

RECAP WEEK, DAY 1

LIVING IN CONSOLATION





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.

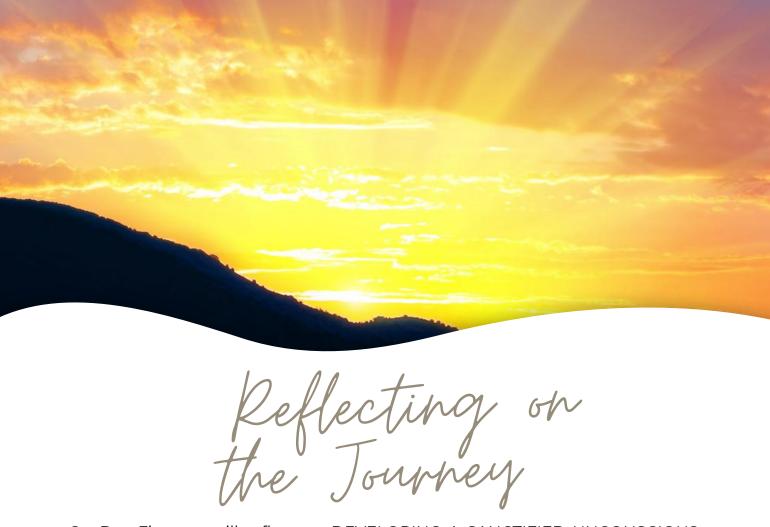


In the Recap Week, we will focus on who do we say Jesus is. All Seven Days are intended to strengthen our commitment to Jesus as our Savior and Lord. On Day One, we will reflect on making LIVING IN CONSOLATION an integral part of our daily lives. When consolation has become the normal state of one's soul, the union between God and the disciple is experienced in various ways. Tangibly, one would experience peace and joy, giving the disciple the assurance that they are acting under the influence of the Holy Spirit. As their faith and trust in God's Providence and love deepens, they learn to give and not to count the cost, to love and serve without recompense. Such spiritual consolation results in an unremitting commitment to God.

On Day Two, through Peter's Confession about Jesus, we will reflect on who Jesus has become for us. If Jesus is my Messiah and Lord, then my life has been changed, I am now experiencing new life abundantly, a sharing in God's own life offered to me through Jesus' death and resurrection. I know Jesus in a personal way, and He permeates all my waking moments.

On Day Three, we will ponder LIVING AS GOD'S SANCTUARY. Through Jesus, God has made His abode in us. We are the Triune God's sanctuary. To make us worthy tabernacles, Jesus offered us His own Body to eat and His own Blood to drink. Even after we have consumed Him under the species of bread and wine, Jesus remains alive in us. His Father, through Jesus, abides in us as well. And the Holy Spirit, given to us by the Father, becomes our Advocate.

On Day Four, we return to our response to who Jesus has become for us through **The Disciple's Witness to Jesus.** I am stating unequivocally that Jesus is the Center of my life. I live, move, and have my being in Him. I live for Jesus and His will is the only thing that matters to me. This life with Jesus has so engulfed me in peace and joy that I feel compelled to share it with everyone.



On Day Five, we will reflect on DEVELOPING A SANCTIFIED UNCONSCIOUS. Covenant union with God requires a radical replacement of our own sinful minds and hearts with the sinless mind and heart of Jesus. Such re-birth necessitates the repentance of our sins, receiving forgiveness from God and forgiving others. Simple ascetical practices help to moderate our sensual proclivities to give us the freedom to embrace God's will in our daily lives. And in immersing ourselves in the presence of God, we make obedience to God's will our paramount priority.

On Day Six, we return to who Jesus has become for us in Living in the Sacred Mysteries. Through my baptism, I have been buried with Jesus in His death and also raised with Him through faith in the power of God who raised Him from the dead (Colossians 2: 12). I have been freed from original sin, and have received divine adoption, enabling me to call God, Abba-Father. I am now a hyphenated identity: Jesus-Self. When I remain in Him and He in me, I bear much fruit.

On Day Seven, we will reflect on DEVELOPING A CONTEMPLATIVE LIFESTYLE. of When the presence of God becomes abiding in us throughout the day, and influences every waking thought, word, and action, as well as every sleeping moment, then truly, we are living a contemplative lifestyle. All our holy men and women have had a highly developed contemplative lifestyle because they were suffused with the Presence and Peace of the Risen Lord! We too are being invited by the Holy Spirit to become truly contemplative!



