



# REGNUM CHRISTI

## Men's Spiritual Exercises



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*Outline of the Spiritual Exercises*

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Spiritual Exercises include every way of examining one’s conscience, of meditating, of contemplating, of praying vocally and mentally, and of performing other spiritual actions. For as strolling, walking and running are bodily exercises, so every way of preparing and disposing the soul to rid itself of all the disordered tendencies, and, after it is rid, to seek and find the Divine Will as to the management of one’s life for the salvation of the soul, is called a Spiritual Exercise.

<p><b>St. Ignatius of Loyola (4 Weeks)</b></p>	<p><b>A Modern Presentation (5 Phases)</b></p>
<p style="text-align: center;"><b>1<sup>st</sup> week</b></p> <p><b><u>Principle and Foundation:</u></b> Man is created to praise, reverence, and serve God our Lord, and by this means to save his soul.</p> <p>And the other things on the face of the earth are created for man and that they may help him in prosecuting the end for which he is created.</p> <p>From this it follows that man is to use them as much as they help him on to his end, and ought to rid himself of them so far as they hinder him as to it.</p> <p>For this it is necessary to make ourselves indifferent to all created things in all that is allowed to the choice of our free will and is not prohibited to it; so that, on our part, we want not health rather than sickness, riches rather than poverty, honor rather than dishonor, long rather than short life, and so in all the rest; desiring and choosing only what is most conducive for us to the end for which we are created.</p>	<p style="text-align: center;"><b>1<sup>st</sup> phase</b></p> <p><b><u>God’s Plan:</u></b> This stage seeks to guide us to the convincing knowledge of the fundamental truths of life, and to the decision of living in conformity with them; God is my Creator and Father and I am a creature and son, called to answer God’s call and to carry out his plan over me, using the creatures that help me and leaving aside those that hinder me.</p> <p><b><u>Objectives:</u></b></p> <ol style="list-style-type: none"> <li>1) Renew my knowledge of the fundamental truths of life.</li> <li>2) Renewed desire to live according to them.</li> </ol> <p style="text-align: center;"><b>2<sup>nd</sup> phase</b></p> <p><b><u>My answer:</u></b> Here we look at our personal failures in responding to God’s Plan. God’s Mercy is the final word. We look at our sinfulness so that we may experience the mercy of God.</p> <p><b><u>Objectives:</u></b></p> <ol style="list-style-type: none"> <li>1) Acknowledgement our failures.</li> <li>2) Experience of God’s Mercy.</li> <li>3) Gratitude.</li> </ol>

<p style="text-align: center;"><b>2<sup>nd</sup> week</b></p> <p><b><u>The Kingdom of Christ:</u></b> The aim is to arrive to an interior knowledge and love of the person of Jesus Christ, so that the retreatant may adapt his life to the model Christ and identify himself with Him as the concrete norm of Christian perfection. This assimilation to Christ is brought about by a series of meditations on His private and public life.</p>	<p style="text-align: center;"><b>3<sup>rd</sup> phase</b></p> <p><b><u>Encountering Our Redeemer, the Incarnation and Life of Christ:</u></b> The mysteries of the life of Christ meditated upon and contemplated. As it is said of the Blessed Mother, "As for Mary, she treasured all these things and pondered them in her heart". (Lk 2: 19) Here we would like to do the same.</p> <p><b><u>Objectives:</u></b></p> <ol style="list-style-type: none"> <li>1) Increase one's knowledge of Christ and His doctrine.</li> <li>2) Grow in my love of Christ.</li> <li>3) Desire to imitate Christ, to be an alter Christus.</li> </ol>
<p style="text-align: center;"><b>3<sup>rd</sup> week</b></p> <p><b><u>Passion and Death of Jesus Christ:</u></b> This week is concerned with the Passion of Our Lord and is intended to confirm the retreatant in the options he has taken to follow Christ more closely by increasing his grateful love for Christ and his sorrow for his sins through the study of Christ's suffering.</p>	<p style="text-align: center;"><b>4<sup>th</sup> phase</b></p> <p><b><u>Encountering Our Redeemer, Passion and Death:</u></b> The contemplation of the Passion of Our Lord. St. Paul's exhortation may guide the retreatant: "Make your own the mind of Christ Jesus." (Phil 2:5) "I have been crucified with Christ and yet I am alive; yet it is no longer I, but Christ living in me." (Gal 2:19-20)</p> <p><b><u>Objective:</u></b> To embrace the cross of my life as a priest with love as Christ embraced the Cross.</p>
<p style="text-align: center;"><b>4<sup>th</sup> week</b></p> <p><b><u>Resurrection of Jesus Christ:</u></b> The fourth week develops meditations on the Risen Life of Christ and is intended to engender unselfish love, joy in Christ's glory, and an unchanging trust in Christ the Consoler. (The Spiritual Exercises of St. Ignatius)</p>	<p style="text-align: center;"><b>5<sup>th</sup> phase</b></p> <p><b><u>Encountering Our Redeemer, Life in the Risen Christ:</u></b> The identification with Christ suffering experienced in stage four is followed by the joyful experience of the Risen Christ.</p> <p><b><u>Objective:</u></b> Experience of true Christian joy united to the desire to love, imitate and serve Christ as a priest forever.</p>

