of salvation. She was healed by Jesus and freed from her bondage of disgrace in the eyes of God! Finally, the Canaanite woman's faith to believe that Jesus would grant her request even though she was severely tested, highlights the truth that faith can move mountains. In every encounter, these individuals knew that Jesus loved them unconditionally and had freed them from the bondage of sin. In Week Two, we will explore the central question which now has a personal dimension for us: Have you encountered Jesus as your personal Savior and Lord? Will you surrender to Him as He has given His life for you?



# 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 Church has always striven, in keeping with Biblical tradition, to provide the ideal environment for the celebration of God's life in the Eucharist and sacraments. It makes sense to create a proper environment for prayer at home as well. As creatures of habit, praying in the same place and possibly at the same time will foster an easier transition into communion with the Divine. Praying in front of a crucifix or icon and lighting a candle could create a liturgical ambience. Our transformation and union with God are brought about by the Holy Spirit. It is important to begin every prayer and action under the direction of the Holy Spirit. Anyone desiring to enter into a significant relationship with God will have to be prepared to take on the characteristics and dispositions of God Himself! God's horizons are limitless. Being generous of spirit will mean that we truly allow God to be God; we truly trust God to fulfill His promises to us, to make us His own sons and daughters, washed clean in the blood of His Son, Jesus Christ.



# *FACE TO FACE* WITH GOD

According to Jesus, it is our heart that matters in prayer, not our words or the sheer multiplication of them. But because we will use words in relating to God, they need to come from our hearts, honestly and humbly. The prayer of petition highlights the reality that God is the source of our being and we owe everything to our Creator and Savior. At the heart of every prayer, no matter what its form, lies the truth that we are creatures, always in need of God for all our needs, material and spiritual.

## **PRAYER TO THE HOLY TRINITY**

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

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



# Night PRAYER

Listen:



The nightly review of the day is a significant practice in a disciple's formation. The context for our nightly review is our covenant relationship with God. This morning in your Face to Face with God, you pondered on the environment and dynamics of prayer. We are composite beings who live in space and time. Our bodies with their sense faculties are impacted by our surroundings. Our spirits will be impacted by what we see, hear, taste, smell, and feel. We need to realize that our environment affects us, either positively or negatively. So, it is incumbent upon us to create a favorable environment as an essential part of our lifestyle. The same holds true for prayer which is the most intimate expression of our covenant relationship with God.

In this nightly review of the day, we can begin by engaging in praise and thanksgiving for the blessings and protection we received from God. With thanksgiving in your heart, you can go over your day and see how God was Emmanuel, with you and in you. You can then do an examination of your conscience to see how you responded in your covenant union with Him. Specifically, you can examine yourself to see what kind of environment you created for your prayer and during the day? Was it conducive to helping you become a more generous disciple of the Lord? Or did you allow the temptations and seductions of the day through persons, the internet, etc. to sway you and cause desolation? We owe it to our Savior to honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

Listen: 

# Examination of CONSCIENCE

## Prayer of Thanksgiving

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

## Examination of Conscience

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

## The Act of Contrition

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



A close-up photograph of a human hand reaching out, palm facing up, against a background of soft, out-of-focus blue and white light spots (bokeh). The hand is positioned in the upper half of the page, with the fingers slightly spread. The lighting is soft, highlighting the texture of the skin.

# Encouragement for the Journey

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

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.



# My Notes

Date :

---

---

*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*



LEAD ME INTO  
THE DEEP, LORD

REVELATION 1: LAYING THE FOUNDATION  
WEEK 2, DAY 2

# PETER'S CONFESSION ABOUT JESUS

---

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



## 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.*

*"He said to them, "But who do you say that I am?" Simon Peter said in reply, "You are the Messiah, the Son of the living God." Jesus said to him in reply, "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father." - Matthew 16: 15-17*

Jesus has traveled to the region of Caesarea Philippi with His disciples. Caesarea Philippi was the administrative capital of Herod Philip's Tetrarchy of Batanea, Gaulanitis, and Trachonitis where the Decapolis was situated. This area was Gentile territory for the most part. Jesus came to the region, possibly to withdraw from the prying eyes of Herod Antipas, Tetrarch of Galilee, who had married Salome, his brother Herod Philip's wife. Herod Antipas was a suspicious ruler always on the lookout for revolutionaries who might dethrone him. He had John the Baptist beheaded at the request of his wife Salome. Philip, on the other hand, was a more benign ruler. Jesus also traveled to the region to have some days of quiet, and to lead His disciples into a deeper understanding of His identity and enhance their formation in discipleship.