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.

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



They become serious gatekeepers of their senses, making sure to subordinate the use of their senses to what is for the greater praise and service of God. Ascetical practices like eating light meals on specified days, developing a moderate use of television and the Internet, giving up snacks for spiritual intentions, etc. become an integral part of their lifestyle.

Intangibly as well, they experience consolation as in moments of dryness and challenging circumstances, like being patient when criticized, forgiving someone again when rejected or gossiped against, refraining from gossiping when pressured to do so. The disciple can sense that God is with them, and they have the necessary grace to carry their cross. When prayer is dry and distracted and God seems to be absent from them, they can sense that their longing for God intensifies rather than diminishes, that their commitment to staying the course and not giving in to discouragement and neglect of their prayer practices remains steadfast. As their faith and trust in God's Providence and love for them deepens, they learn to believe without seeing. They learn to give to God their all without apparently receiving from Him, to give and not to count the cost, to love and serve without recompense. Such intangible consolation results in a strengthening of their habits of trust, patience, perseverance, and unremitting commitment to God. They learn to love God unconditionally, placing their lives at His disposal in the service of others. Living in consolation is living with Jesus throughout the day.

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!



Prayer of Thanksgiving

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

Examination of Conscience

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

The Act of Contrition

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





Assessing the Tourney

In your grace-filled journey into the heart of God, you have been assisted by the Holy Spirit who became your ardent Advocate, re-creating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit developed the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices became an integral part of your daily life. However, developing a disciple's lifestyle continues to take time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM prayerfully led you slowly but surely, on your pilgrimage into God's Heart. We offered you easy steps and gradually accelerated the process so you could experience your growth as a disciple, organically and naturally.

Were you able to successfully take these steps?

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

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What is God saying to you?	
For what are you gratful?	
For what are you contrite?	

TVly Notes	Date:



RECAP WEEK, DAY 2

PETER'S CONFESSION ABOUT JESUS





Act of Faith

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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.



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.

Peter's Confession about Jesus: "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

Over the past eleven weeks, we have examined at close quarters some central questions arising out of the question Jesus asked His disciples in Matthew 16: 15: "But who do you say I am?" Implied in the question was Jesus' own understanding of His identity and mission. So, for eight weeks, we scrutinized closely what Jesus revealed to us about who He is and what He set about to do as the Incarnate Son of God, on our behalf. And in light of His revelation about His identity as the Incarnate Son of God sent by the Father, over seven weeks we pondered the responses of many who encountered Jesus and accepted Him as their Savior and Lord. In their meeting with Him, they received new life, God's eternal life! In this sixteenth week, we will place ourselves in the shoes of Simon Peter and very honestly address Jesus' question to us: "..., who do you say I am?"



If with Peter my response is, "You are the Messiah, the Son of the living God," then I am stating unequivocally that my life has been changed, I am now experiencing new life abundantly, a sharing in God's own life offered to me through Jesus' death and resurrection. I am claiming to know Jesus in a personal way, and He permeates all my waking moments. I am aware of His unfailing love. I am strengthened when I pronounce His name with loving faith and trust. He calms my fears and helps me carry my daily cross with patience and resolute trust. As my surrender to Jesus has deepened, I have become aware that He is my first thought when I wake from sleep during the night. Gradually, Jesus has become all absorbing, penetrating my Unconscious and sanctifying it, so that the hurts and resentments of the past, coupled with shame and guilt about past sins and failed decisions, are being healed. I am beginning to see clearly that my past no longer is a ball and chain. Jesus was with me in every circumstance and moment of my life. While His divine Providence permitted sin and transgressions in me, He was always there as my Good Shepherd, patiently and convincingly moving me into the depths of His Trinitarian Heart. Jesus has become the Center of my life, and the Father who dwells in Jesus, dwells in me. And the Holy Spirit, the bond of love between the Father and Son, dwells in me, keeping guard over my covenant union with the Blessed Trinity, and re-creating me in the image and likeness of Jesus, my Lord and Savior! I have surrendered myself completely to Jesus in response to His total surrender and gift of Himself to me! Jesus, you are the Messiah, the Son of the Living God, Amen!

