



WHO DO YOU SAY I AM?

REVELATION 4: WHO DO THEY SAY JESUS IS?
WEEK 2, DAY 1

THE CATECHISM,
IMITATION OF CHRIST, &
WISDOM OF THE SAINTS

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



Preparing for the Journey

listen



In Revelation Four, Week Two, we will continue to examine how Jesus' witnesses testify to His identity and mission as the Son of God. On Days One and Seven, we continue to offer Helps to Prayer. On Day One, we will examine The Catechism, Imitation of Christ, Wisdom of the Saints. Daily Spiritual Reading is an important spiritual exercise as it nourishes the soul and strengthens our commitment to Jesus as His disciples. The Bible, the Catechism of the Catholic Church, the Imitation of Christ and the wisdom of the saints offered to us in their writings, become a valuable resource on our journey into God's heart. God's Embrace Ministries will provide you with a comprehensive bibliography and reflections on the wisdom of the saints.

On Day Seven, we will consider the usefulness of Giving away Three Things Daily. Our attachments can lead to the ruin of our spiritual well-being and salvation. When God becomes the treasure of our heart, we conform ourselves to the teachings of Jesus, unreservedly. In doing so, we will be satisfied with our earthly possessions, without the struggle of inordinate hankerings.

On Day Two, we will reflect on Andrew's witness. Andrew was never the same again after his encounter with Jesus. He came to know and accept Jesus as the Messiah! And the Good News in Jesus was so overwhelming to him that he had to share it with his brother, Simon.

One Day Three, we will ponder Nathanael's Witness. Nathanael was honest and transparent. Jesus read him accurately and made him His disciple. Nathanael was amazed: "How do you know me?" Jesus displayed supernatural knowledge about Nathanael: "Before Philip called you, I saw you under the fig tree." The fig tree symbolized the approaching messianic era as described in Micah 4: 4 and Zechariah 3:10. Was Nathanael receiving a revelation that he was with the Messiah? Jesus' understanding of Nathanael's deepest yearnings prompts him to exclaim: "Rabbi, you are the Son of God; you are the King of Israel!"



Preparing for the Journey

On Day Four, we will reflect on The Canaanite woman's Faith. Jesus tests her faith by insulting her to see what she would do: "It is not right to take the food of the children and throw it to the dogs." Far from being deterred, the woman knew instinctively that Jesus would answer her plea. Her response moved Jesus' heart deeply: "Please, Lord, for even the dogs eat the scraps that fall from the table of their masters." Jesus rewarded her great faith and granted her wish: "For saying this, you may go. The demon has gone out of your daughter."

On Day Five, we will consider The Samaritan Leper's Witness. All ten were healed and only the Samaritan returned, "glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him." Having faith in Jesus, as the Samaritan did, is surrendering to Jesus as Savior and Lord.

On Day Six, we will reflect on The Centurion's Faith in Jesus. Slaves had no rights and were treated as less than human. This pagan centurion is so deeply concerned about his slave that he goes to great lengths to have him healed! His faith in Jesus prompted him to make a simple and heart-warming plea: Please heal my servant, Lord. His faith is so compelling and extraordinary that Jesus is amazed. Not even in Israel had Jesus found such faith! He sends home the officer and his friends, with the knowledge that his request has been granted.



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

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

The Catechism of the Catholic Church is another expression of the covenant union that God established with us through His Son's death and resurrection. The Catholic Church has the teaching authority given to her by Jesus Christ: "You are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven" (Matthew 16: 18-19). The Catechism offers us an intimate understanding of the teachings of the Catholic Church which teach us the right interpretation of Scripture and Tradition. There is so much confusion and error in our culture that have left many people rudderless. When there is no vision, people lose restraint and live in sin and destructive desolation: "Without a vision the people lose restraint; but happy is the one who follows instruction" (Proverbs 29: 18). Under the guise of reform and the right interpretation of the teachings of Jesus, reformers and false prophets have splintered the followers of Jesus into forty thousand plus ecclesial communities, a sad commentary indeed! Over 20 centuries, the Catholic Church, with all the faults and scandals of her adherents, has remained intact, because the "the gates of the netherworld shall not prevail against it." Becoming familiar with the Catechism of the Catholic Church is necessary to understand and appreciate our Catholic Faith.