In conversing with them, Jesus first posed the generic question as to who did people think He was. This was a safe question and Jesus received readymade answers from his disciples: "They replied, "Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets."



# FACE TO FACE WITH GOD

Clearly, Jesus is having a significant impact on His listeners. In their eyes, Jesus is a prophet of great stature like John the Baptist, Elijah, and Jeremiah. Then Jesus leads them into deeper waters. He poses the all-important and personal question: “But who do you say that I am?”

Before anyone can reply, Peter who is now acknowledged as the appointed leader of the Apostles, offers a divinely inspired answer to Jesus’ question: “You are the Messiah, the Son of God.” Jesus’ divinity is slowly but surely being revealed to His disciples through the Holy Spirit. Peter’s confession is very moving. He is in the Presence of Jesus whom he recognizes as the Son of God! It is reminiscent of Moses being in the presence of God at the Burning Bush in Exodus 3: 2. Only the Holy Spirit can do what He did to Moses and Peter. Such an action of the Holy Spirit engenders deep faith and commitment to God.

Jesus’ response to Peter is equally amazing and significant: “Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father.” No one is more invested in our return to God’s Embrace through the sacrifice of Jesus on the cross, than His Heavenly Father. God has revealed to Peter who His Son is, a revelation that was beyond the competence of a human source. The Father was preparing Peter to be appointed the Vicar of Christ by Jesus who handed him the keys to the kingdom of heaven: “I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven” (Matthew 16: 19). Jesus, I accept you as my Savior 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.*

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



# Night PRAYER

The nightly review of the day is a time of intimate and honest contact with the Lord. It is a visit when the Lord reveals His heart to us and in turn helps us take an honest look at our own love and commitment to Him. The Lord reveals His heart through the Holy Spirit reminding us how He has been Emmanuel, God-with-us throughout the day. God has overwhelmed us with grace upon grace, suffusing our lives with His tender mercies and unconditional love. In our morning Face to Face with the Blessed Trinity, we saw that under the inspiration of the Holy Spirit, Peter proclaimed Jesus as the Messiah, the Son of the Living God! 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! Every single day of our lives, then, is an opportunity to praise, adore, and thank God for His indescribable goodness and loving kindness in Jesus. So, with thanksgiving in your heart, you can go over your day and see how God has been Emmanuel, with you and in you. You can then do an examination of your conscience to see how you responded as Jesus' disciple. In particular, you can assess honestly your commitment to Jesus as your personal Savior and Lord. As disciples of Jesus, we owe it to our Savior to honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?



Listen: 

# Examination of CONSCIENCE

## Prayer of Thanksgiving

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

## Examination of Conscience

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

## The Act of Contrition

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

A close-up photograph of a human hand reaching out, palm facing up, against a background of soft, out-of-focus blue and white light spots (bokeh). The hand is positioned in the upper half of the page, with the fingers slightly spread. The lighting is soft, highlighting the texture of the skin.

# Encouragement for the Journey

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

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.



# My Notes

Date :

---

---

*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*



LEAD ME INTO  
THE DEEP, LORD

REVELATION 1: LAYING THE FOUNDATION  
WEEK 2, DAY 3

JESUS HEALS THE  
CENTURION'S SERVANT

---

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.*

*"Lord, do not trouble yourself, for I am not worthy to have you enter under my roof. Therefore, I did not consider myself worthy to come to you; but say the word and let my servant be healed. For I too am a person subject to authority, with soldiers subject to me. And I say to one, 'Go,' and he goes; and to another, 'Come here,' and he comes; and to my slave, 'Do this,' and he does it." When Jesus heard this he was amazed at him, and turning, said to the crowd following him, "I tell you, not even in Israel have I found such faith." When the messengers returned to the house, they found the slave in good health."*

*- Luke 7: 6-10*

Both Luke and Matthew recount the story of the Centurion's faith in Jesus and the healing of his slave. The man in question is a Roman centurion, commanding 100 soldiers. Roman centurions were part of the Roman occupation force in Judea and Galilee in the First Century.



