



# WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?  
WEEK 1, DAY 1

## THE FIRST PRINCIPLE AND FOUNDATION

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MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



## Act of Faith

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

## Act of Hope

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

## Act of Charity

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

## Morning Offering

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



# Preparing for the Journey



Through His death and resurrection, Jesus established the Kingdom of God, permanently and irrevocably. Through Jesus, the reign of darkness and evil has been overthrown. We are now God's sons and daughters, and address Him as Abba, Father, just as Jesus does. In Revelation One, Week One, we will spend time in prayer and quiet reflection to understand who Jesus is by re-living the landmark events of His ministry through which He established the Kingdom of God!

Days One and Seven offer us useful helps to prayer. In the First Principle and Foundation on Day One, St. Ignatius offers us a roadmap for discipleship which hinges on making God alone the center of our life, choosing or accepting the choices that God wills or permits for us. He called such an attitude indifference, which is the willingness to choose God's will as it manifests itself in the daily circumstances of our lives. On Day Seven, we encourage you to become consistent in your daily prayer, and you will have 10 weeks to help you do so. It does take rigorous practice to become consistent in our prayer so that prayer becomes second nature. The purpose of prayer is to become naked before God and feel no shame. God will make straight what is crooked, heal what is broken, and make us "share in the divine nature" (2 Peter 1: 4), when we open ourselves to the outstretched arms of the Crucified One and receive forgiveness and transformation.

Days Two through Six offer us a reflection on significant truths of God's revelation to us. The Annunciation is a significant milestone in God's Plan of Salvation. The Father prepared the way for His Son to come into this world by making Mary "full of grace," She was chosen and prepared by the Father to be the Mother of the Son of God. All her doubts vanished when she learned that she would conceive by the power of the Holy Spirit, making her the Ark of the New Covenant.



# Preparing for the Journey

The Birth of Jesus is the fulfillment of God's promise to send His Son to establish the Kingdom of God among us! In becoming one of us by taking on our humanity, Jesus could be our worthy representative and sacrifice His life on our behalf for the forgiveness of our sins. In His death, we can die to our sins; in His resurrection, we are raised with Him to everlasting life!

The Baptism of Jesus highlights the amazing swap between Jesus and us that enabled the overthrow of sin and Satan and the establishment of the Kingdom of God. Jesus who was sinless became sin so that we might participate in His righteousness. Jesus' act of humility was the only way possible for the Father to make us His sons and daughters!

The Three Temptations of Jesus are seductions to rebel against God. Adam and Eve failed the test of obedience to God when they chose to listen to the serpent over their Creator in whose image and likeness they had been created. In His responses, Jesus is undoing the evil that has befallen us, through His death and resurrection

In beginning His ministry with a Proclamation of the Kingdom, Jesus is making a bold and categorical statement that He is the Savior of the world and His ministry from His Father is to destroy Satan and his works. Jesus will fulfill this claim during His three years of ministry climaxing in His passion, death, and resurrection. And we are being compelled to choose or reject Jesus.





# 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.*

St. Ignatius of Loyola offered a roadmap for discipleship called the First Principle and Foundation at the very beginning of the Spiritual Exercises. Perfect freedom hinges on making God alone the center of our life, choosing or accepting the choices that God wills or permits for us. St. Ignatius cites circumstances that can be quite challenging: sickness, poverty, dishonor, and a short life. While it is natural to be attached to their opposites, he wanted us to be open to accept whatever God permitted in our lives. He called such an attitude of always being open and ready to do whatever God asks or permits, indifference. We all seek good health, material security, honor and status among humans, and a long life. These are healthy desires, innate to our nature, and St. Ignatius was no exception. But he was willing to surrender even his most cherished desires in the service of God. He wanted to desire only what was more conducive for the end for which he was created. In the pursuit of this goal he was willing to embrace sickness, poverty, dishonor, and short life in his discipleship, if this was God's will for him. In fact, in his service to Jesus Christ and His Church, St. Ignatius suffered a good dose of humiliation, contempt, and dishonor. No matter what the circumstances were, he always made sure to choose God first, to do everything for God's greater glory, and to offer the Holy Trinity selfless and generous service!



