



LEAD ME INTO THE DEEP, LORD

REVELATION 2: ARE YOU READY TO
RECEIVE NEW LIFE IN JESUS?
WEEK 2, DAY 1

DEVELOPING REVERENCE
AND TRUST IN PRAYER

MICHAEL FONSECA, D. MIN

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

Morning PRAYER

Listen:



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



PREPARING FOR THE JOURNEY

Listen:



A wholehearted surrender to God occurs when we respond to the insistent call of love echoing in our hearts. The law of love imprinted in our identity as God's image and likeness can be expressed in this way: 'When I know that I am loved unconditionally by God, my heart will impel me to reciprocate in kind, namely, to love and serve God and His people by laying down my life.' In Revelation Two, Week One, we listened to this clarion call being sounded in our hearts by individuals who were in dire straits and came to Jesus for a lasting solution. In Him, they experienced salvation and hope. They felt deeply loved and forgiven by Jesus and wanted to reciprocate through a generous commitment to Him as their Lord and Savior.

Likewise, in Week Two, you will be offered the opportunity to deepen your experience of God's love for you. You will encounter individuals who sought Jesus and were eager to experience salvation at His hands and become His disciples. Nicodemus was a distinguished member of the Sanhedrin, the highest religious Court and Council in the land. He was impressed by this Rabbi who was different in the way He preached and worked miracles. He had to have come from God. His curiosity aroused, he made it a point to visit Jesus in the dark of night as he was still afraid of proclaiming himself as a disciple of Jesus whom the Sanhedrin were viewing as a threat. Together, they had a significant conversation that started Nicodemus on the road to ardent discipleship.



PREPARING FOR THE JOURNEY

He proclaimed his discipleship in the open on Mount Calvary by defying the ban which denied Jesus proper burial rites and a tomb because He was crucified as a criminal. Nicodemus was determined to accord a proper burial to Jesus who had become his Savior and Lord! He brought 100 pounds of a mixture of myrrh and aloes, and his colleague, Joseph of Arimathea, provided a tomb. Jesus had become their treasure for which they were willing to give up everything!

In Galilee, Jesus cast out demons from some prominent women, the most noteworthy being Mary Magdalene who became a central disciple of Jesus in the early Church. And Joanna was the wife of Herod's steward Chuza. Herod Antipas, Tetrarch of Galilee and Peraea, was on the lookout for revolutionary leaders who could overthrow him. Thus, he got rid of John the Baptist and spied on Jesus during His Galilean ministry. For this reason, on several occasions Jesus said that He wanted things kept quiet. It is remarkable that Joanna and her husband were willing to accept the consequences of her public following of Jesus. In Jericho, Zacchaeus was a chief tax collector who was despised as an extortioner of his own people and serving the despicable Romans. Zacchaeus sought new life in Jesus and was prepared to sell everything for the pearl of great price in Jesus.

All these individuals came with a question mark. They encountered Jesus and accepted His invitation to receive new life as His ardent disciples. In every prayer session, you will be offered the same invitation: Will you receive God's unconditional love in Jesus and make Him the center of your life?



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.

When you pray, you are addressing God who is totally committed to your relationship with Him. God is listening to you as your Father. Jesus listens to you as your Savior and Lord who died for you. The Holy Spirit listens to you as your Advocate who is constantly re-creating you in the image and likeness of Jesus. Consequently, it makes sense to pray with your heart, to address God reverently and lovingly, to mean what you say, and to trust that all is well with you because you are in God's loving hands.

In our relationship with God, trust is of the utmost importance. We cannot see God as we see humans, yet our faith tells us that God is more real to us than humans and the universe around us. God is always with us as Emmanuel – God-with-us – in all our joys and sorrows. We receive the graces of faith and trust when we actively put our trust in God throughout the day.



FACE TO FACE WITH GOD

When you are distracted and your mind just cannot stay focused on God, it will help if you adopt a posture in which your body is still and motionless. A quiet body is a reverent body which will help quiet the mind. Some people are helped when they read their prayers out of a prayer book, or from the Bible. For many years, St. Teresa of Avila prayed out of a book because she was very distracted otherwise. Praying out of a book seemed to help her stay focused on God. Lord Jesus, I desire to receive new Life in you!

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:



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

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

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

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 2: ARE YOU READY TO
RECEIVE NEW LIFE IN JESUS?
WEEK 2, DAY 2

JESUS, TEMPLE OF THE
NEW COVENANT

MICHAEL FONSECA, D. MIN

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

Morning PRAYER

Listen:



Act of Faith

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

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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

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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.