# *FACE TO FACE* WITH GOD

Surprisingly, some of them displayed a respectable moral fiber. A good example is the centurion who after Jesus' death remarked that He was the Son of God! The same is the case with the centurion in our passage. He was based in Capernaum, an important town on the shores of Lake Galilee. Herod Antipas, who had John the Baptist beheaded, was the Tetrarch or Ruler of Galilee. The centurion was probably in the service of Herod Antipas. This military officer is a Gentile, not belonging to the Jewish faith. Rather than approach Jesus directly, he chose to send "elders of the Jews to him," on behalf of his slave, as he did not consider himself worthy to have Jesus come to him. Part of his unworthiness might have stemmed from being a Gentile into whose home no Jewish person would enter. But he probably felt unworthy because he had the faith to realize that he was in the Presence of God, but also hopeful that Jesus would answer his plea. He addressed Jesus as Lord, a title for God among the Jews!

We are given some important details of the inner workings of this officer's soul. Even though he is a Gentile, the elders of the Jews make a strong case on his behalf: "He deserves to have you do this for him, for he loves our nation and he built the synagogue for us" (Luke 7: 4-5). He probably was in transition from his pagan beliefs toward adhering to the Mosaic Covenant and the God of Abraham! This encounter with Jesus will lead him into deeper waters toward the new and eternal covenant in Jesus. Furthermore, he engages in extraordinary behavior. He treats his slave as his own family. Slaves had no rights and were treated as less than human.





# *FACE TO FACE* WITH GOD

This pagan centurion is so deeply concerned about his slave that he goes to great lengths to have him healed! His faith in Jesus prompted him to make a simple and heart-warming plea: Please heal my servant, Lord. His faith is so compelling and extraordinary that Jesus is amazed. Not even in Israel had Jesus found such faith! He sends home the officer and his friends, with the knowledge that his request has been granted. Jesus, I accept you as my Savior 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.*

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



# Night PRAYER

Listen:



The nightly review of the day is a significant practice in a disciple's formation. The context for our nightly review is our covenant relationship with God. We are assessing our commitment to Jesus as His disciple. In our morning Face to Face with God, we pondered the difficult situation the Roman Centurion was in as he requested Jesus to heal his servant who was paralyzed and suffering greatly. He was a Gentile and Jesus was a Jew, and there was a religious, cultural, and racial divide between them. However, his faith in Jesus was so great that Jesus Himself was amazed and healed his servant. In our review, we can thank God for the great gift of faith that we have received to accept Jesus as our Savior and Lord. In our thanksgiving to God for His multiple blessings, we can especially thank Him for the gift of our faith.

In your examination of conscience, along with reviewing your failures to respond generously as a disciple, you can reflect on how you have nurtured your faith and trust in God in the difficult circumstances of your life. We owe it to our Savior to honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

Listen: 

# Examination of CONSCIENCE

## Prayer of Thanksgiving

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

## Examination of Conscience

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

## The Act of Contrition

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

A close-up photograph of a human hand reaching out, palm facing up, against a background of soft, out-of-focus blue and white bokeh lights. The hand is positioned in the upper half of the page, with the fingers slightly spread. The lighting is soft, highlighting the texture of the skin.

# Encouragement for the Journey

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

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.