Face to Face WITH GOD

After the Bible, *The Imitation of Christ* is the most widely read book. The book has influenced and nourished the lives of countless Catholics and Christians. Thomas à Kempis is reputed to be the author who lived between 1379-1471. He was a German-Dutch Augustinian canon regular who was born in Kempen near Cologne and lived and worked in the Diocese of Utrecht, Netherlands. Thomas never claimed authorship for any of his works, including *The Imitation of Christ*. *The Imitation of Christ* is a guidebook to holiness. God is our end. We make this journey into the heart of God during our earthly sojourn. Given our brief span on earth, we might as well focus on the fundamentals, our covenant relationship with God. In response to His total gift of Himself through His Son, Jesus, we offer ourselves generously and wholeheartedly to Him. Doing God's holy will, becomes our sole purpose in life. *The Imitation of Christ* charts this journey and helps you with the wisdom and experience of a saint. You might want to read prayerfully one or two chapters daily. They are brief and will stir your heart deeply.

As you advance in discipleship, you will grow in your hunger for God and doing His holy will. You will desire to know as much about God and discipleship. You will be eager to know how the saints traveled this journey as disciples of Jesus. You will tap into their wisdom and follow their advice. God's Embrace Ministries, through our different programs, will provide you with a bibliography as well as reflections on the wisdom of the saints.

PRAYER TO THE HOLY TRINITY

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

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



Examination of CONSCIENCE

Prayer of Thanksgiving

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

Examination of Conscience

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

The Act of Contrition

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





Encouragement for the Journey

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

Step Five: Are you looking to improve your spiritual focus?

- Gaining control of our physical senses and temptations can allow for a deeper commitment to our spiritual goals. Increase your spiritual endurance by practicing mastery over your physical desires and distractions.
- Pick a day or two and consider a commitment to moderate use of media besides use of Internet for business and work, to limit other uses of Internet, TV, and media to an hour daily. Work your way up to a daily commitment to this practice.
- Treating your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.



WHO DO YOU SAY I AM?

REVELATION 4: WHO DO THEY SAY JESUS IS?
WEEK 2, DAY 2

ANDREW'S WITNESS

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

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

“Andrew, the brother of Simon Peter, was one of the two who heard John and followed Jesus. He first found his own brother Simon and told him, “We have found the Messiah” (which is translated Anointed). Then he brought him to Jesus. Jesus looked at him and said, “You are Simon the son of John; you will be called Cephas” (which is translated Peter).” - John 1: 40-42:

Andrew is introduced in John's gospel as being a disciple of John the Baptist. Along with another disciple, Andrew was with his teacher who identified Jesus as the Lamb of God. Most probably, the other disciple was John, the brother of James, as he is the only evangelist who includes this incident in his gospel. These two disciples of John were seriously committed believers. They understood the profound truth that their master was revealing in identifying Jesus as the Lamb of God who takes away the sin of the world. Jesus was the Suffering Servant of Isaiah. This profound truth was offered as a proclamation which had to be acted upon. John the Baptist was making it clear that his mentoring had served its purpose. In pointing his disciples toward Jesus, he was stating that he had fulfilled his task of preparing them to now become disciples of Jesus: “The two disciples heard what he said and followed Jesus” (John 1: 37). It was always John's mission to make sure that Jesus would increase, and he would decrease.



Face to Face WITH GOD

Andrew's encounter with Jesus brought about a profound change in his life. He would never ever be the same again. He came to know and accept Jesus as the Messiah! And the Good News in Jesus was so overwhelming to him that he could not contain it within himself. He had to share it with his brother, Simon. He first witnessed enthusiastically and without any hesitation that he and the other disciple (John) had found the Messiah! Then he felt compelled to bring his brother to Jesus to have the same encounter that he had had! To his amazement, and yet not unexpectedly, Andrew witnesses another permanent transformation, in this case of his brother's life. In this first of several such meaningful encounters, Jesus lets Peter know that He already knew him even though they had not met before: "You are Simon, the son of John." Then Jesus proceeds to change his name to Cephas: "You are Simon, the son of John, you will be called Cephas (which is translated Peter)." Cephas or the Greek equivalent, Petros, was not used as a personal name before the time of Jesus. In changing his name, Jesus was consecrating Peter, setting him aside for God and the spread of His reign. Through his call as disciple, Peter has entered into a covenant relationship with Jesus, his Master and Lord. These two brothers were among the twelve Apostles, and both were martyred for their faith in Jesus as their Messiah and Lord! Andrew was crucified in A.D. 60 in Petras, Greece. Like his brother, he deemed himself unworthy to die like his Master and asked to be crucified on an X-shaped cross.