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

- John 2: 18-22

The opposition to Jesus and His mission continues unabated as He corrects gross distortions of God's designs for His people, and points to Himself as fulfilling the Law and the Prophets. After cleansing the Temple in Jerusalem, Jesus had a heated argument with the Jewish leadership regarding the meaning and prophetic significance of the Temple. In the Mosaic Covenant, the Temple was God's dwelling place among His people. Hence, all the religious feasts had to be celebrated in Jerusalem. The Holy Family made an annual pilgrimage to Jerusalem to celebrate the religious festivals. Animal and grain sacrifices could only be offered at the Temple. God was dwelling among His people through the Ark of the Covenant stationed in the inner sanctuary, the Holy of Holies of the Temple. The cleansing of the temple suggests that God's dwelling place had been desecrated. It had been made into a place of commerce where mammon reigned.



FACE TO FACE WITH GOD

God was no longer given priority in His very own dwelling place. Hence, Jesus saw it fitting to cleanse the Temple and highlight the real purpose of its existence.

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

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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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 daily we bathe ourselves in this fountain of everlasting life! In our morning Face to Face with Jesus, we saw Jesus proclaiming Himself as the new temple that would be the result of His death and resurrection. In Numbers 21:9, Moses lifted up the serpent in the desert. Anyone who beheld it was healed and saved from death. This incident was a foreshadowing of Jesus' death on the cross. God offers everyone the gift of His Life through Jesus. Anyone who believes in Jesus receives new life in Him. 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 who is our Temple. 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?

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My Notes

Date :

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For what are you grateful?

For what are you contrite?



LEAD ME INTO
THE DEEP, LORD

REVELATION 2: ARE YOU READY TO
RECEIVE NEW LIFE IN JESUS?
WEEK 2, DAY 3

GOD SO LOVED THE WORLD

MICHAEL FONSECA, D. MIN

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

Morning PRAYER

Listen:



Act of Faith

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

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FACE TO FACE WITH GOD

Listen: 

PRAYER TO THE HOLY SPIRIT

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

- John 3: 14-16

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



FACE TO FACE WITH GOD

In our passage chosen from their conversation, Jesus first offers the full significance of the bronze serpent event in Numbers 21: 9 which acted as a foreshadowing of His death on the cross: “Accordingly Moses made a bronze serpent and mounted it on a pole, and whenever the serpent bit someone, the person looked at the bronze serpent and recovered.” Everyone who believes in the Son of Man being raised from the dead will receive eternal life! Furthermore, Jesus reveals His Sonship in the Father and the Father’s mission for Him to save the world. The Father demonstrates His total love by giving us His very own Son. Can there be any greater selfless offering than this act of God surrendering His Son Jesus as an infinite gift to us sinners? And the Father gave us His Son so that we might not perish or be separated permanently from Him, but rather participate in God’s very own eternal life as His sons and daughters.

God’s passionate desire was to redeem us by His Son becoming our slave (Philippians 2: 5-11), taking upon Himself our burden of sin, and thus saving us from condemnation, and granting us the freedom of the children of God. He did this through His sacrifice on the cross! When the disciple has gotten in touch with the God of Jesus Christ, he/she is filled with love and an intense desire to reciprocate. This was the case with Nicodemus who demonstrated such devotion and boldness at the crucifixion of Jesus.



FACE TO FACE WITH GOD

He defied the ban forbidding a proper burial and tomb for a crucified criminal. In doing so, he brought 100 pounds of ointment to prepare Jesus' body for burial. By this gesture of defiance against the Sanhedrin and acceptance of Jesus as his Savior and Lord, Nicodemus finally understood what Jesus meant that one had to be born from above to enter the kingdom of God. Nicodemus saw and entered the kingdom of God through Jesus, his Way, Truth, and Life, and was never the same again! Lord Jesus, I desire to receive new Life in you!

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:



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 on God's immense love for us when He made the decision to send us His Son to be our Savior and ensure our participation in His Divine Life!

In covenant union with God we experience God's total gift of Himself to us, and our surrender to Him becomes our heart's desire. Through Jesus, we are made God's sons and daughters, addressing God as Father in the same way as Jesus does.

In our thanksgiving to God, along with our 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. Did you make every effort to assert the unassailable truth that Jesus is Savior and Lord? 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?