# My Notes

Date :

---

---

*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*



LEAD ME INTO  
THE DEEP, LORD

REVELATION 1: LAYING THE FOUNDATION  
WEEK 2, DAY 4

# THE SAMARITAN LEPER'S WITNESS

---

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.*

*“Go show yourselves to the priests.” As they were going they were cleansed. And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him. He was a Samaritan... “Stand up and go; your faith has saved you.” - Luke 17: 14-16; 19*

Luke tells us that Jesus made His way to Jerusalem between Samaria and Galilee. Apparently, Jesus was going through those regions for the last time in which He had already carried out His ministry. The ten lepers met Jesus in one of the border villages of Galilee and Samaria as He made His way to Jerusalem. Such villages tended to have a mixed population of Jews and Samaritans. Despite age-old racial hatred and religious intolerance toward one another, these ten lepers were united by their common misery and stigma. They probably lived together in the same quarantined settlement even though they were enemies. They were outcasts of society and longed for a cure to their physical torment. The news that Jesus was passing through their village buoyed their sagging spirits. They had heard of the many miracles that Jesus had performed in Galilee and that He was being proclaimed as the Messiah. Hope springs eternal in the human heart as God's image and likeness is umbilically connected with the Original, our Creator. These disgraced outcasts came to Jesus believing that He would heal them.



# FACE TO FACE WITH GOD

Nine of them were Jews and presumably believed that Jesus would favor their plea. One of them was a Samaritan. It must have taken him great courage and trust to come to Jesus. Jesus was a Jew. Would Jesus turn him down?

In their approach to Jesus, they had to stand at a far-off distance as prescribed by the law. They had to shout out their urgent plea for healing, though it required a great effort, as one symptom of leprosy is a hoarse whisper: "Jesus, Master! Have pity on us" (Luke 17: 13). They addressed Jesus by His name and knew of His authority to heal as they described Jesus as Master. They hoped that Jesus would have pity on them. Jesus offers them healing in a most unexpected way! He tells them to go and show themselves to the priests. One goes to the priests only after one has been cleansed. In faith, therefore, they had to believe that they would be healed. Sure enough, they experienced cleansing from the disease while they were on their way to the priests. All ten were granted their request for healing from their accursed sickness. Only the Samaritan returned, "glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him. He was a Samaritan." His voice was no longer hoarse, and he was full-throated in his praise and gratitude to God. He fell at the feet of Jesus and thanked Him. Having faith in Jesus, as the Samaritan did, is surrendering to Jesus as Savior and Lord. Jesus exercises His power within the context of faith, as He has come to bring us salvation from Satan, sin, and permanent death. Jesus reminds us in His comment on the Samaritan that God's ways are mysterious, that the Samaritan's heart revealed spiritual depths that moved Jesus: "Has none but this foreigner returned to give thanks to God?" Then he said to him, "Stand up and go; your faith has saved you." Jesus, I accept you as my Savior 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. Triune God, be my all! Triune God, be my all! Triune God, be my all!*



# Night PRAYER

During our nightly review of the day we take the time to appreciate God's amazing love for us. We can never quite plumb the depths of God's magnanimity and generosity toward us. God's love for us is the very foundation of our lives. It becomes necessary, therefore, that on a daily basis we bathe ourselves in this fountain of everlasting life! In our morning Face to Face with Jesus, we saw Him heal the Samaritan leper. Samaritans were enemies of the Jews. This man had faith to believe that Jesus would heal him even though he was a Samaritan and an enemy of the Jews. Jesus healed him and offered him new life in Him as Messiah and Lord. As you engage in thanksgiving and praise for God's multiple blessings that you have received this day, you can thank God especially for His gift of eternal life through Jesus. Similarly, as you do your particular and general examination of conscience, reviewing your response as a disciple to God's love for you, you might want to pay special attention to the question: How deeply grateful am I that Jesus has become my Savior and Lord? As disciples of Jesus, we owe it to our Savior to honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

Listen: 

# Examination of CONSCIENCE

## 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 Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.



# My Notes

Date :

---

---

*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*



LEAD ME INTO  
THE DEEP, LORD

REVELATION 1: LAYING THE FOUNDATION  
WEEK 2, DAY 5

# THE WOMAN WITH A HEMORRHAGE

---

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.*

*"As he went, the crowds almost crushed him. And a woman afflicted with hemorrhages for twelve years, who [had spent her whole livelihood on doctors and] was unable to be cured by anyone, came up behind him and touched the tassel of his cloak. Immediately her bleeding stopped. Jesus then asked, "Who touched me?" ... Peter said, "Master, the crowds are pushing and pressing in upon you." But Jesus said, "Someone has touched me; for I know that power has gone out from me." When the woman realized that she had not escaped notice, she came forward trembling. Falling down before him, she explained in the presence of all the people why she had touched him and she had been healed immediately. He said to her, "Daughter, your faith has saved you; go in peace." - Luke 8: 42-48*

The healing of the woman with a hemorrhage is a very moving event that should strengthen our faith in Jesus, especially during the adverse circumstances of our lives. We are looking at a remarkable woman indeed, unflinching in her resolve to be cured of her hemorrhages.



