



LEAD ME INTO THE DEEP, LORD

REVELATION 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 1, DAY 1

CONCRETE SLIPPERY
SLOPES IN DISCERNMENT

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:



Before Jesus ascended to His Father to be our Intercessor at the right hand of God, Jesus asked His disciples to go back to Jerusalem and wait for “the promise of the Father about which you have heard me speak; for John baptized with water, but in a few days you will be baptized with the holy Spirit”(Acts 1: 4-5). The Apostles were transformed after they had received the promise of the Father who was the Holy Spirit. They understood their mission from Jesus in the power and mentoring of the Holy Spirit. They preached boldly and made numerous converts: “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the holy Spirit. For the promise is made to you and to your children and to all those far off, whomever the Lord our God will call” (Acts 2: 38-39).

As our Sanctifier, the Holy Spirit re-creates us in the image and likeness of God. We become partakers of the divine nature (2 Peter 1: 4). He does this by bestowing upon us some special gifts for our sanctification. They are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control (Galatians 5: 22-23). Love (Greek: Agapé) is a willingness to lay down one’s life for the other. Agapé describes the unconditional love the Father has for us in Jesus. Jesus’ love for us was agapé. The Holy Spirit will change our love to agapé. Joy is the fruit of our participation in God’s divine life, offered to us through the death of Jesus on the cross. The Holy Spirit establishes us in a solid trust and dependence on God through Jesus. This assurance is the source of our joy. Eirené is the Greek word for Peace, used some 90 times in the New Testament. Jesus’ peace is the unassailable assurance that He has overcome Satan, sin, and permanent death, and has restored us to covenant union with our Triune God!



PREPARING FOR THE JOURNEY

When applied to God, Patience is God's attitude toward us, "slow to anger, abounding in mercy" (Psalm 103: 8). The Holy Spirit makes patience a virtue in us, an impossible task by our own efforts. Kindness is doing something good for the other and not expecting anything in return. Paul uses this word to depict God's incomprehensible kindness for the world (Titus 3: 4). Paul uses the same Greek word *chrestotes* for Kindness, to translate Generosity (goodness) which is the result of being kind: "Live as children of light, for light produces every kind of goodness and righteousness and truth" (Ephesians 5: 8-9).

Faithfulness is unremitting commitment on God's part toward us. Jesus never swerved from His Father's will for us. He was faithful. The Holy Spirit makes our faithfulness to God possible. When the disciple lives in faithfulness, they have Gentleness. Gentleness creates the disposition of being even-tempered, unpretentious, and having one's passions in control. Self-Control means having mastery over one's thoughts and actions. During this week, you will pray to submit yourself to the guidance and direction of the Holy Spirit. 'Will you ask the Holy Spirit to be the Keeper of your soul and to live in constant obedience to Him?'



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.

We will always be in consolation when we do God's will. To do God's will is to carry out our daily responsibilities and tasks as asked of us by God. Staying on task requires that we be free of preoccupation and distraction. Hence, staying in the present moment is a necessary spiritual discipline that needs to be practiced rigorously, because God can only be experienced in the present moment. To stay in consolation, we must learn to act and respond rather than react and retaliate. When our state of consolation is threatened, we need to engage in thanksgiving for the detractor, in thanksgiving for the painful situation and the spiritual formation that it brings to us. It is important to remember that when we are being purified, we are also simultaneously being transformed. In time of difficulty, instead of trying to find a solution, it is time to wait on the Holy Spirit to tell us what the best course of action is. Sometimes, after we have arrived at calmness, the storm abates and seems like an illusion.