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 *listen* 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 your morning Face to Face with God today, you reflected on Andrew's witness to Jesus. Andrew's encounter with Jesus brought about a profound change in his life. He would never ever be the same again. He came to know and accept Jesus as the Messiah! And the Good News in Jesus was so overwhelming to him that he could not contain it within himself. He had to share it with his brother, Simon. Andrew witnesses another permanent transformation, in this case of his brother's life. Both became ardent disciples of Jesus, and both died as martyrs by crucifixion. Jesus has called you as well to be His disciple and to follow Him generously and wholeheartedly. This evening you have received another opportunity to praise, adore, and thank God for His indescribable goodness and loving kindness. With thanksgiving in your heart, you can go over your day, and see how God has been Emmanuel, with you and in you. You can then do an examination of your conscience to see how you responded in your covenant union with Him. How would you assess your discipleship? As disciples of Jesus, we owe it to our Savior to humbly acknowledge our sins and make an act of repentance and contrition. After you have examined your conscience and are ready to ask forgiveness, you can pray the Act of Contrition. We encourage you to journal on the following questions: *What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?*



Examination of CONSCIENCE

Prayer of Thanksgiving

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

Examination of Conscience

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

The Act of Contrition

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





Encouragement for the Journey

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

Step Five: Are you looking to improve your spiritual focus?

- Gaining control of our physical senses and temptations can allow for a deeper commitment to our spiritual goals. Increase your spiritual endurance by practicing mastery over your physical desires and distractions.
- Pick a day or two and consider a commitment to moderate use of media besides use of Internet for business and work, to limit other uses of Internet, TV, and media to an hour daily. Work your way up to a daily commitment to this practice.
- Treating your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



WHO DO YOU SAY I AM?

REVELATION 4: SON OF GOD & SON OF MAN
WEEK 2, DAY 3

NATHANAEL'S WITNESS

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



Face to Face

WITH GOD



PRAYER TO THE HOLY SPIRIT

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

“Jesus saw Nathanael coming toward him and said of him, “Here is a true Israelite. There is no duplicity in him.” Nathanael said to him, “How do you know me?” Jesus answered and said to him, “Before Philip called you, I saw you under the fig tree.” Nathanael answered him, “Rabbi, you are the Son of God; you are the King of Israel.”- John 1: 47-49

Only John mentions Nathanael in his gospel, here and at the end of his gospel, when Nathanael is included among the seven disciples who accompanied Peter to go fishing. In the second account, Nathanael is described as coming from Cana in Galilee. In the Synoptic gospels, Bartholomew is always associated with Philip when the Twelve Apostles are named. Since Apostolic times, Nathanael and Bartholomew have been identified as being the same person. In our passage, Jesus traveled to Bethsaida in Galilee and asked Philip to follow Him. Philip was from Bethsaida, the hometown of Andrew and Peter. Like Andrew, Philip too has had a transformative encounter with Jesus. Accordingly, he witnessed powerfully to Nathanael: “We have found the one about whom Moses wrote in the law, and also the prophets, Jesus, son of Joseph, from Nazareth” (John 1: 45). Philip was probably thinking of Moses' Prophecy in Deuteronomy 18: 15: “A prophet like me will the LORD, your God, raise up for you from among your own kindred; that is the one to whom you shall listen.” Philip then, is beckoning Nathanael, his friend, to listen to Jesus the one being prophesied about by Moses and the Prophets.



Face to Face WITH GOD

Nathanael's immediate response is one of skepticism: "Can anything good come from Nazareth?" Philip was undeterred. Derived from the Hebrew, Nathanael's name meant 'gift of God,' and Philip knew that there was a deep longing and hunger in his friend's heart for God. What Philip did not know was that Jesus was using him as his messenger to bring Nathanael to him. Jesus already knew intimate details of Nathanael's heart: "Here is a true Israelite. There is no duplicity in him." Jacob was the first Israelite, as his name was changed from Jacob to Israel (Genesis 32:29). And he was a man of duplicity (Genesis 27: 35-36). By contrast, Nathanael is a true Israelite as there is no guile in him. A duplicitous person is two-faced, skilled in the art of deception. They cannot be trusted, as only their own self-interests matter. Nathanael, by contrast, is honest and transparent. Jesus read him accurately and made him His disciple. Nathanael was amazed: "How do you know me?" Once again Jesus displayed supernatural knowledge about Nathanael: "Before Philip called you, I saw you under the fig tree." Is there any significance to Nathanael being under the fig tree? The fig tree was connected to the approaching messianic era as described in Micah 4: 4 and Zechariah 3:10. Was Nathanael receiving a revelation that he would live to see the Messiah? Jesus' knowledge and understanding of Nathanael's deepest yearnings prompts him to exclaim: "Rabbi, you are the Son of God; you are the King of Israel!" Nathaniel was martyred in Armenia, flayed and torn to shreds by a whip.