# *FACE TO FACE* WITH GOD

Several details of her difficult circumstances indicate her resolute and indomitable spirit, determined to be cured rather than give in to hopelessness and despair. She was “afflicted with hemorrhages for twelve years.” She had brought financial ruin upon herself as she “had spent her whole livelihood on doctors.” Adding to her repeated disappointments and despair was the fact that she “was unable to be cured by anyone.” To add humiliation to her mental anguish and physical discomfort, she was declared unclean in the eyes of the Law of Moses and had to avoid physical contact with others lest they be declared unclean as well.

Matthew’s account tells us that in these very adverse and oppressive circumstances, her entire life changed when she met Jesus and put all her faith in Him: “If only I can touch his cloak, I shall be cured” (Matthew 9: 21). Her resolute faith is truly remarkable when you consider that for twelve years her hopes of a healing were dashed repeatedly. In healing her, Jesus made sure to address every aspect of her prolonged disease that had ravaged her body, soul, and spirit. First and foremost, Jesus fulfilled her long-standing wish to be healed, a wish that was thwarted repeatedly over twelve years. As soon as she touched the tassel of Jesus’ cloak, she knew without any doubt that she had been healed: “[She] came up behind him and touched the tassel of his cloak. Immediately her bleeding stopped.” In healing her, Jesus made sure that she would no longer consider herself a religious pariah, being unclean herself and making others unclean through her touch. Precisely by touching Jesus she was healed of her hemorrhages. Instead of making Jesus unclean, she was made clean by Him!



# *FACE TO FACE* WITH GOD

This intimate contact between Jesus and the ones He saved suggests that He is Emmanuel, God among us, who is Son of God and Son of man. In His presence, this woman confessed the wonderful news of her healing even while she was afraid. Here and in other places, Jesus makes the point that the faith of the seeker heals him or her. In her recognition and acceptance of Jesus as Savior and Lord, the woman is healed of her affliction. She has come into a new life through her relationship with Jesus. Jesus, I accept you as my Savior 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. Triune God, be my all! Triune God, be my all! Triune God, be my all!*



Gratitude and compassion are important dimensions of the nightly review of the day. At the heart of gratitude is the realization that we are totally dependent on God for everything. When we sin, we deny our dependence on God. When we reject God as the Center of our lives, we either make ourselves or other idols the purpose of our existence. Such a sinful misplacement leads to a life of desolation and separation from God. Engaging in thanksgiving during our nightly review is important, but it is not enough. The prayer of gratitude needs to become our constant companion during the day. We need to practice the presence of God through His innumerable blessings and graces being offered to us all day. So, keep this in the back of your mind as you engage in thanksgiving during your review. With thanksgiving in your heart, you can go over your day, and see how God was Emmanuel. You can then do an examination of your conscience to see how you responded in your covenant union with God. In your morning face to face visit, you were impressed with the faith and commitment of the woman who was healed of her hemorrhages. She experienced Jesus as her Savior and Lord. As you review your discipleship, you might have reason for gratitude to God as well as repentance. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

Listen: 

# Examination of CONSCIENCE

## Prayer of Thanksgiving

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

## Examination of Conscience

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

## The Act of Contrition

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



# Encouragement for the Journey

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

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.