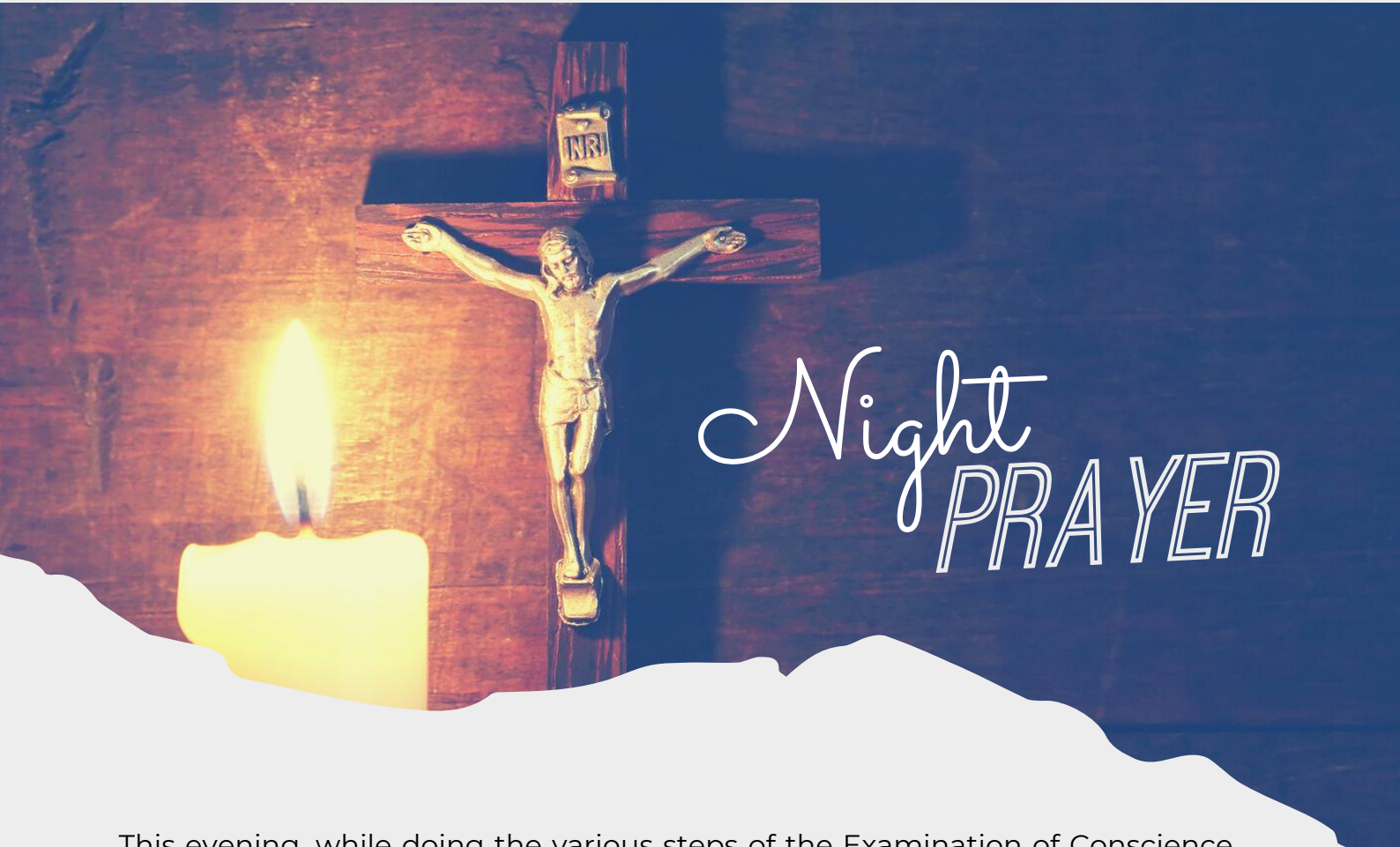
FACE TO FACE WITH GOD

The Holy Spirit will give us an appropriate opening to bring about greater transparency with the person opposed to us, after we have surrendered the desire to get even or explain ourselves. We also need to remind ourselves that to be in communion with others we do not need to be understood and accepted in every situation. Oftentimes, if we can be at ease with ourselves, we can allow others to be different and even disagree with us. Holy Spirit, re-create me in the image and likeness of Jesus!