PRAYER TO THE HOLY TRINITY

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

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



Examination of CONSCIENCE

Prayer of Thanksgiving

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

Examination of Conscience

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

The Act of Contrition

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





Encouragement for the Journey

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

Step Five: Are you looking to improve your spiritual focus?

- Gaining control of our physical senses and temptations can allow for a deeper commitment to our spiritual goals. Increase your spiritual endurance by practicing mastery over your physical desires and distractions.
- Pick a day or two and consider a commitment to moderate use of media besides use of Internet for business and work, to limit other uses of Internet, TV, and media to an hour daily. Work your way up to a daily commitment to this practice.
- Treating your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.



WHO DO YOU SAY I AM?

REVELATION 4: WHO DO THEY SAY JESUS IS?
WEEK 1, DAY 4

THE CANAANITE WOMAN'S FAITH

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

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

"Have pity on me, Lord, Son of David! My daughter is tormented by a demon." ... "It is not right to take the food of children and throw it to the dogs." She said, "Please, Lord, for even the dogs eat the scraps that fall from the table of their masters." Then Jesus said to her in reply, "O woman, great is your faith! Let it be done for you as you wish." And her daughter was healed from that hour." - Matthew 15: 22; 27-28

Jesus visits another Gentile territory, the region of Tyre and Sidon. There, a Canaanite woman imposes her burdened heart upon Jesus. She is a descendant of the ancient Canaanites, the bitter biblical enemies of Israel. Their paganism had often led Israel into idolatry. However, there were redeeming features about the region of Tyre and Sidon. The widow who supported Elijah during a time of famine came from this area (1Kings 17: 8-24). When Jesus reproached the unrepentant towns of Chorazin, Bethsaida, and Capernaum, He spoke favorably of Tyre and Sidon: "For if the mighty deeds done in your midst had been done in Tyre and Sidon, they would long ago have repented in sackcloth and ashes" (Matthew 11: 21). It is understandable that this woman was insistent and impetuous, as ancient Mediterranean judges were so corrupt that the only recourse the poor had was to be persistent in their refusal to take no for an answer. Jesus makes the same point in His Parable of the Persistent Widow in Luke 18: 1-8.



Face to Face WITH GOD

During their encounter, we become aware of age-old hostilities and prejudices, as well as deep faith, humility, and salvation! Even though she is a Gentile woman, she has become familiar with the Jewish longing for the coming of the Messiah through David's lineage. She recognizes that Jesus is no mere magician who performs feats for fame or money. Jesus is the Messiah who has come to bring salvation from the tyranny of demons. She addressed Jesus as 'Lord, Son of David,' while pleading for her daughter's release from the clutches of a demon. Jesus ignores her and maintains a stony silence. Will the woman demonstrate her desperate faith by insisting with her plea? His disciples begin to get irked and ask Jesus to send her away. Yet Jesus does not send her away as requested. He has salvation in store for her. Jesus then seems to gauge whether His disciples understand that He is Savior of the Gentiles as well. He does so by asserting the common belief among His people: "I was sent only to the lost sheep of the house of Israel." But the woman would not go away. Her faith and trust in Jesus become even more urgent and profound. She does homage to Jesus and says, "Lord, help me." Jesus tests her faith even more by insulting her to see what she would do: "It is not right to take the food of the children and throw it to the dogs." Far from being deterred and allowing herself to be insulted, the woman knew instinctively that Jesus would answer her plea. She responded in a way that moved Jesus' heart deeply: "Please, Lord, for even the dogs eat the scraps that fall from the table of their masters." Jesus rewarded her great faith and granted her wish: "For saying this, you may go. The demon has gone out of your daughter." When she went home, the woman saw that Jesus had answered her earnest plea for her daughter.