# My Notes

Date :

*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*



LEAD ME INTO  
THE DEEP, LORD

REVELATION 1: LAYING THE FOUNDATION  
WEEK 2, DAY 6

# THE CANAANITE WOMAN'S FAITH

---

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.*

*"Have pity on me, Lord, Son of David! My daughter is tormented by a demon." ... "It is not right to take the food of children and throw it to the dogs." She said, "Please, Lord, for even the dogs eat the scraps that fall from the table of their masters." Then Jesus said to her in reply, "O woman, great is your faith! Let it be done for you as you wish." And her daughter was healed from that hour."*

*- Matthew 15: 22; 27-28*

Jesus makes a visit to another Gentile territory, the region of Tyre and Sidon. There, a Canaanite woman imposes her burdened heart upon Jesus. She is a descendant of the ancient Canaanites, the bitter biblical enemies of Israel. Their paganism had often led Israel into idolatry. However, there were redeeming features about the region of Tyre and Sidon. The widow who supported Elijah during a time of famine came from this area (1Kings 17: 8-24). When Jesus reproached the unrepentant towns of Chorazin and Bethsaida, He spoke favorably of Tyre and Sidon: "For if the mighty deeds done in your midst had been done in Tyre and Sidon, they would long ago have repented in sackcloth and ashes" (Matthew 11: 21).



# *FACE TO FACE* WITH GOD

It is understandable that this woman was insistent and impetuous, as ancient Mediterranean judges were so corrupt that the only recourse the poor had was to be persistent in their refusal to take 'no' for an answer. Jesus makes the same point in His Parable of the Persistent Widow in Luke 18: 1-8.

In their encounter, we become aware of age-old hostilities and prejudices, as well as deep faith, humility, and salvation! Even though she is a Gentile woman, she has become familiar with the Jewish longing for the coming of the Messiah through David's lineage. She recognizes that Jesus is no mere magician who performs feats for fame or money. Jesus is the Messiah who has come to bring salvation from the tyranny of demons. She addresses Jesus as 'Lord, Son of David,' while pleading for her daughter's release from the clutches of a demon. Jesus ignores her and maintains a stony silence. Will the woman demonstrate her desperate faith by insisting with her plea? His disciples begin to get irked and ask Jesus to send her away. Yet Jesus does not send her away as requested. He has salvation in store for her. Jesus then seems to gauge whether His disciples understand that He is the Savior of the Gentiles as well. He does so by asserting the common belief among His people: "I was sent only to the lost sheep of the house of Israel." But the woman would not go away. Her faith and trust in Jesus become even more urgent and profound.



# *FACE TO FACE* WITH GOD

She does homage to Jesus and says, “Lord, help me.” Jesus tests her faith even more by heaping an age-old insult upon her to see what she would do: “It is not right to take the food of the children and throw it to the dogs.” Far from being deterred and allowing herself to be insulted, the woman knew instinctively that Jesus would answer her plea. She responded in a way that moved Jesus’ heart deeply: “Please, Lord, for even the dogs eat the scraps that fall from the table of their masters.” Jesus rewarded her great faith and granted her wish: “For saying this, you may go. The demon has gone out of your daughter.” When she went home, the woman saw that Jesus had answered her earnest plea for her daughter.

## **PRAYER TO THE HOLY TRINITY**

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

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



# Night PRAYER

Listen:



The nightly review of the day is a significant practice in a disciple's formation. The context for our nightly review is our covenant relationship with God. Through baptism we were buried into the death of Christ, and rose to new life, God's own life, through the resurrection of Jesus. We belong to God and the Blessed Trinity has become ours through Jesus. Every single day, God is overwhelming us with grace upon grace, suffusing our lives with His tender mercies and unconditional love. Every single day of our lives, then, is an opportunity to praise, adore, and thank God for His indescribable goodness and loving kindness. This morning in your Face to Face with Jesus, you witnessed with amazement the Canaanite woman's faith that Jesus would heal her daughter against great odds, cultural, racial, and spiritual. She received new life in Jesus. With thanksgiving in your heart, you can go over your day and see how God was Emmanuel, with you and in you. You can then do your particular and general examination of conscience to see how you responded to Jesus as His disciple. How would you critique your discipleship in the light of the woman's faith which brought her daughter healing from Jesus? As disciples of Jesus, we owe it to our Savior to honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

Listen: 

# Examination of CONSCIENCE

## Prayer of Thanksgiving

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

## Examination of Conscience

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

## The Act of Contrition

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



A close-up photograph of a human hand reaching out, palm facing up, against a background of soft, out-of-focus blue and white light spots (bokeh). The hand is positioned in the upper half of the page, with the fingers slightly spread. The lighting is soft, highlighting the texture of the skin.