## *Introduction to Spiritual Exercises*

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Aim: Spiritual Exercises have three main goals:

- ❑ **To know ourselves**
- ❑ **To know the person of Jesus Christ**
- ❑ **To imitate the person of Jesus Christ**

Every element of the retreat is design to accomplish these aims in a harmonious way: there is nothing superfluous. During meals, there will be a reading from a spiritual Book, which can be the most life-changing moment of the entire retreat. Take advantage of the free times to take some fresh air and go over the inspirations of the Holy Spirit in your soul.

The main qualities required for a good retreat are humility, sincerity and generosity. Humility, to be well disposed to approach God; sincerity, to be open to what God is asking of you; and generosity, to respond as Mary did: "Let it be done to me according to your word."

The initial questionnaire may be a helpful way to begin the retreat with the correct dispositions.

## *Reflection and Silence*

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### **Silence**

Silence is key to a successful retreat since God speaks to us in the silence of our hearts. We should be silent both externally and internally. External silence is not speaking to anyone else except the spiritual director or retreat master. More important, internal silence is leaving behind worries and concerns (work, home, kids, etc...) to focus on the retreat and only the retreat. A true spirit of silence also requires mental discipline – making the effort to concentrate on the material of the retreat and not just “good and spiritual things” that are not the focus of the retreat.

### **Free Time and Breaks**

This is not just time to fill. You should go over your meditations, pray the rosary, prepare your confession or spiritual direction, work your program of life, make visits to the Blessed Sacrament, or take a walk to get some fresh air and reflect.

### **Rosary**

We should remain close to our Blessed Mother throughout the retreat, and take some time to pray the rosary each day. Unless otherwise indicated, you should pray the rosary individually and in silence during one of the free times.

### **Meals**

Grace is said before all meals, which are normally buffet – style. To help promote recollection and to reinforce retreat themes, there are readings during the meals. Eat well to have the strength to pray well and take the time to finish your meal, if you have not done so, before the thanksgiving prayer at the end, after, which you are free to go.

## *A Guide to Prayer*

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### **Meditation**

The meditation is a guided reflection on a particular truth about God, Christ, the Church, or us. It begins with a series of reflections by the retreat master, who then invites the retreatants to continue praying in silence on those points that struck them most. They can do this wherever is most conducive to prayer: the chapel, conference room or their own room, remembering that this is the most important part of the meditation and should be given its full time. The whole meditation is normally an hour long. The last few moments should be dedicated to making a personal resolution based on the reflection. It is good to write down any lights from the Holy Spirit.

Prayer is essentially a dialogue with God. It is a personal, heart to heart conversation that enlightens the soul, strengthens the will, and enables us to accept – and carry out – God’s will for our lives. Prayer out to renew us from within. When it is authentic, prayer influences the way we think, how we feel, and the decisions we make in our daily lives.

### **Preparation for Prayer**

Preparing your soul for mental prayer is not something we can accomplish by our own efforts. We need God’s help in order to pray. We must always begin our prayer by invoking the assistance of the Holy Spirit – the “sweet guest of the soul” who dwells within us. In fact, without the Holy Spirit, nothing lasting or solid can be attained in the work of our growth in holiness.

Next, it is good to consider what we are about to do and with whom we are going to speak to. In prayer we meet the One who made us and who knows us perfectly; the One who neither deceives nor can be deceived; the Father who loves us infinitely more than we love ourselves.

A good next step is to renew our faith in God, express our love for him, rekindle our confidence in his promises, thank him for all his

gifts, and recognize what we really are before him, that is, fragile creatures who need redemption.