# Face to Face WITH GOD

Such freedom requires the attitude of indifference which is the willingness to choose God's will as it manifests itself in the daily circumstances of our lives. Such freedom is the fruit of covenant living with God. The saints have demonstrated this truth through the example of their lives. They laid aside their own self-serving interests and offered selfless service to God and God's people. Jesus was their exemplar and inspiration. St. Ignatius was uncompromising in pursuing God as the only center of his life. This pursuit was permeated with fervent bidding prayer, as he depended totally on God's grace. St. Ignatius actively sought detachment and simplicity, and was willing to suffer misunderstanding and even contempt in the service of His Master and Lord. Love fueled this identification with his Crucified-Risen Lord. His endeavor was to trust God's work in him completely. Paradoxically, his intensity was balanced out with a remarkable serenity amidst adversity.

## PRAYER TO THE HOLY TRINITY

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

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



# Examination of CONSCIENCE

## Prayer of Thanksgiving

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

## Examination of Conscience

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

## The Act of Contrition

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







## *Encouragement for the Journey*

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

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

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# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*





# WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?  
WEEK 1, DAY 2

## THE ANNUNCIATION



MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



## **Act of Faith**

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# Face to Face WITH GOD



## PRAYER TO THE HOLY SPIRIT

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*"Hail, favored one! The Lord is with you." ... you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, ... he will rule over the house of Jacob forever, and of his kingdom there will be no end... The holy Spirit will come upon you, and the power of the Most High will overshadow you. The child to be born will be called holy, the Son of God." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." - Luke 1: 28; 31-33; 35; 38*

The Incarnation of Jesus is unabashedly a Trinitarian act of love on God's part. The Father sent His Son Jesus into the world so that everyone who believes in Him might not perish but have eternal life as Jesus tells us in John 3: 16. The Father prepared the way for His Son to come into this world by making Mary "full of grace," as we know from the Angel's greeting. Luke uses the Greek word kecharitomene, which translated accurately, would be 'Hail, the one having been filled with grace.' Mary was the Immaculate One from her conception, without sin, and has been chosen and prepared by the Father to be the mother of the Son of God.

The Angel Gabriel tells us much about Jesus, the Second Person of the Blessed Trinity. The child to be born is the Son of the Most High. As Messiah, Jesus will come from the tribe of David, and in Him the messianic prophecies of the Old Testament will be fulfilled.



# Face to Face WITH GOD

This Jesus will create a new Israel, which will not be an earthly kingdom, and as Emmanuel will reign in human hearts forever. The world had been longing for such amazingly good news.

At the same time, the Angel's message is rife with seeming contradictions for Mary. How can the divine Son of God become human flesh? How may a betrothed woman, having the obligations of a wife to her husband, conceive out of wedlock? Can a betrothed virgin give birth to a child? These seeming contradictions will be resolved by the Angel's assurance to Mary that "the holy Spirit will come upon you, and the power of the Most High will overshadow you." Mary's child is authenticated as the Son of God (Luke 1: 35), the Son of the Most-High (Luke 1: 32), because Jesus will be conceived by the Holy Spirit. The fullness of deity will dwell bodily in Jesus (Colossians 2:9). Mary was full of grace and preserved from sin to conceive Jesus as a virgin.

In Luke 1: 36-37, we are told that Elizabeth conceived a son in her old age when all thought she was barren. She was now in her sixth month. The message is clear. To fulfill God's plan of salvation, the impossible will be made possible through the power and love of the Holy Spirit. Understandably, Mary's response to the Holy Spirit's action was, "Behold, I am the handmaid of the Lord. May it be done to me according to your word" (Luke 1: 38). Through His gentle power and wisdom, the Holy Spirit will re-create us in the image and likeness of Jesus to the glory of God the Father! Trust is the bedrock of our covenant relationship with God so that our offering of self can be total and selfless. May our discipleship be like Mary's.

## PRAYER TO THE HOLY TRINITY

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

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# NIGHT *Prayer*

*listen*



We do the nightly review of the day to assess our companionship with the Lord and take stock of our discipleship. This evening we will introduce a significant dimension of our sinful nature that we will need to examine. St. Ignatius of Loyola introduced the Particular Examination of Conscience in the Spiritual Exercises. From his experience, he came to see that we all have a significant weakness or core wound which acts as a major stumbling block to our progress in the spiritual life. This core wound could be generational, a core sin in our gene pool that jeopardizes our discipleship, sabotages what is good in us, and prevents a seriously committed relationship with the Lord. Or it could be the result of bad habits that have become deeply rooted in us, leading us to succumb to temptation and sin. You can take some time during your review today to consider what your Particular Examination of Conscience would be. What are the patterns of sin that keep recurring, and how do they begin and end? What would you need to do to overcome them? After you have spent time recalling with gratitude and praise God's many blessings bestowed upon you this day, you can then do the Particular Examination of Conscience along with your General Examination. As disciples of Jesus, we are to honestly acknowledge our sins and make an act of repentance. After you have examined your conscience and are ready to ask forgiveness, you can make the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?