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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Prayer of Thanksgiving

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Examination of Conscience

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

The Act of Contrition

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





Assessing the Tourney

In your grace-filled journey into the heart of God, you have been assisted by the Holy Spirit who became your ardent Advocate, re-creating you in the image and likeness of Jesus, and bringing you into the depths of God's Trinitarian love and compassion. Gradually, the Holy Spirit developed the disciple's lifestyle in you. Prayer, the celebration of God's life in the Eucharist and Sacraments, Scripture and Spiritual Reading, and Ascetical Practices became an integral part of your daily life. However, developing a disciple's lifestyle continues to take time and patience. There will be setbacks and lapses as we struggle with sinful urges that make it difficult to stay on the straight and narrow pilgrim road into God's Heart. In this Program, GEM prayerfully led you slowly but surely, on your pilgrimage into God's Heart. We offered you easy steps and gradually accelerated the process so you could experience your growth as a disciple, organically and naturally.

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RECAP WEEK, DAY 3

LIVING AS GOD'S SANCTUARY





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

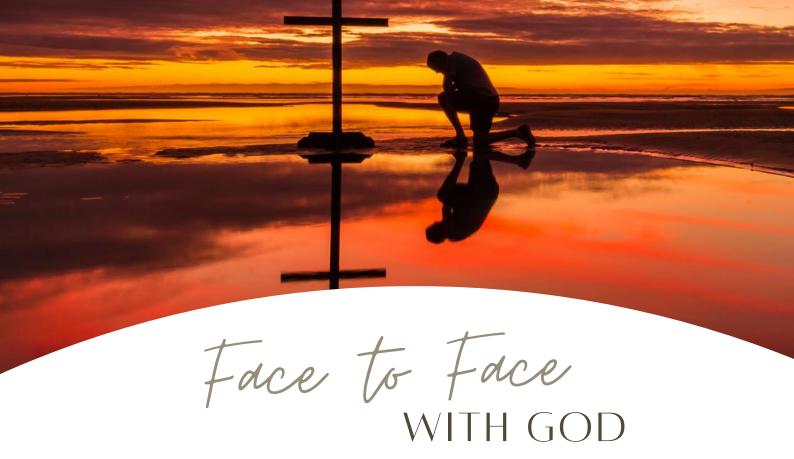
O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. 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.



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.

A central truth of our Christian lives is that Jesus is Emmanuel, God-with-us. Jesus assumed our human nature and became one of us. As our worthy representative, He chose to free us from our slavery to sin and Satan and make us sons and daughters of our God, His Father: "For our sake he made him to be sin who did not know sin, so that we might become the righteousness of God in him" (2Corinthians 5: 21). In Jesus, we now "share in the divine nature" (2Peter 1: 4). Through Jesus, God has made His abode in us: "Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me" (John 15: 4). We are the Triune God's sanctuary. To make us worthy tabernacles, housing the King of kings and Lord of lords, Jesus offered us His own Body to eat and His own Blood to drink. And Jesus tells us that "Whoever eats my flesh and drinks my blood remains in me and I in him" (John 6: 56). Jesus goes on to tell us further that "just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me" (John 6: 57). Even after we have consumed Him under the species of bread and wine, Jesus remains alive in us. His Father who abides in Jesus, abides in us as well. And the Holy Spirit, given to us by the Father at the request of Jesus, becomes our Advocate. Jesus has knocked on the door of our hearts. We have opened our hearts and He has entered. We have dined on Him, and consequently, we have the right to sit with Him on His throne as a victor over sin and Satan, just as He Himself first won the victory and sits with His Father on His throne (Revelation 3: 21).



It is the Holy Spirit who fashions us into the image and likeness of Jesus. The Holy Spirit makes Jesus constantly present to us and in us so that we will never be orphans. The Holy Spirit unites heaven and earth as God's community of martyrs, witnesses, and saints. In essence, we are earthly sanctuaries, housing our Triune God in our hearts and lives, and simultaneously participating in the praise and adoration of the Father in the heavenly sanctuary through His Son, the Lamb that was slain. Jesus, our High Priest, has entered the sanctuary not made by human hands, once and for all, and we, His congregation, have entered with Him permanently. The Holy Spirit is the bond of love between the Father and the Son. The Holy Spirit scrutinizes everything, even the depths of God and reveals to us all the things that have freely been given to us by God. In doing so, we have received the wisdom of the Holy Spirit (1Corinthians 2: 10-13). The Holy Spirit is always drawing us to share in the fullness of God's divine life and to be free of sin. Through the Holy Spirit, we cry 'Abba,' Father! Through the Holy Spirit we belong to God and no longer to ourselves. In living as God's sanctuary, we are about God and the salvation of souls, and not about ourselves. As God's tabernacle, we make every effort to cooperate with God's grace to live, move, and have our being in God.