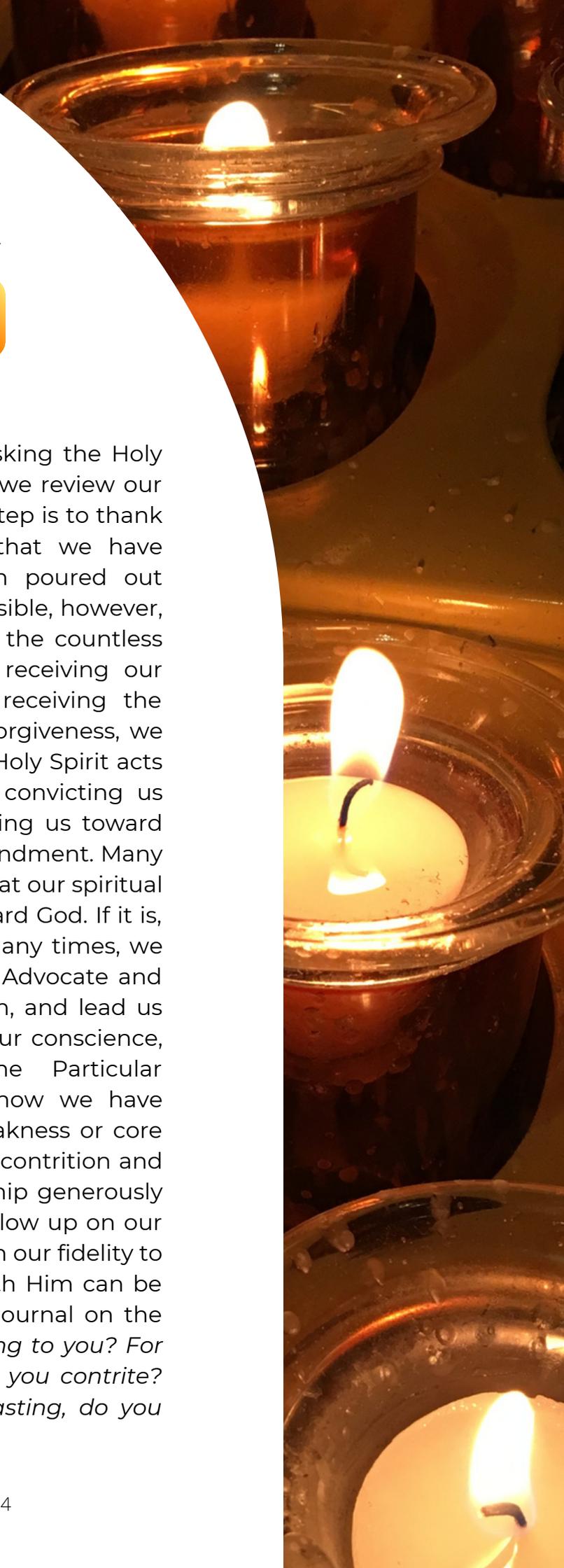
PRAYER TO THE HOLY TRINITY

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

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

NIGHT listen Prayer

The nightly review consists of first asking the Holy Spirit to overshadow and guide us as we review our discipleship during the day. The next step is to thank God for the blessings and graces that we have received. These blessings have been poured out upon us during this day. 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. Many times, during the day, we need to look at our spiritual compass to see if it is pointing us toward God. If it is, we will be in a state of consolation. Many times, we need to ask the Holy Spirit to be our Advocate and Guide, to preserve us from temptation, and lead us into God's Embrace. 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. Today, we can follow up on our morning prayer, and ask God to deepen our fidelity to Jesus' teachings so that our union with Him can be strengthened. We encourage you to journal on the following questions: *What is God saying to you? For what are you grateful? For what are you contrite? What spiritual discipline, including fasting, do you need to focus on tomorrow?*





Examination of CONSCIENCE

Prayer of Thanksgiving

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

Examination of Conscience

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

The Act of Contrition

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





Encouragement for the Journey

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

Step Five: Are you looking to improve your spiritual focus?

- Gaining control of our physical senses and temptations can allow for a deeper commitment to our spiritual goals. Increase your spiritual endurance by practicing mastery over your physical desires and distractions.
- Pick a day or two and consider a commitment to moderate use of media besides use of Internet for business and work, to limit other uses of Internet, TV, and media to an hour daily. Work your way up to a daily commitment to this practice.
- Treating your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?