# Examination of CONSCIENCE

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*For what are you grateful?*

*For what are you contrite?*





# WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?  
WEEK 1, DAY 3

## THE BIRTH OF JESUS



MICHAEL FONSECA, D. MIN



# MORNING *Prayer*



## **Act of Faith**

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# Face to Face WITH GOD



## PRAYER TO THE HOLY SPIRIT

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*“Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, “Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the holy Spirit that this child has been conceived in her” (Matthew 1: 20). ... “While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn (Luke 2: 6-7).”*

*Mary's attitude to her conception of Jesus at the hands of the Holy Spirit was prompt and wholehearted. She described herself as the handmaid of the Lord allowing God to do with her whatever He willed. She was truly acting as one 'full of grace,' befitting the mother of the Son of God! In preserving Mary from every stain of sin at her conception, the Father had offered Mary the full benefits of the Incarnate Jesus' sublime act of atonement and redemption on our behalf. Being full of grace, Mary shared unreservedly in the Blessed Trinity's love and holiness.*

*Joseph, her fiancé, however, was shocked at the pregnancy of his betrothed. We have no details about how Joseph found out that his betrothed was with child. What he did know was that it was not his child. And we do know that Joseph was not prepared to accept Mary's word that she had conceived as a virgin at the hands of the Holy Spirit!*



# Face to Face WITH GOD

Being a righteous man, he was steeped in the Mosaic Law. According to him, Mary had broken God's law and committed the sin of adultery. However, as a righteous man, he was not prepared to entertain meanness and revenge in his heart toward Mary. He was unwilling to bring her before a religious court of law where the sentence would have been death by stoning (Deuteronomy 22: 20-21). He made the decision, therefore, to divorce Mary quietly as he was unwilling to shame her in public (Matthew 1: 19).

As with Mary, God made the seemingly irreconcilable truth of her conception at the hands of the Holy Spirit possible for Joseph to understand and accept: "Joseph, son of David, ... it is through the holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins" (Matthew 1: 20-21). Joseph realized then that it was in God's righteousness or the proper order of things that he take Mary to be his lawful wife. Like Mary, Joseph was totally obedient to God's will as it was revealed to him by the angel. He did as the angel commanded him and took Mary into his home as his wife. Joseph and Mary arrived in Bethlehem. Mary gave birth to Jesus, God's Son and her son: "And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son, full of grace and truth" (John 1: 14). Jesus became flesh in order to die for us on the cross as the Lamb of God, and through His resurrection to make us God's sons and daughters!

## 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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# My Notes

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*

*My Notes*

*Date :*

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# WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?  
WEEK 1, DAY 4

## THE BAPTISM OF JESUS

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MICHAEL FONSECA, D. MIN



# MORNING *Prayer*



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# Face to Face WITH GOD



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*“John tried to prevent him, saying, “I need to be baptized by you, and yet you are coming to me?” Jesus said to him in reply, “Allow it now, for thus it is fitting for us to fulfill all righteousness.” Then he allowed him. After Jesus was baptized, he came up from the water and behold, the heavens were opened [for him], and he saw the Spirit of God descending like a dove [and] coming upon him. And a voice came from the heavens, saying, “This is my beloved Son, with whom I am well pleased.” - Matthew 3: 14-17*

The Baptism of Jesus highlights the amazing swap between Jesus and us that enabled the overthrow of sin and the establishment of the Kingdom of God. Jesus who was sinless became sin so that we might participate in His righteousness: “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).

Jesus approaches John for the baptism of repentance. In doing so, He identifies Himself as a sinner as the baptism of repentance was meant for sinners. John is acutely aware of his predicament before the Sinless One. He tries to refuse Jesus' request by reminding Him that it is he who needs repentance. John was much revered by the people as a great prophet and holy man. The Jewish leadership was even willing to consider him as the Messiah sent from God. Yet, in the presence of Jesus, John sees himself as unfit to loosen his sandal straps (Luke 3: 16).