PRAYER TO THE HOLY TRINITY

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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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

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For what are you gratful?
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RECAP WEEK, DAY 4

THE DISCIPLE'S WITNESS TO JESUS





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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"So then the Lord Jesus, after he spoke to them, was taken up into heaven and took his seat at the right hand of God. But they went forth and preached everywhere, while the Lord worked with them and confirmed the word through accompanying signs" - Mark 16: 19-20

Over the past eleven weeks, we have examined at close quarters some central questions arising out of the question Jesus asked His disciples in Matthew 16: 15: "But who do you say I am?" Implied in the question was Jesus' own understanding of His identity and mission. So, for eight weeks, we scrutinized closely what Jesus has revealed to us about who He is and what He set about to do as the Incarnate Son of God. And in light of His revelation about His identity as the Incarnate Son of God sent by the Father, over seven weeks, we looked at the response of many who encountered Jesus, accepted Him as their Savior and Lord, and received new life, God's eternal life! In this sixteenth week, we are placing ourselves in the shoes of Simon Peter and very honestly addressing Jesus' question to us: "..........., who do you say I am?"



If with Peter my response to Jesus is, "You are the Messiah, the Son of the living God," then I am stating unequivocally that Jesus is the Center of my life. I live, move, and have my being in Him. I live for Jesus and His will is the only thing that matters to me. This life with Jesus has so engulfed me in peace and joy that I feel compelled to share it with everyone. Like the disciples, after Jesus took His seat at the right hand of the Father, there is a burning desire in my heart to make everyone know and accept Jesus as their Savior and Lord! Now that I am sharing abundantly in Jesus' new life, I am very aware of the dominion of sin and darkness that envelops the hearts and souls of people around me. Even while the harvest is great, they pine for lasting peace and rest in Jesus, they are like sheep without a shepherd, easy prey to the wolves and evil forces in their midst. Yet, I remain undaunted and my spirit unbowed because the Lord goes with me. As God accompanied those whom He sent on daunting missions, like Moses, Joshua, and Isaiah in the Old Testament, in the same way, Jesus sends me forth to preach the good news, now that I am living it. And Jesus assures me that signs and wonders will be an essential part of my witness, as He is Emmanuel, God-with-us: "The Lord worked with them and confirmed the word through accompanying signs." Because Jesus has become the Center of my life, and is the firstborn of all creation, restoring it to its pristine beauty and goodness, I have dedicated my life to the spread and establishment of the kingdom of God in every human heart and soul. After all, Revelation 11: 15 tells me that "the kingdom of the world now belongs to our Lord and to his Anointed, and he will reign forever and ever." With great assurance, I can echo Isaiah's attitude and disposition: "Then I heard the voice of the Lord saying, "Whom shall I send? Who will go for us?" "Here I am," I said; "send me!" (Isaiah 6: 8).

PRAYER TO THE HOLY TRINITY

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Assessing the Tourney

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My Notes

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RECAP WEEK, DAY 5

DEVELOPING A SANCTIFIED UNCONSCIOUS





Act of Faith

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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.



PRAYER TO THE HOLY SPIRIT

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

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

Various practices have developed over the centuries to foster and deepen the continual awareness of God's presence in one's discipleship. Reciting a short prayer-aspiration and paying loving attention to the words of the prayer formula and the presence of God in one's heart has been the preferred mode of practicing the presence of God. The Jesus Prayer is the most well-known: 'Lord Jesus Christ, Son of the living God, have mercy on me, a sinner." Brother Lawrence of the Resurrection advocates a continual conversation with God, speaking and listening, as if God and the disciple were the only ones present in the whole world. St. Ignatius of Loyola, taking a page from St. Paul, advocates continual gratitude.