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

This evening, while doing the various steps of the Examination of Conscience, you might want to be attentive to your patterns of behavior that lead you into desolation. These patterns are generally long-standing and deeply ingrained in us. And they lead us into desolation because of their addictive nature. What then would be some of the sources that would encourage addictive behaviors leading to desolation? For today's review, I would like to name three sources: un-forgiveness, an unruly tongue, and the addictive use of the Internet. We become angry, unloving, and bitter, when we harbor un-forgiveness. We will possess a tranquil spirit only if we forgive ourselves and others. For various reasons, un-forgiveness being one of them, our tongues can become deadly instruments of sin. James 3: 8, puts it very graphically: "But no human being can tame the tongue. It is a restless evil, full of deadly poison." You might want to examine how you used your tongue today. The Internet is another area of our lives that could lead to dissipation and sin. Pornography has become a deadly problem for millions of people. How free are you from lustful curiosity leading to secrecy, guilt, and sin? How would you evaluate the use of your time in making phone calls, and using the Internet? Whenever we overindulge ourselves, we are contaminating our spirits. We then experience the blahs, a lack of motivation, a propensity to postpone carrying out our responsibilities, and feeling distant from God. As disciples of Jesus, we owe it to our Savior to humbly acknowledge our sins and make an act of repentance and 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 Six: Are you considering a strong finish to the end of this Pilgrimage?

Additional challenges to improve your physical and spiritual life:

- Attempt 20 minutes for morning prayer and 10 minutes for night prayer.
- Refrain from Alcohol on Wednesday and Friday per week.
- Refrain from Snacking between Meals on Wednesday and Friday per week.
- Begin and end your day at the same time 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 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 1, DAY 2

THE HOLY SPIRIT'S ADVOCACY

MICHAEL FONSECA, D. MIN

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

Morning PRAYER

Listen:



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



FACE TO FACE WITH GOD

Listen:



PRAYER TO THE HOLY SPIRIT

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

"The Advocate, the holy Spirit that the Father will send in my name – he will teach you everything and remind you of all that [I] told you." - John 14: 26

Jesus is in the Upper Room with His disciples on the eve of His crucifixion and death on the cross. Through His death, the Lamb of God will take away the sins of the world. In the Upper Room, Jesus institutes the Eucharist to make sure that He will always be present in our midst through His unblemished sacrifice on the cross. He will become "the bread of God ... which comes down from heaven and gives life to the world" (John 6: 33). In our baptism, we died to sin through His death, and rose to new life through His resurrection. In Holy Communion, our Risen crucified Lord becomes our Bread of Life, and we are made His soul mates, united with Him and through Him with the Blessed Trinity, in a covenant family bond.



FACE TO FACE WITH GOD

And through the Eucharist and sacraments, Jesus makes His presence among us a permanent fixture through His Holy Spirit. The Holy Spirit will be given to us by the Father in Jesus' name. All three Persons of the Blessed Trinity are intimately involved in our salvation and transformation. With the gift of the Holy Spirit, Jesus makes sure that we will be well taken care of and never be orphaned. And the Holy Spirit will teach us everything and reveal to us the depths of Jesus' teachings and life! The teachings of Jesus are autobiographical statements. In living by the teachings of Jesus, we enter into covenant union with Him, and through Him, with the Blessed Trinity. The Holy Spirit is our Advocate, the Keeper of our souls, always making sure that we are empowered to constantly seek the face of God and live in the divine Embrace! Through the Holy Spirit, Jesus will always be Emmanuel, living among us and within us! Holy Spirit, re-create me in the image and likeness of Jesus!

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!