WHO DO YOU SAY I AM?

REVELATION 4: WHO DO THEY SAY JESUS IS?
WEEK 2, DAY 5

THE SAMARITAN LEPER'S WITNESS

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

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

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

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



Face to Face WITH GOD

In their approach to Jesus, they had to stand at a far-off distance as prescribed by the law. They had to shout out their urgent plea for healing, though it required a great effort, as one symptom of leprosy is a hoarse whisper: “Jesus, Master! Have pity on us” (Luke 17: 13). They addressed Jesus by His name and knew of His authority to heal as they described Jesus as Master. They hoped that Jesus would have pity on them. Jesus offers them healing in a most unexpected way! He tells them to go and show themselves to the priests. One goes to the priests only after one has been cleansed. In faith, therefore, they had to believe that they would be healed. Sure enough, they experienced cleansing from the disease while they were on their way to the priests.

All ten were granted their request for healing from their accursed sickness. Only the Samaritan returned, “glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him. He was a Samaritan.” His voice was no longer hoarse, and he was full-throated in his praise and gratitude to God. He fell at the feet of Jesus and thanked Him. Having faith in Jesus, as the Samaritan did, is surrendering to Jesus as Savior and Lord. Jesus exercises His power within the context of faith, as He has come to bring us salvation from Satan, sin, and permanent death. Jesus reminds us in His comment on the Samaritan that God’s ways are mysterious, that the Samaritan man’s heart revealed spiritual depths that moved Jesus: “Has none but this foreigner returned to give thanks to God?” Then he said to him, “Stand up and go; your faith has saved you.”

PRAYER TO THE HOLY TRINITY

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

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



Examination of CONSCIENCE

Prayer of Thanksgiving

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

Examination of Conscience

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

The Act of Contrition

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





Encouragement for the Journey

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

Step Five: Are you looking to improve your spiritual focus?

- Gaining control of our physical senses and temptations can allow for a deeper commitment to our spiritual goals. Increase your spiritual endurance by practicing mastery over your physical desires and distractions.
- Pick a day or two and consider a commitment to moderate use of media besides use of Internet for business and work, to limit other uses of Internet, TV, and media to an hour daily. Work your way up to a daily commitment to this practice.
- Treating your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.



WHO DO YOU SAY I AM?

REVELATION 4: WHO DO THEY SAY JESUS IS?
WEEK 2, DAY 6

THE CENTURION'S FAITH IN JESUS

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



Face to Face WITH GOD



PRAYER TO THE HOLY SPIRIT

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

"Lord, do not trouble yourself, for I am not worthy to have you enter under my roof. Therefore, I did not consider myself worthy to come to you; but say the word and let my servant be healed. For I too am a person subject to authority, with soldiers subject to me. And I say to one, 'Go,' and he goes; and to another, 'Come here,' and he comes; and to my slave, 'Do this,' and he does it." When Jesus heard this he was amazed at him, and turning, said to the crowd following him, "I tell you, not even in Israel have I found such faith." When the messengers returned to the house, they found the slave in good health." - Luke 7: 6-10

Both Luke and Matthew recount the story of the Centurion's faith in Jesus and the healing of his slave. The man in question is a Roman centurion, commanding 100 soldiers. Roman centurions were part of the Roman occupation force in Judea and Galilee in the First Century. Surprisingly, some of them displayed a respectable moral fiber. A good example is the centurion who after Jesus' death remarked that He was the Son of God! The same is the case with the centurion in our passage. He was based in Capernaum, an important town on the shores of Lake Galilee. Herod Antipas, who had John the Baptist beheaded, was the Tetrarch or Ruler of Galilee. The centurion was probably in the service of Herod Antipas. This military officer is a Gentile, not belonging to the Jewish faith. Rather than approach Jesus directly, he chose to send "elders of the Jews to him," as he did not consider himself worthy to have Jesus come to him. His unworthiness might have stemmed from being a Gentile into whose home no Jewish person would enter.



Face to Face WITH GOD

But he probably felt unworthy because he had the faith to realize that he was in the Presence of God, but also hopeful that Jesus would answer his plea. He addressed Jesus as Lord, a title for God among the Jews!