Through continual prayer, the mind and heart of Jesus are formed in the disciple. Without prayer, the disciple is like parched land thirsting for water. In continual prayer, the disciple comes face to face with the tender mercies and holiness of God. In such a presence, the supplicant has no alternative except to become transparent and authentic. In continual prayer, the Holy Spirit reveals the deeper meaning of the inspired teachings of Scripture. Blessed with such revelation, the disciple experiences a peace and integrity that is not of this world. As the transformation progresses, the disciple receives wisdom and special insight about God. One's past begins to get healed, and one is no longer living with regrets. Standing face to face with God's mystery, falsehood and hypocrisy get exposed. Proximity to the divine Presence can sometimes create a deep sense of sinfulness and unworthiness, akin to what Moses and Isaiah experienced. Prayer becomes a place where one gets to know oneself as God knows us. A disciple tries to be in constant touch with God during all their waking hours. Only then does being created in God's image and likeness become a living reality and not just wishful thinking. Discipleship becomes walking in the footsteps of the Master. The disciple's feet will never guite fill out the imprints of Jesus' steps, but in walking with the Master, a slow and profound transformation takes place. The disciple has developed a sanctified Unconscious and his/her life and actions have become holy.

PRAYER TO THE HOLY TRINITY

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

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



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

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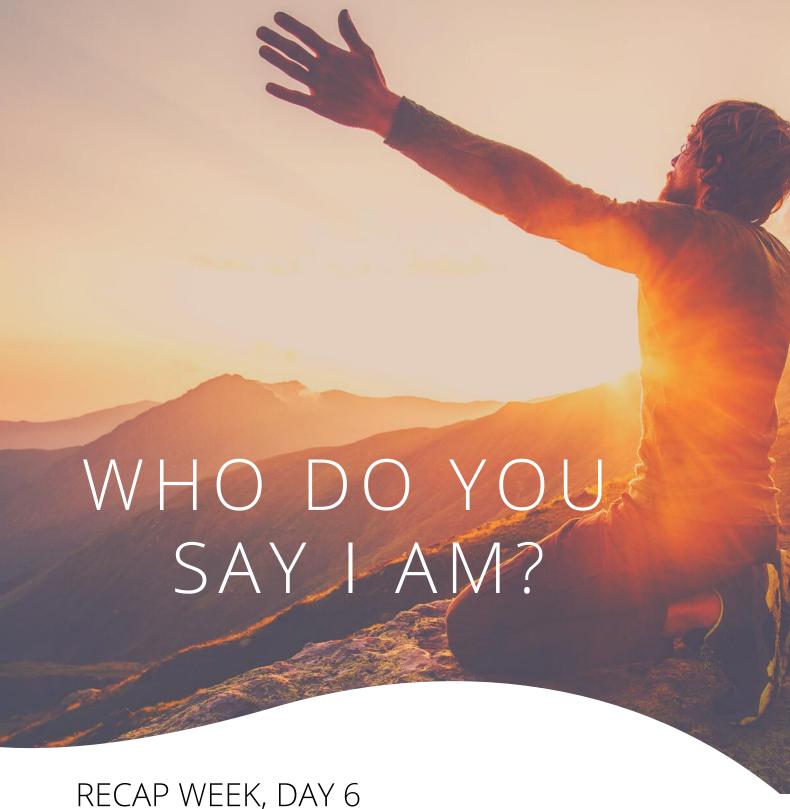
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LIVING IN THE SACRED MYSTERIES





Act of Faith

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"You were buried with him in baptism, in which you were also raised with him through faith in the power of God, who raised him from the dead" -Colossians 2: 12

Over the past eleven weeks, we have examined at close quarters some central questions arising out of the question Jesus asked His disciples in Matthew 16: 15: "But who do you say I am?" For eight weeks, we scrutinized closely what Jesus has revealed to us about His identity and what He set about to do as the Incarnate Son of God. Over the next seven weeks, we looked at the response of many who encountered Jesus, accepted Him as their Savior and Lord, and received new life, God's eternal life! In this sixteenth week, we are placing ourselves in the shoes of Simon Peter and very honestly addressing Jesus' question to us: "......, who do you say I am?"