Now we are ready to ask God for the particular gift we hope to receive as a "fruit" or result of our prayer. Sometimes this fruit is something particular and concrete, such as the strength to overcome a particular weakness or the patience to practice a certain virtue. Other times, it can seek something deeper; for example, that inner change of heart necessary to follow Christ more closely.

It is important to remember that authentic prayer engages everything we are: our intelligence and will, our feelings and affections, our interests and desires. The Lord wishes to transform our entire being with his grace. Thus prayer is much more than "thinking" about God and spiritual things.

## **Forms of Mental Prayer**

Prayer normally takes two essential forms.

- 1) The first form or type is more reflective and consists in taking an idea or Gospel principle and turning it over on our minds. We try to penetrate to the heart of the truth contained in this idea. We strive to see how it applies to our own lives. We ask, "What is God saying to me through these words or this episode from the Gospel?" "Is my way of thinking and acting like that of Christ, or on the contrary, more like that of his enemies?" And finally, our calm reflection should bring us to make a conscious choice for God. In other words, it ought to serve as a tool through which we decide to live in accordance with the truth we have discovered, day after day and year after year.
- 2) The second type of prayer is more contemplative. Here we choose an event in the life of Christ, Mary or another character from the Gospel and observe the scene as if we were actually present. By seeing the people, listening to their words and considering their actions, we draw lessons from what we experience. Here again the truly important thing is to decide to imitate in our own lives what we have contemplated during prayer.



The choice of either of these types of prayer depends chiefly on the Holy Spirit who is at work within us. It will depend on our personal spiritual needs at any given moment as well as on the recommendations of our spiritual director.

### **Listening in Prayer**

In prayer, it is not enough to reflect or contemplate. If prayer is a dialogue with God, then over time we need to learn to listen to God. We need to speak with him and allow him to mold us into the image of His Son. To accomplish this, we must approach him full of faith and love.

### **Habit of Prayer**

The fruitfulness of prayer depends primarily on God's action, but it also requires our cooperation. Therefore, we do well to make an honest effort in prayer and in acquiring the habit of daily prayer. This requires learning to set aside and overcome the difficulties we face in prayer: distractions, tiredness, and negative feelings – which we suffer especially in times of temptation and dryness. It is greatly helped by having a set time for prayer each day.

### **Conferences**

Conferences or talks are more practical in nature than meditations. Possible themes include tips on prayer or guidance on preparing your program of life. Unlike the meditation, there is no time dedicated to personal reflection at the end. We begin all meditations and conferences with the following opening prayer:

*Opening Prayer for Meditations/Conferences*

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**V:** Come, Holy Spirit,

**R:** Fill the hearts of your faithful and kindle in them the fire of Your love.

**V:** Send forth your Spirit and they shall be created,

**R:** And You shall renew the face of the earth.

**V:** Let us pray: O God, by the light of the Holy Spirit, You have taught the hearts of your faithful. In that same Spirit, help us to know what is truly right and always rejoice in his consolation. We ask this through Christ our Lord.

**R:** Amen.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

**V:** Christ our King!

**R:** Thy Kingdom come!

**V:** Virgin most prudent, Mary, Mother of the Church.

**R:** Pray for us.

**To conclude:**

**V:** We give thee thanks for all thy benefits, almighty God, who live and reign forever.

**R:** Amen.

**V:** Christ our King!

**R:** Thy Kingdom come!

**V:** Virgin most prudent, Mary, Mother of the Church.

**R:** Pray for us.

## *Morning Offering*

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**V:** Christ our King!

**R:** Thy Kingdom Come!

Our Father, who art in heaven, hallowed be thy name.  
thy Kingdom come;  
thy will be done on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among  
women, and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners, now and at the hour of  
our death, Amen.

### **Prayer to Begin the Day**

O my Lord and my Father, inspire my thoughts, words, and actions,  
and accompany them with your grace, so that all my actions may begin  
and end according to your will and for love of you. Through Jesus  
Christ, our Lord.  
Amen.

### **Morning Offering**

#### **Prayer to the Father**

I believe in you, my God, because you are truth itself. I hope in you  
because you are infinite mercy. I love you above all else because you  
are infinitely lovable, and because I must love you alone with all my  
heart, all my soul, and all my strength (cf. Dt 6:5). I thank you, Father,  
for granting me a new day to give you glory and make your Kingdom  
present.