We are given some important details of the inner workings of this officer's soul. Even though he is a Gentile, the elders of the Jews make a strong case on his behalf: "He deserves to have you do this for him, for he loves our nation and he built the synagogue for us" (Luke 7: 4-5). He probably was in transition from his pagan beliefs toward adhering to the Mosaic Covenant and the God of Abraham! This encounter with Jesus will lead him into deeper waters toward the new and eternal covenant in Jesus. Furthermore, he engages in extraordinary behavior. He treats his slave as his own family. Slaves had no rights and were treated as less than human. This pagan centurion is so deeply concerned about his slave that he goes to great lengths to have him healed! His faith in Jesus prompted him to make a simple and heart-warming plea: Please heal my servant, Lord. His faith is so compelling and extraordinary that Jesus is amazed. Not even in Israel had Jesus found such faith! He sends home the officer and his friends, with the knowledge that his request has been granted.

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 *listen* 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 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. 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?



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 Five: Are you looking to improve your spiritual focus?

- Gaining control of our physical senses and temptations can allow for a deeper commitment to our spiritual goals. Increase your spiritual endurance by practicing mastery over your physical desires and distractions.
- Pick a day or two and consider a commitment to moderate use of media besides use of Internet for business and work, to limit other uses of Internet, TV, and media to an hour daily. Work your way up to a daily commitment to this practice.
- Treating your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.



WHO DO YOU SAY I AM?

REVELATION 4: WHO DO THEY SAY JESUS IS?
WEEK 2, DAY 7

GIVING AWAY THREE
THINGS DAILY

MICHAEL FONSECA, D. MIN

MORNING *Prayer*



Act of Faith

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

Act of Hope

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

Act of Charity

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

Morning Offering

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



Face to Face

WITH GOD



PRAYER TO THE HOLY SPIRIT

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

In Mark 8: 36, Jesus emphasizes the passing nature of our wealth and holdings, and makes the point that our attachments can lead to the ruin of our spiritual well-being: "What profit is there for one to gain the whole world and forfeit his life? What could one give in exchange for his life? What, then, would we give up and give away to ensure our salvation through Jesus? Luke 12: 33-34 says, "Sell your belongings and give alms. Provide money bags for yourselves that do not wear out, an inexhaustible treasure in heaven that no thief can reach nor moth destroy. For where your treasure is, there also will your heart be." When God becomes the treasure of our heart, we "seek his kingdom, (and) these other things will be given you besides" (Luke 12: 31). We conform ourselves to the teachings of Jesus, seriously and unreservedly. In doing so, we will be satisfied with our earthly possessions, free of inordinate hankerings.

Tithing 10% is a sacred tradition in the Old Testament: "All tithes of the land, whether in grain from the fields or in fruit from the trees, belong to the LORD; they are sacred to the LORD... The tithes of the herd and the flock, every tenth animal that passes under the herdsman's rod, shall be sacred to the LORD" (Deuteronomy 27: 30,32).



Face to Face WITH GOD

Tithing continues to be a sacred tradition in the New Testament: “Consider this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each must do as already determined, without sadness or compulsion, for God loves a cheerful giver” (2 Corinthians 9: 6-7).

Tithing 10% is an important characteristic of a serious disciple. A practical way of being a cheerful giver is to give up or give away three things daily. You can give up the satisfaction of some creature-comforts, daily. And you can choose to give away something that you are no longer using and has become clutter. Cleaning up your clutter and even giving away something that you hold dear to your heart, will bring you an experience of blessedness. The importance of making this clean-up of three things daily cannot be stressed enough. We are creatures of habit and hoarding is innate to our nature. Clutter affects us spiritually and in other ways.

PRAYER TO THE HOLY TRINITY

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



Examination of CONSCIENCE

Prayer of Thanksgiving

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

Examination of Conscience

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

The Act of Contrition

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





Encouragement for the Journey

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

Step Five: Are you looking to improve your spiritual focus?

- Gaining control of our physical senses and temptations can allow for a deeper commitment to our spiritual goals. Increase your spiritual endurance by practicing mastery over your physical desires and distractions.
- Pick a day or two and consider a commitment to moderate use of media besides use of Internet for business and work, to limit other uses of Internet, TV, and media to an hour daily. Work your way up to a daily commitment to this practice.
- Treating your body as a temple of the Holy Spirit, find opportunities for daily physical exercise of your choice.

My Notes

Date :

What is God saying to you?

For what are you grateful?

For what are you contrite?