If with Peter my response to Jesus is, "You are the Messiah, the Son of the living God," then I am stating unequivocally that through my baptism, I have been buried with Jesus in His death and also raised with Him through faith in the power of God who raised Him from the dead (Colossians 2: 12). I have been freed from original sin, and have received divine adoption, enabling me to call God, Abba-Father, in the same way Jesus does.



Through Jesus, I have been blessed with every spiritual blessing in the heavens, as God has chosen me to be holy and without blemish before Him (Ephesians 1: 3-10). I am now a hyphenated identity: Jesus-Self. When I remain in Him and He in me, I bear much fruit. Without Him I can do nothing (John 15: 5).

As a disciple my life is lived within Jesus, the Bridegroom-Lamb. The Sacred Mysteries of His death and resurrection are ever-present in Him, and through Him, in me. The power and joy of His victory are therefore operative in me. In the celebration of the Eucharist, Jesus re-presents, or in an un-bloody manner makes Himself present to us in His death and resurrection. When we receive Him in Holy Communion, we have "been called to the wedding feast of the Lamb" (Revelation 19: 9). We are the bride, "allowed to wear a bright, clean linen garment. (The linen represents the righteous deeds of the holy ones)" (Revelation 19: 8). The wedding day of the Lamb is the context of our lives. In every circumstance of our existence, we carry our daily crosses with patience and humility, nourished and strengthened by the peace and joy of the Risen Lord given to us by His Holy Spirit. We are a pilgrim people already celebrating continually the Lamb's victory over Satan, sin, and permanent death. We live with Christ and in Christ, in continual praise, adoration, and thanksgiving. Every breath we take, every word we speak, every activity we engage in, all is for the greater praise and glory of God. My whole being, every iota of it, proclaims loudly and unequivocally, Jesus, you are my Lord and Savior!

PRAYER TO THE HOLY TRINITY

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DEVELOPING A
CONTEMPLATIVE LIFESTYLE





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Developing a contemplative lifestyle springs from the nature of our creation as God's image and likeness. Even with the advent of sin into human existence, God did not destroy His creation, nor did He distance Himself from us by sending us to hell. Rather, God reiterated His glorious plan of salvation, and went about restoring it to its original grace and pristine beauty through His Son, Jesus. In becoming flesh Jesus became our worthy representative before God. In dying on the cross on our behalf, Jesus made atonement for our sins, and re-established us as God's sons and daughters! Through Jesus becoming our sin, we became God's righteousness. Through Jesus, and in the power of His Holy Spirit, we now have the grace to be re-created in the image and likeness of God. God has given us the capacity to share intimately in His divine life. Being contemplative is being aware of God's merciful love continually. God's ways are amazing indeed!

In Baptism, we were buried into the death of Christ, and rose with Him in His resurrection. We are now living in the Blessed Trinity's Embrace. Jesus abides in us, and we in Him. The Father who dwells in Jesus, now dwells in us. The Holy Spirit, given to us by the Father at the request of Jesus, is now the Keeper of our souls. We are naturally disposed toward experiencing God, both inside and outside us. The only hindrance to this ability to recognize God in His creatures and ourselves is our enslavement to sin. We experience this enslavement to sin through desolation. Sinful habits become alluring and pleasurable, and Jesus and His teachings become unattractive, and even repulsive. We are then immersed in sloth and are disinclined toward practicing virtue.



When we are truly living in God's will, being faithful to the teachings of Jesus in thought, word, and action, our state of soul is one of consolation. God gradually becomes the Center of our lives. We then begin developing a contemplative lifestyle. We experience the visible presence of God, in small ways and big. When we forgive daily and without reservation, we experience a peace that is of God. No human effort could produce such a result. When we receive the Sacrament of Reconciliation and feel washed clean of our sins, we experience a peace that is not of this world. When we receive Holy Communion and are overwhelmed with the presence and love of Jesus, and through Him, of the Blessed Trinity, we are given a foretaste of heaven. When in our face to face with God, we experience His presence and compassion through the Living Word, we have no words to describe the experience, because human discourse is woefully inadequate. When the presence of God becomes abiding in us throughout the day, and influences every waking thought, word, and action, as well as every sleeping moment, then truly, we are living a contemplative lifestyle. All our holy men and women have had a highly developed contemplative lifestyle because they were suffused with the Presence and Peace of the Risen Lord! We too are being invited by the Holy Spirit to become truly contemplative!

PRAYER TO THE HOLY TRINITY

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