# Face to Face WITH GOD

Only non-Jewish slaves were assigned the task of loosening the sandal straps of dinner guests before washing their feet. John sees himself as even lower than a non-Jewish slave in Jesus' presence. And yet, Jesus humbles himself even lower than John and sinners by asking to receive the baptism of repentance. The Sinless One publicly identifies himself as a sinner in our stead, as the baptism of repentance was received only by sinners. Jesus, being our kinsperson-redeemer, takes upon Himself our burden of sin, and offers repentance and redemption through His own passion and death.

His baptism is a sign pointing to His eventual sacrifice on the cross, and a true emptying of Himself in His identification with us as sinners. Through His death and resurrection, Jesus offered us a participation in the divine life. Hence, as Paul says in Colossians 2: 12, "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." The Holy Spirit descended upon Jesus equipping Him to bring about our redemption through His ministry leading to His death on the cross and resurrection. The Father's reaction to His Son's act of atonement is one of joy: "This is my beloved Son, with whom I am well pleased." His Son's act of humility is the only way possible for the Father to make us His adopted sons and daughters!

## 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 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 lifestyle? 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? As disciples of Jesus, we owe it to our Savior to humbly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?





# Examination of CONSCIENCE

## Prayer of Thanksgiving

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

## Examination of Conscience

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

## The Act of Contrition

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





## *Encouragement for the Journey*

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

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# My Notes

Date :

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*







# WHO DO YOU SAY I AM

REVELATION 1: WHO IS JESUS?  
WEEK 1, DAY 5

## THE TEMPTATION OF JESUS

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MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



## **Act of Faith**

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

## **Act of Hope**

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

## **Act of Charity**

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

## **Morning Offering**

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



# Face to Face WITH GOD



## PRAYER TO THE HOLY SPIRIT

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

*"Filled with the holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry... When the devil had finished every temptation, he departed from him for a time." - Luke 4: 1-2; 13*

The Temptation of Jesus followed upon His baptism in the Jordan River. Jesus approached John for His baptism meant for sinners. Jesus who was sinless became sin so that we might participate in His righteousness (2Corinthians 5: 21). Upon coming out of the river, the Holy Spirit descended upon Jesus. The Father's reaction to His Son's act of atonement is one of joy: "This is my beloved Son, with whom I am well pleased." Jesus' baptism is a sign pointing to His eventual sacrifice on the cross, and a true emptying of Himself in His identification with us as sinners. Thus, in every event of His life, Jesus sets about fulfilling God's first messianic prophecy in Genesis 3: 15: "I will put enmity between you and the woman, and between your offspring and hers; they will strike at your head, while you strike at their heel." Mary, Jesus' mother, will be the new Eve, and her progeny, Jesus Himself, will crush Satan's head.



# Face to Face WITH GOD

The Temptation of Jesus in the desert is illustrative of this never-ending battle between Jesus representing us (humankind) and Satan. Repeatedly during His ministry, Jesus will overcome Satan who will keep striking at His heel and ours. In His battle against Satan in the desert, Jesus is offering us several valuable lessons in discipleship. Satan is a formidable foe whom one cannot take lightly. We are to be on our guard always. Jesus is filled with the Holy Spirit at His baptism and is led by Him into the desert for 40 days to be tempted by the devil. The number 40 connotes a time of testing and preparation. Through fasting and prayer and in the power of the Holy Spirit, Jesus prepared Himself for His ministry.

The three temptations urge Jesus to “command this stone to become bread” (Luke 4: 3) if He is the Son of God, to worship Satan (Luke 4: 5-7), and to throw Himself down from the temple parapet in the assurance that the angels will guard Him (Luke 4: 9-12). All three temptations are seductions to rebel against God, subtly in the first and third, and openly in the second. In the second temptation, Satan, the Personification of evil and a creature, is asking to be worshiped by the Creator, the Incarnate Son of God. As Son of God, obedience to His Father is Jesus’ truest expression of sonship and covenant union. Adam and Eve failed the test of obedience to God as His children when they chose to listen to the serpent and his rebellious worldview over their Creator in whose image and likeness they had been created. In His responses to Satan’s temptations, Jesus is undoing the evil that has befallen us, and through His death and resurrection overcoming Satan, sin, and permanent death resoundingly and permanently! Jesus is doing this on our behalf, in our stead!