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. At the heart of God's plan of salvation in Jesus, is the total offering of God's Trinitarian life to us through the Holy Spirit. The Divine Spirit is familiar with the depths of God's Being because He shares the same divine essence with the Father and the Son. This same Holy Spirit dwells in the depths of our being and shares with us the depths of God! Amazing but true, that God shares intimately with us everything that is His, all the time! We are now God's sons and daughters, sharing in the fullness of God's Trinitarian Life through the Holy Spirit. As we grow in discipleship and live under the authority of the Holy Spirit, we begin to see that the Holy Spirit is revealing to us spiritual realities that we could never access through human wisdom. Such life-giving revelation is beyond the reach of human wisdom which is both limited and sullied by sin. The Holy Spirit does indeed become our Mentor and Guide! With thanksgiving in your heart, you can recall the varied spiritual blessings you have received, especially the gift of the Holy Spirit! You can then do an examination of your conscience to see how you have responded in your covenant union with God. When you are ready to ask for 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

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Encouragement for the Journey

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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 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 1, DAY 3

THE ROLE OF THE HOLY SPIRIT

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.

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FACE TO FACE WITH GOD

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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 he (the Holy Spirit) comes he will convict the world in regard to sin...sin, because they do not believe in me." - John 16: 8-9

As Jesus offers us the Holy Spirit, the Father's gift at His request, He outlines the various roles of the Holy Spirit in our lives. One role of the Holy Spirit will be of a forensic nature. Forensics has to do with the art or study of argumentative discourse. After all, the Holy Spirit is our Advocate, and has the role of attorney and judge. In the disciple's conscience, the Holy Spirit will prosecute and convict the world regarding sin. The world is the kingdom of Satan, evil personified. Sin and its propagation through deceit and seduction is the grand plan of the evil one. The world is the antithesis of the kingdom of God. The world accepts Satan as its master and refuses to accept Jesus as Savior and Lord.



FACE TO FACE WITH GOD

As the Keeper of our souls, the Holy Spirit will teach us to abhor the wiles and nefarious strategies of the evil one and our own propensity to sabotage ourselves. 'Advocate' from the Greek word 'Advocatos,' is someone who stands in your corner and goes to bat for you. Through such an advocate, you have a strong chance of winning your case. The Holy Spirit is our divine Advocate who will empower us to avoid evil and do good, to stay focused on God and not be side-tracked by the empty attractions of the world. In this conviction without condemnation by the Holy Spirit, disciples will know that they do not belong to the world because Jesus' worldview is diametrically opposed to that of the world. In Jesus' worldview, which the disciples have accepted as their own, Jesus is Savior and Lord! Disciples pledge their undying loyalty and fidelity to Him! Holy Spirit, re-create me into the image and likeness of Jesus!

PRAYER TO THE HOLY TRINITY

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Night PRAYER

The nightly review of the day is a sit-down with the Holy Spirit, the Keeper of our souls. In seeking intimacy with God, the disciple makes a sincere commitment to live according to God's ways, under the guidance and direction of the Holy Spirit. In the nightly review, we petition God for help to do right and avoid evil, to walk on the straight and narrow road. When the disciple has wandered off into sin, they feel convicted by the Holy Spirit without being condemned. They are moved toward repentance and receive God's forgiveness. When we are following God's ways in everyday life, the Holy Spirit makes known the Divine Presence through consolation, or movements that point us in God's direction, such as peace, joy, assurance that God is with us, a spirit of generosity, etc. This evening you can focus on your stewardship and formation at the hands of the Holy Spirit. With thanksgiving in your heart, you can go over your day and see how God has been your constant covenant-partner, with you and in you. You can then do an examination of your conscience to see how you responded. Did you succumb to temptation and did you commit deliberate sin? As disciples of Jesus, we owe it to our Savior to honestly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?

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My Notes

Date :

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For what are you grateful?

For what are you contrite?

A scenic sunset over a lake with a boat in the foreground and mountains in the background. The sun is low on the horizon, casting a golden glow across the water and sky. The mountains are silhouetted against the bright sky. A small boat is visible in the distance on the left, and some logs or debris are floating on the right. The overall mood is peaceful and contemplative.