# Encouragement for the Journey

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

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.



# My Notes

Date :

*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*



# LEAD ME INTO THE DEEP, LORD

REVELATION 1: LAYING THE FOUNDATION  
WEEK 2, DAY 7

THE EFFICACY OF THE  
PRAYER OF PETITION:

---

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.*

Prayer is relational, between God and the disciple, and is therefore a dialogue where the disciple is impacted by the Divine Presence. Prayer is really about God: engaging in adoration, thanksgiving, intercession, and praise of our God who is both our beneficent Creator and our crucified Savior. It can only be about us if our intentions and desires for ourselves promote the service and glory of God. Several of the biblical characters who encountered Jesus, engaged in the Prayer of Petition. They knew they could not help themselves. They also knew in the depths of their hearts that Jesus could and would help them if they came to him in humility and faith, acknowledging Him as their Source of life. When we trust Jesus, He will make straight what is crooked, heal what is broken, and make us “share in the divine nature” (2 Peter 1: 4). Jesus always evoked faith in the listener, either before or while he was working a miracle. Salvation was only possible if there were faith in the seeker. Jesus’ miracles attested to the fact that humans were desperate without God’s saving Presence, and full of joy and salvation when they came to believe in God’s Power and Mercy. Faith is engendered in the heart of seekers when they know that God is indeed their only true Source and they have learnt to put their total trust in their God and Savior for all their needs, indeed for their very life.



# *FACE TO FACE* WITH GOD

The saints have maintained that no meaningful relationship with God is possible without a serious renunciation of sin. It is a severe illusion to think that we can develop our union with God without repentance or a serious turning away from sin toward God. Failing to avoid situations involving certain persons or places associated with sin will in turn weaken our resolve to avoid sin and is one of the main reasons why many do not make much progress in the spiritual life. 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. When we have not learned true dependence on God, we find ourselves failing, getting frustrated and discouraged, and white knuckling it rather than relying on the 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.*

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



# Night PRAYER

In your morning Face to Face with God today, you pondered on the efficacy of the Prayer of Petition. Several of the biblical characters we encountered in our daily prayer this week, engaged in the Prayer of Petition. They were desperate and knew that Jesus would help them if they came to him in humility and faith, and acknowledge Him as their Source of life. The Prayer of Petition acknowledges our total dependence on God for everything. Gratitude is the other side of the coin, acknowledging how God continually upholds us in His love and compassion. In our nightly review of today, we can focus on the significance of the Prayer of Petition in our prayer and discipleship. In gratitude, we can go over the day and the years to see how very gracious God has been to us, how He has granted our deepest desires and yearnings, and brought us deeper into His love and compassion. And as part of our examination of conscience, we can review our dependence on God in the daily circumstances of our lives. Has our faith in Jesus increased because we trusted Him in the difficult circumstances of our lives? Or, did we move into discouragement and hopelessness because we chose to depend on ourselves and creatures, and remain in sin? As disciples of Jesus, we owe it to our Savior to honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?



Listen: 

# Examination of CONSCIENCE

## Prayer of Thanksgiving

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

## Examination of Conscience

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

## The Act of Contrition

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

A close-up photograph of a human hand reaching out, palm facing up, against a background of soft, out-of-focus blue and white light spots (bokeh). The hand is positioned in the upper half of the page, with the fingers slightly spread. The lighting is soft, highlighting the texture of the skin.

# Encouragement for the Journey

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

Step Two: Have you considered to add depth to your daily prayer routine?

- Consider adding the Acts of Faith, Hope, Charity, Daily Offering, to your Morning Prayer.
- Include an Examination of Conscience during your Nightly Prayer.
- Make an intentional effort to do your Morning and Night Prayer at the same time daily.
- Add your journaling to either your Morning or Night Prayer.



# My Notes

Date :

---

---

*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*