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LEAD ME INTO
THE DEEP, LORD

REVELATION 2: ARE YOU READY TO
RECEIVE NEW LIFE IN JESUS?
WEEK 2, DAY 4

THE GALILEAN WOMEN
FOLLOW 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

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"Afterward he journeyed from one town and village to another, preaching and proclaiming the good news of the kingdom of God. Accompanying him were the Twelve and some women who had been cured of evil spirits and infirmities, Mary, called Magdalene, from whom seven demons had gone out, Joanna, the wife of Herod's steward Chuza, Susanna, and many others who provided for them out of their resources." - Prayer on Luke 8: 1-3

We receive much information and food for thought from this passage in Luke's gospel. Luke tells us that "Afterward he journeyed from one town and village to another, preaching and proclaiming the good news of the kingdom of God." Jesus is consumed by His Father's mission for Him. His love propels Him on an urgent journey, from one town and village to another. Wherever Jesus goes, He proclaims the good news that He is their Savior and Lord. And anyone who repents of sin and accepts Him as their Savior and Lord will experience new life in Jesus. They will have entered the kingdom of God.

We could include Capernaum and Magdala among these towns and villages. Due to its location on the Sea of Galilee and being an intersection for major roads, fishing, agriculture, and trade made Capernaum an important commercial center.



FACE TO FACE WITH GOD

While no mention is made of Jesus ministering in Tiberias, we can assume that its inhabitants came to Jesus from their neighboring habitations. We are told that Jesus was accompanied by the Twelve Apostles and some women, three of whom are mentioned, Mary, called Magdalene, Joanna, wife of Herod's steward, and Susanna. These women were cured of evil spirits and infirmities. They were religious outcasts because their demonic possessions and infirmities were attributed to their sins and/or those of their families. They were, therefore, the lost sheep of Israel who could not be saved. In curing them of evil spirits and infirmities, Jesus was affirming the fact that He was their Savior, and He came for the lost and forsaken, for sinners and tax collectors.

Mary, called Magdalene was from Magdala or Migdal, about 4 miles north of Tiberias. The Greeks called the village Taricheia, a word meaning "pickling," because of Magdala's fish-salting industry which was one of the mainstays of its economy. Magdala was also known for its boat-building industry. Joanna's husband, Chuza, managed the household of Herod Antipas, the ruler of Galilee. Joanna probably lived in Tiberias with her husband, as Herod had his palace there. It is remarkable that Joanna and her husband were willing to accept the consequences of her public following of Jesus. We do not know much about Susanna, except that she was a woman of means like the others.

Their healing produced immense gratitude and love in them. They supported Jesus' ministry and accompanied him to His death on Calvary. Luke mentions their presence at Jesus' death and burial: "When all the people who had gathered for this spectacle saw what had happened, they returned home beating their breasts; but all his acquaintances stood at a distance, including the women who had followed him from Galilee and saw these events" (Luke 22: 48-49).