LEAD ME INTO
THE DEEP, LORD

REVELATION 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 1, DAY 4

THE ROLE OF THE HOLY SPIRIT

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

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"And when he comes he will convict the world in regard to ...righteousness... righteousness because I am going to the Father and you will no longer see me." - John 16: 8; 10

Here is the central paradox at the heart of Jesus' ministry: His detractors maligned and denigrated Him, stating that He died a criminal's death on the cross. In fact, they orchestrated His death as a criminal because they refused to acknowledge that their blindness resulted from their sin. They did not think they needed repentance because they believed that they were righteous. They belonged to the world and subscribed to its philosophy of opposition to God through sin. They preferred their own privileged status and shunned the righteousness of God, or the right order of things between God and them, and among themselves. They could defend their religious calling by promoting a false righteousness that promoted their own self-interest. In their spiritual worldview, they did not need repentance because they could merit salvation through their actions. In sum, they did not need a Savior. They chose to govern themselves, spiritually. As far as they were concerned, Jesus' life amounted to nothing!



FACE TO FACE WITH GOD

His disciples, on the other hand, came to see through the guidance and direction of the Holy Spirit, that Jesus had to suffer and die on our behalf and rise from the dead. Through His resurrection, Jesus established the righteousness of God in our midst. Jesus brought about the right order of things, and now sits at the right hand of the Father, interceding for us and keeping us in righteousness. Becoming righteous is beyond our human power and is an unmerited gift offered to us through Jesus. Bringing us into God's righteousness by overcoming the power of sin in our lives is the function and role of the Holy Spirit, the Keeper of our souls! Holy Spirit, re-create me in the image and likeness of Jesus!

PRAYER TO THE HOLY TRINITY

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Night PRAYER

Listen:



During Revelation Six of Lead me into the Deep, Lord, we have been praying to be mentored by the Holy Spirit. Through His Son, the Father has taken every possible step to make this precious gift available to us. Without the presence and power of the Holy Spirit, we would not be able to participate in God's Life and Love. Through the sacraments of Baptism and Confirmation, the Holy Spirit has been given to us to become our Advocate and Emmanuel, making us His abode and sanctuary. During your nightly review, you can address your response to the question that has been asked of you all week: Will you pray to be empowered by the Holy Spirit? You can thank the Father through His Son, for the many graces and blessings you have experienced through the presence and power of the Holy Spirit in your life. Try to be specific as you name them and thank God for His generosity and love toward you. And you can also examine whether you seriously encourage the Holy Spirit to be present with you all day. How insistent are you throughout the day to invoke the protection and guidance of the Holy Spirit against the snares of the devil? Take the time today to examine the spiritual practices and daily dialogue that you carry on with the Holy Spirit, to see if you need to do more. The context for our nightly review is our covenant relationship with 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?

Listen: 

Examination of CONSCIENCE

Prayer of Thanksgiving

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

Examination of Conscience

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

The Act of Contrition

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

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

Encouragement for the Journey

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

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- Begin and end your day at the same time 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 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 1, DAY 5

THE ROLE OF THE SPIRIT

MICHAEL FONSECA, D. MIN

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

Morning PRAYER

Listen:



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



FACE TO FACE WITH GOD

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.

*“And when he comes he will convict the world in regard to... condemnation... condemnation, because the ruler of this world has been condemned.”
- John 16: 8; 11*

It could be argued that John presents his gospel within a courtroom setting. He is prosecuting the case that Jesus is indeed the Savior and Lord of the universe! He musters up powerful witnesses to give evidence that Jesus is indeed the Lamb of God who takes away the sins of the world. He is the Word made flesh! John the Baptist is one of John's prominent witnesses. He was held in high esteem by the scribes and Pharisees and all who came to be baptized by him. His witness therefore was both compelling and convincing: “John testified further, saying, “I saw the Spirit come down like a dove from the sky and remain upon him. I did not know him, but the one who sent me to baptize with water told me, ‘On whomever you see the Spirit come down and remain, he is the one who will baptize with the holy Spirit.’ Now I have seen and testified that he is the Son of God” (John 1: 32-34).