## 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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# Examination of CONSCIENCE

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## The Act of Contrition

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# *My Notes*

*Date :*

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*







# WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?  
WEEK 1, DAY 6

## THE PROCLAMATION OF THE KINGDOM

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MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



## **Act of Faith**

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

## **Act of Hope**

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

## **Act of Charity**

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

## **Morning Offering**

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# Face to Face WITH GOD



## PRAYER TO THE HOLY SPIRIT

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

***"This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." - Mark 1: 15***

Jesus began His Galilean ministry by telling us about Himself and His mission in His proclamation of the good news of salvation. As post-resurrection disciples of Jesus, we are in a privileged position to appreciate the revelations of His identity and mission as our Savior and Lord in and through His resurrection! In beginning His ministry with a proclamation, Jesus is making a bold and categorical statement that He is the Savior of the world and His ministry from His Father is to destroy Satan and his works. Jesus is placing His neck on the line, so to speak. A proclamation is a bold claim, engendering a crisis, compelling the listener to make a choice, for or against the messenger and message, choosing salvation or receiving condemnation. Jesus will fulfill this claim during His three years of ministry climaxing in His passion, death, and resurrection. And we, His listeners, are being compelled to choose or reject Jesus.



# Face to Face WITH GOD

Jesus is proclaiming the good news that the long wait for sinful and lost humanity has ended. Satan's domination over human hearts is over. A bright light, the Light of the world, is shining in our darkness: "The people who walked in darkness have seen a great light; upon those who lived in a land of gloom, a light has shone" (Isaiah 9: 1). That Light is Jesus! The kingdom of God or sharing intimately in the Blessed Trinity's eternal life is here, in and through Jesus who is our Way, Truth, and Life.

Jesus tells us that we can only enter the kingdom of God through repentance and faith. Repentance, or metanoia in Greek, is a 180-degree turnaround that begins the journey into God's heart. We were turned away from God and lost. Through repentance we turn toward God and receive His forgiveness. Repentance leads to faith or belief that through Jesus, our Lord and Savior, we are invited to share in God's divine Life and Love, as His sons and daughters. The gospel is Good News that we have a Savior in Jesus Christ who is the Son of God. Through Jesus we will be brought into God's Trinitarian Life.

## **PRAYER TO THE HOLY TRINITY**

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# NIGHT *Prayer*

*listen*



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, with you and in you. You can then do an examination of your conscience to see how you responded in your covenant union with God. 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?



# Examination of CONSCIENCE

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# My Notes

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*What is God saying to you?*

*For what are you grateful?*

*For what are you contrite?*







# WHO DO YOU SAY I AM?

REVELATION 1: WHO IS JESUS?  
WEEK 1, DAY 7

MAKE BEING CONSISTENT  
IN DAILY PRAYER YOUR  
PRIORITY

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MICHAEL FONSECA, D. MIN

# MORNING *Prayer*



## **Act of Faith**

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

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# Face to Face WITH GOD



## PRAYER TO THE HOLY SPIRIT

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Sin lurks in the soul and can both hinder and even destroy our relationship with God. Hence, we need to practice self-denial in the pursuit of an intimate relationship with God. There is in us a tendency to sabotage this necessary dependence on God. Consequently, we will be tempted to become erratic in our relationship with God and even stay away from Him. So, we need discipline and commitment to practice being faithful to our prayer practices. There will be times when we will postpone our practices because we are in desolation. It does take rigorous practice to become consistent in our prayer to the point where prayer becomes second nature and we take to it as to food and sleep.

The purpose of prayer is to become naked before God and feel no shame. God will make straight what is crooked, heal what is broken, and make us "share in the divine nature" (2 Peter 1: 4), when we open ourselves to the outstretched arms of the Crucified One and receive forgiveness and transformation. Prayer becomes an essential part of the disciple's lifestyle.





# Face to Face WITH GOD

The disciple lives and breathes God. Their formal times for prayer are very important. So are their informal conversations with God. Both in prayer and daily life, their knowledge and understanding of God that they have received from study and prayer, is now being supplemented by knowledge and wisdom being given to them directly by the Holy Spirit. Prayer becomes more and more a waiting on God, receptive to whatever God desires.

At times, it is very taxing to wait on God who seems to be so elusive and in the dark. Hopefully as prayer advances, the disciple will know that the Presence silhouettes the darkness. The disciple learns that prayer is about God rather than about self. Oftentimes, prayer seems to be without results, as it can be dry and distracting. However, as the disciple learns, the results of prayer come to them at odd and unexpected times, through insights, consolations, affirmations and deeper convictions. A deep relationship with God relies strongly on daily prayer becoming a priority.

## 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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