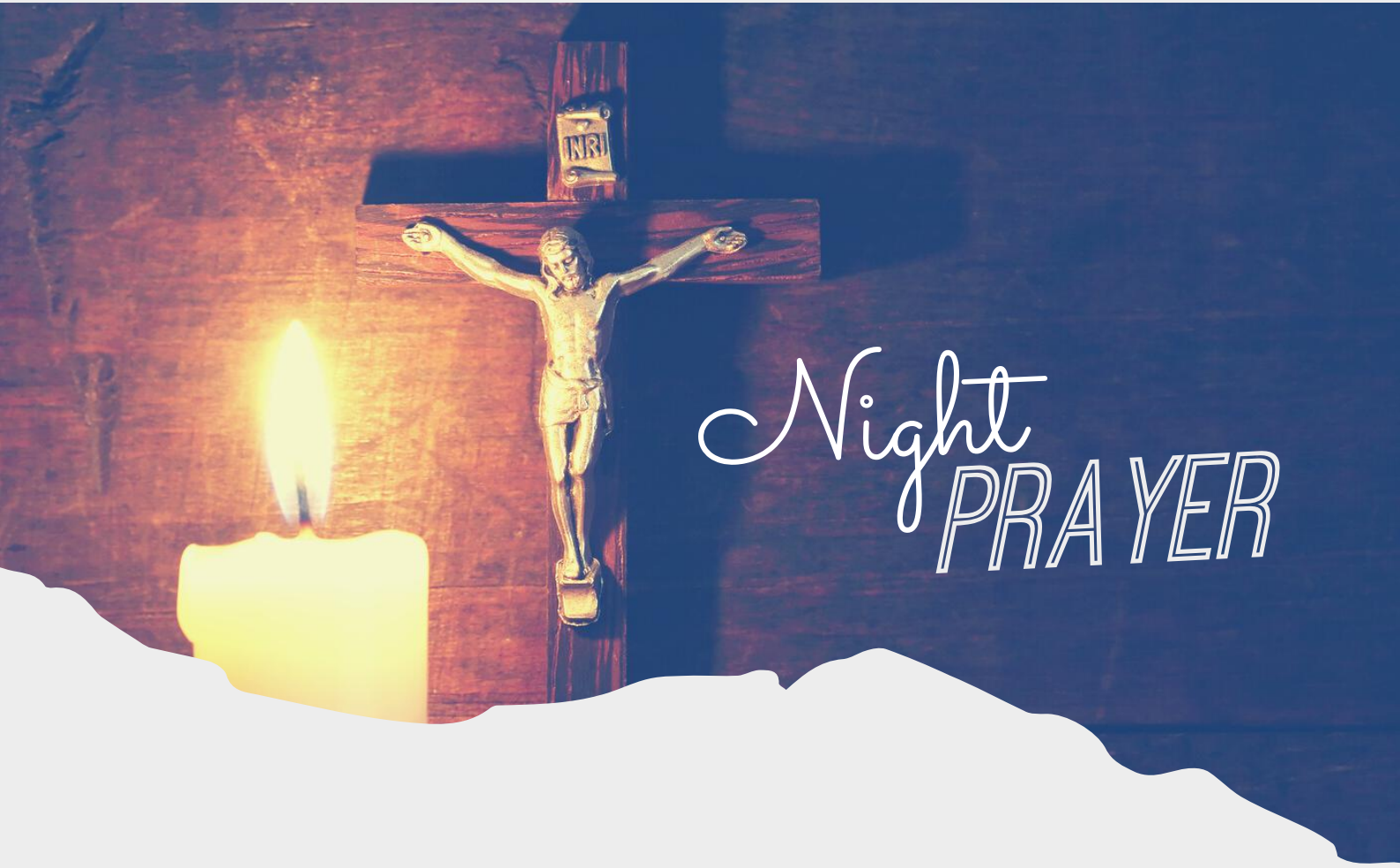
FACE TO FACE WITH GOD

Both Mary and Joanna are mentioned as being present at the tomb when the angel informed them that Jesus had risen from the dead (Luke 24: 10). We can assume therefore, that Joanna was also present at Jesus' crucifixion and death though her name is not mentioned. They were indeed practicing covenant living, giving Jesus their all because He had given them new life in Him. Lord Jesus, I desire to receive new Life in you!

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!



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. In our morning Face to Face with God, we saw how several Galilean women, including Mary Magdalene, were cured of evil spirits. They were religious outcasts because their demonic possessions and infirmities were attributed to their sins and/or to their families. In curing them of evil spirits and infirmities, Jesus was affirming the fact that He was their Savior and Lord. 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 loving kindness. We engage in praise and thanksgiving for the blessings and healing 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. 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 Three: Have you considered additional ways for God to speak truth into your day?

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

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 2: ARE YOU READY TO
RECEIVE NEW LIFE IN JESUS?
WEEK 2, DAY 5

ZACCHAEUS, THE TAX COLLECTOR

MICHAEL FONSECA, D. MIN

A lit candle in a holder and hands clasped in prayer with a rosary. The candle is on the left, and the hands are on the right, holding a rosary with a crucifix. The background is dark blue.

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.

“But Zacchaeus stood there and said to the Lord, “Behold, half of my possessions, Lord, I shall give to the poor, and if I have extorted anything from anyone I shall repay it four times over.” And Jesus said to him, “Today salvation has come to this house because this man too is a descendant of Abraham. For the Son of Man has come to seek and to save what was lost.” - Luke 19: 8-10

Zacchaeus was Jewish, as his name is mentioned in the Old Testament as Zaccai (Ezra 2:9; Nehemiah 7:14). The name means ‘pure’ or ‘innocent.’ Zacchaeus was a chief tax collector. According to Rabbinic wisdom, he could never be saved, as his sins were beyond the pale of forgiveness. As a Jew, he was condemned to be a lost sheep of Israel. Zacchaeus clearly had not lived up to his name. Almost everything about this story seems improbable or even impossible unless it serves as evidence that Jesus is God and makes possible what is humanly impossible. Why would a chief tax collector want to meet Jesus? Had Zacchaeus heard about Jesus from his fellow tax collectors and his heart was stirred? Why would Zacchaeus be so deeply motivated to meet Jesus that he would be prepared to face ridicule and opposition from the hostile crowd?