FACE TO FACE WITH GOD

And in the Upper Room, Jesus reveals the identity of the Holy Spirit that John referred to. Among other functions, the Holy Spirit will convict the world regarding condemnation, because through Jesus' victory on the cross over Satan and sin, the ruler of this world has been condemned. It becomes clear that the Holy Spirit is both the Prosecuting Attorney and Defense Attorney for every case that is tried in this divine courtroom. For those who are repentant of their sins, and surrender to Jesus as their Savior and Lord, the Holy Spirit is their Defense Advocate. God the Father pronounces the verdict of 'Not Guilty' upon them through the saving action of the Lamb of God. However, those who reject Jesus as the Savior of the world, have subscribed to Satan's ideology of rejecting Jesus and standing up against God. They stand condemned. For them, the Holy Spirit is their prosecuting attorney. The prosecutorial dimension of the Holy Spirit's role in our lives is to remind us that through Jesus' victory on the cross, the world, and especially Satan, the world's ruler, have been condemned and vanquished. We will be convicted for our sins by the Holy Spirit who is the Spirit of Truth. However, we will never be condemned if we have repentant hearts. As we move deeper and deeper into our covenant union with God, the Holy Spirit will remind us of this central truth in our moments of anxiety and doubt. Holy Spirit, re-create me in the image and likeness of Jesus!

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

Our nightly review of the day gives us the opportunity to plumb the depths of God's love for 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 reflected on one of the special features of God's love for us, namely the Holy Spirit's advocacy toward us. One of the functions of the Holy Spirit is to condemn and vanquish Satan, the ruler of the world and our archenemy. It is of great comfort to know that we are protected by the Holy Spirit, and that Satan can do us no harm against our will. The Holy Spirit will strengthen our faith and trust in Jesus so that nothing can and will separate us from the love of Christ. Through Baptism we have been brought into a covenant union with the Holy Trinity through Jesus, and in Confirmation, the Holy Spirit has come upon us as well and is now the Guardian of our soul! Hence, we are in very secure hands. As you engage in thanksgiving and praise for God's multiple blessings that you have received through His gift of eternal life through Jesus, you can be especially grateful for the Holy Spirit's protection from Satan and his wiles. And after you have examined your conscience and are ready to ask for 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

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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.

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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 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 1, DAY 6

THE TRUE WISDOM

MICHAEL FONSECA, D. MIN

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

Morning PRAYER

Listen:



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



FACE TO FACE WITH GOD

Listen:



PRAYER TO THE HOLY SPIRIT

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

"For the Spirit scrutinizes everything, even the depths of God. Among human beings, who knows what pertains to a person except the spirit of the person that is within? Similarly, no one knows what pertains to God except the Spirit of God. We have not received the spirit of the world but the Spirit that is from God, so that we may understand the things freely given us by God. And we speak about them not with words taught by human wisdom, but with words taught by the Spirit, describing spiritual realities in spiritual terms."

- 1Corinthians 2: 10b-13

Paul's First Letter to the Corinthians offers us much insight into the life of an early Christian community of the first generation of Christians. They were men and women who had accepted the good news of Jesus Christ and were now trying to realize the implications of their baptism. Paul who had founded the community responds to questions addressed to him amidst situations that arose in the community. In Chapter 2, Paul has been talking to the Corinthians about God's wisdom or true wisdom which he is contrasting with human wisdom. God's wisdom is His plan of salvation for us through His Son's death on the cross.



FACE TO FACE WITH GOD

This glorious plan of salvation is being revealed to the Church and to the Corinthians through the Holy Spirit. At the heart of God's plan of salvation in Jesus, is the total offering of God's Trinitarian life to us through the Holy Spirit. The Divine Spirit is familiar with the depths of God's Being because He shares the same divine essence with the Father and the Son. This same Holy Spirit dwells in the depths of our being and shares with us the depths of God! Amazing but true, that God shares intimately with us everything that is His, all the time!

This revelation that we are now God's sons and daughters, sharing in the fullness of God's Trinitarian Life, could only be given to us through the Holy Spirit. As we grow in discipleship and live under the authority of the Holy Spirit, we begin to see that the Holy Spirit is revealing to us spiritual realities that we could never access through human wisdom. Such life-giving revelation is beyond the reach of human wisdom which is sullied by sin. The Holy Spirit does indeed become our Mentor and Guide! Holy Spirit, re-create me in the image and likeness of Jesus!

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. In our morning Face to Face with God, we reflected on God's wisdom in His plan of salvation for us through His Son's death on the cross. At the heart of God's plan of salvation in Jesus, is the total offering of God's Trinitarian life to us through the Holy Spirit. The Divine Spirit is familiar with the depths of God's Being because He shares the same divine essence with the Father and the Son. This same Holy Spirit dwells in the depths of our being and shares with us the depths of God! Amazing but true, that God shares intimately with us everything that is His, all the time! We are now God's sons and daughters, sharing in the fullness of God's Trinitarian Life through the Holy Spirit. As we grow in discipleship and live under the authority of the Holy Spirit, we begin to see that the Holy Spirit is revealing to us spiritual realities that we could never access through human wisdom. Such life-giving revelation is beyond the reach of human wisdom which is both limited and sullied by sin. The Holy Spirit does indeed become our Mentor and Guide! With thanksgiving in your heart, you can recall the varied spiritual blessings you have received, especially the gift of the Holy Spirit! You can then do an examination of your conscience to see how you have responded in your covenant union with God. When you are ready to ask for 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 6: BEING MENTORED BY THE
HOLY SPIRIT
WEEK 1, DAY 7

SLIPPERY SLOPES: DISQUIET,
DOUBT, RESENTMENTS, UN-
FORGIVENESS

MICHAEL FONSECA, D. MIN

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

Morning PRAYER

Listen:



Act of Faith

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

Act of Hope

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

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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.

There will be times of disquiet and doubt. It is important to keep plugging away, doing what we are to do, and amidst groaning and sighs, ask God to give us strength to stay with Him and do His will. When in doubt about God's existence, presence, and/or love, or all of the above, it is important to remember that Jesus is real. His death for us is beyond doubt. Therefore, we do not need His assurances that we are loved by God. The Holy Spirit is teaching us to seek the God of gifts over the gifts of God.

Our resentments and unwillingness to forgive can place us on a slippery slope as well. They are a plague and lead to desolation. They destroy us! We need to understand that we will not have a meaningful relationship with God if we hold on to our resentments and are unwilling to forgive. As disciples of Jesus, we cannot have enemies even though others might choose to have us as theirs. So, Jesus gives us 490 (70X7) times each day to get rid of our resentments and practice love and compassion. The Holy Spirit cannot rule in our hearts as the Keeper of our souls if we do not forgive.



FACE TO FACE WITH GOD

Hopefully, the time will come when you will feel inundated with blessings either directly from God, or from God through creatures. In continual gratitude, you will discover the depths of God's life in the Blessed Trinity! The Holy Spirit will move you toward greater surrender and submission. In surrender, you will develop a sense that indeed the Mystery of God's life is being infused into you. You are the grateful recipient, the action is the Holy Spirit's, and you are being sanctified! Holy Spirit, re-create me in the image and likeness of Jesus!

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!



In this evening's review of the day, you might want to be attentive to your patterns of behavior that keep you in a state of desolation. Generally, they are long-standing and deeply ingrained in us. And they lead us into desolation because of their addictive nature. For today's review, I would like to name three sources of desolation that you pondered on in your morning face to face with God: disquiet and doubt, resentments, and un-forgiveness. There will be times of disquiet and doubt. In those situations, it is important to keep plugging away, doing what we are to do, and amidst groaning and sighs, ask God to give us strength to stay with Him and do His will. When in doubt about God's existence, presence, and/or love, or all of the above, it is important to remember that Jesus is real. His death for us is beyond doubt. The Holy Spirit is teaching us to seek the God of gifts over the gifts of God.

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