FACE TO FACE WITH GOD

Could Zacchaeus ever have imagined the transformation that would take place, making him willing to tithe 50% of his possessions, and return fourfold to anyone whom he might have cheated inadvertently? Being a pariah among his own people, and hated by the Samaritans among whom he lived, could he have imagined that Jesus would want to visit him in his own home?

Maybe Zacchaeus had the chief attribute of a disciple, namely, an intense desire to meet Jesus and experience salvation in His presence. And he was willing to go to any lengths to satisfy the desire of his heart. We are told that Zacchaeus was short in stature and could not see Jesus because of the crowd that had surrounded Him. He solved his dilemma by racing ahead and getting a clear view of Jesus from a sycamore tree. In doing so, he also opened himself to ridicule and mockery. In a few mesmerizing moments, Jesus changes Zacchaeus' life from having been a story into becoming a parable: his story or the logical ending of his life would have been spiritual disaster. Instead, his story was changed into a parable and is moving toward salvation and transformation. Jesus brings salvation to Zacchaeus and restores his spiritual lineage with Abraham. He can receive salvation from Jesus because he believes and wants to be His disciple. In response, Zacchaeus is willing to tithe 50% of his possessions, and return fourfold to anyone whom he might have cheated inadvertently. Those who sincerely desire to encounter Jesus will, like Zacchaeus, break through opposition whether it comes from within them or toward them from external sources. God's compassion for us, revealed in Jesus, is boundless and non-discriminatory. Jesus is there for the lost and abandoned as He is the Incarnate Presence of God's mercy and love for us.

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 significant practice in a disciple's formation. The context for our nightly review is our covenant relationship with God. In our morning Face to Face with God, we saw how Jesus brought salvation to Zacchaeus, a chief tax collector. According to Rabbinic wisdom, Zacchaeus could never be saved, as his sins were outside the pail of salvation. 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 of our lives, then, is an opportunity to praise, adore, and thank God for His indescribable goodness and loving kindness. We engage in praise and thanksgiving for the blessings and assurance of forgiveness 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. Make sure you spend some time seeing how you fared with your Particular Examination of conscience. 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?

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Examination of CONSCIENCE

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Examination of Conscience

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The Act of Contrition

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



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 :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO THE DEEP, LORD

REVELATION 2: ARE YOU READY TO
RECEIVE NEW LIFE IN JESUS?
WEEK 2, DAY 6

THE WORK OF THE SON

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.

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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.

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FACE TO FACE WITH GOD

Listen:



PRAYER TO THE HOLY SPIRIT

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

“Amen, amen, I say to you, a son cannot do anything on his own, but only what he sees his father doing; for what he does, his son will do also. For the Father loves his Son and shows him everything that he himself does, and he will show him greater works than these, so that you may be amazed. For just as the Father raises the dead and gives life, so also does the Son give life to whomever he wishes. Nor does the Father judge anyone, but he has given all judgment to his Son, so that all may honor the Son just as they honor the Father.”- John 5: 19-23

In John's gospel, the first controversy between Jesus and the Jews takes place in Chapter 2 when He cleanses the Temple. In Chapter 5 which is our focus, a heated controversy between Jesus and His adversaries takes place. Jesus heals a sick man who for 38 years had been trying in vain to get into the Sheep Gate pool called Bethesda, in Jerusalem. The Jews reacted vehemently to this miracle taking place on the Sabbath. John means the Jewish Leadership when he refers to 'the Jews.' They “tried all the more to kill him, because he not only broke the sabbath but he also called God his own father, making himself equal to God” (John 5: 18).



FACE TO FACE WITH GOD

Jesus is undaunted by their fierce opposition. Through this sign pointing to Jesus as sent by God and being divine, Jesus is letting His audience know that “a son cannot do anything on his own, but only what he sees his father doing; for what he does, his son will do also.”

All of Jesus’ ministry as the Savior of the world is being done within the divine Father-Son relationship in the Blessed Trinity. In order to emphasize the divine Father-Son relationship, Jesus then goes on to state that “the Father loves his Son and shows him everything that he himself does, and he will show him greater works than these, so that you may be amazed.” The amazement will be about the Father raising Jesus from the dead, and Jesus, our Risen Lord, offering us a sharing in His divine life in the Blessed Trinity. In giving judgment of the world to Jesus, the Father is bearing testimony that Jesus is God and His Son!

If the Father’s witness to Jesus’ divinity is essential, how does God do this? The first evidence is provided by John the Baptist. John 3: 34-36 could be viewed as John’s testimony of the Bridegroom whose best man he is: “For the one whom God sent speaks the words of God. He does not ration his gift of the Spirit. The Father loves the Son and has given everything over to him. Whoever believes in the Son has eternal life, but whoever disobeys the Son will not see life, but the wrath of God remains upon him.”



FACE TO FACE WITH GOD

The second testimony is Jesus' words and actions that fulfill the Old Testament prophecies about the Messiah. And His works point both to His divinity and Messiahship. The healing of the sick man is the second of seven signs, the last of which being the resurrection of Lazarus, which point to Jesus' resurrection and His divine status as the Son of God! Jesus is God the Father's beloved Son who does everything that the Father has asked Him. Whoever believes in the Son has eternal life! Whoever believes in the Son, knows the Father! Lord Jesus, I desire to receive new Life in you!

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:



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 daily we bathe ourselves in this fountain of everlasting life! In our morning Face to Face with God, Jesus told us that He carried out His mission of saving the world in His Father-Son relationship. The Father will raise Jesus from the dead, making it possible for our Risen Lord to offer us a share in His divine life in the Blessed Trinity. In our prayer of gratitude to God for His innumerable blessings poured out upon us this day and every single day of our lives, we can with amazement and gratitude thank Jesus for being our Savior and Lord, for laying down His life for us, His sheep! In your examination of conscience, focus on whether Jesus truly has become your Savior and Lord in the daily circumstances of your life. As the sheep of His flock, do you live by His teachings and direction? Is the Holy Spirit the Keeper of your soul? 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?

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Examination of CONSCIENCE

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-

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



LEAD ME INTO
THE DEEP, LORD

REVELATION 2: ARE YOU READY TO
RECEIVE NEW LIFE IN JESUS?
WEEK 2, DAY 7

BRINGING GOD INTO YOUR
DAILY CIRCUMSTANCES

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.

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FACE TO FACE WITH GOD

Listen:



PRAYER TO THE HOLY SPIRIT

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

Remember that the Holy Spirit is praying in your spirit. At times, you will sense that your prayer could not have come from you. Only the Holy Spirit could have prayed those words. During the day, take a few minutes every now and then to be present to God. Thank God for the blessings you have received and are receiving currently. Listen to your heart. If there are words given to you by the Holy Spirit, speak them to God. Or abide in loving silence, attentive to God's Presence. If you are losing your sense of joy, hope, and a loving attitude, maybe you are not engaging enough in the prayer of gratitude and recollection of God's Presence in your daily life.

Jesus has called you to serve at His side in establishing God's reign. Your discipleship requires that you will do everything possible during the day to fulfill your mission from God. Jesus made the decision to have you work by His side in establishing God's reign in our world. This is an awesome privilege, always to be taken seriously. And you are on duty 24/7. When you live out your mission to spread the good news, generously and joyfully in thought, word, and action, your daily face to face visits with our Triune God will become transformative. You will indeed be led into deeper waters! Lord Jesus, I desire to receive new Life in you!



FACE TO FACE WITH GOD

You pray with your whole being. God desires and deserves all of you when you come into His Presence. Hence, it is important that you take time to dispose yourself for your daily encounter with God. Your thought patterns during the day matter greatly, as they will either deepen your prayer and relationship with God or hamper it. Learn to practice praying for those who wish you harm. Practice replacing your fear and anxiety with joy and thanksgiving. It does not matter that you do not feel joy and thanksgiving as you seek to replace your fear and anxiety with them. It is your intention that matters. Gradually you will notice that the Holy Spirit is indeed transforming your state of soul and giving you an abiding peace. Finally, according to Saint Ignatius of Loyola, it is not much knowledge that fills and satisfies the soul but rather the intimate tasting and relishing of the truth (Second Introductory Observation of the Spiritual Exercises). Sometimes, the intimate tasting and relishing of the truth is abiding in the Presence of Jesus with trust and patience as He seems to be elusive.

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

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. You can ask yourself whether throughout the day or many times during the day, you engaged in continual praise and thanksgiving to God. 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?

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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.



Encouragement for the Journey

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

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

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

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?