## **Prayer to Jesus Christ**

Lord Jesus,  
I give you my hands to do your work.  
I give you my feet to follow your path.  
I give you my eyes to see as you see.  
I give you my tongue to speak your words. I give you my mind, so that you can think in me. I give you my spirit, so you can pray in me. Above all, I give you my heart, so in me you can love your Father and all people. I give you my whole self so you can grow in me; till it is you, Christ, who live and work and pray in me.  
Amen.

## **Prayer to the Holy Spirit**

Holy Spirit, delightful guest and consoler of my soul, artisan of our transformation into Christ, enlighten my mind to know God's will for me. In flame my heart to love it passionately. Grant me the fortitude I need to accomplish it as perfectly as you ask of me. Lastly, Spirit of love, grant me the grace of responding faithfully to your holy inspirations.

## **Prayer to the Blessed Virgin Mary**

Mother, I come before you on this new day to consecrate to you all my thoughts, words, and actions, and to ask your blessing for me, my loved ones, and all whom I encounter along my way. Grant me the heart of an apostle of the Kingdom, and enable me to imitate the life of prayer, obedience, humility, fidelity, sacrifice and simplicity that you shared with your Son, our brother and Lord. Mother, tell Jesus how much I want to serve him in Regnum Christi, and make his Kingdom present among all people.

## **Examen to prepare the day**

We take a few minutes of reflection in God's presence to review our day's agenda, offer him our activities, and renew our intention to live in Christ all day long.

## *Angelus*

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### **Angelus**

**V:** The angel of the Lord declared unto Mary

**R:** And she conceived of the Holy Spirit

Hail Mary, full of grace. ..

**V:** Behold the handmaid of the Lord:

**R:** Be it be done to me according to thy word

Hail Mary, full of grace...

**V:** And the Word was made flesh

**R:** And dwelt among us

Hail Mary, full of grace...

**V:** Pray for us, O holy Mother of God

**R:** That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we, to whom the incarnation of Christ, thy Son, was made known by the message of an angel, may by his passion and cross be brought to the glory of his resurrection. Through the same Christ our Lord. **Amen.**

**V:** Glory be to the Father, and to the Son and to the Holy Spirit.

**R:** As it was in the beginning, is now, and ever shall be, world without end. Amen. (Three times)

### **Prayer to the Guardian Angel**

Angel sent by God to guide me,  
be my light and walk beside me;  
be my guardian and protect me;  
on the paths of life direct me.

## *Rosary*

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I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father  
almighty; from there he will come to judge the  
living and the dead. I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen

**The Sorrowful Mysteries (Tuesday and Friday)**

- I. The Agony of Jesus in the Garden
- II. The Scourging at the Pillar
- III. Jesus is Crowned with Thorns
- IV. Jesus Carried the Cross
- V. The Crucifixion of our Lord

**The Joyful Mysteries (Monday and Saturday)**

- I. The Annunciation of the Lord to Mary
- II. The Visitation of Mary to Elizabeth
- III. The Nativity of our Lord Jesus Christ
- IV. The Presentation of our Lord
- V. Finding Jesus in the Temple at age 12

**After each decade:** "O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy."

**Hail, Holy Queen**

Hail, holy Queen, Mother of Mercy!  
Our life, our sweetness, and our hope!  
To thee do we cry, poor banished  
children of Eve, to thee do we send  
up our sighs, mourning and weeping  
in this valley, of tears.  
Turn, then, most gracious advocate,  
thine eyes of mercy toward us; and  
after this our exile show unto us the  
blessed fruit of thy womb Jesus;  
O clement, O loving, O sweet virgin Mary.  
Pray for us, O holy Mother of God  
That we may be made worthy of the  
promises of Christ.

## LITANY OF LORETO

## Spiritual Exercises Retreat

Lord, have mercy.

**Christ, have mercy.**

Lord, have mercy. Christ, hear us.

**Christ, graciously hear us.**

God, the Father of heaven,

**Have mercy on us.**

God the Son, Redeemer of the world,

**Have mercy on us.**

God the Holy Spirit,

**Have mercy on us.**

Holy Trinity, one God.

**Have mercy on us.**

Holy Mary, **pray for us.**

Holy Mother of God, **pray for us.**

Holy Virgin of virgins

Mother of Christ

Mother of the Church

Mother of divine grace

Mother most pure

Mother most chaste

Mother inviolate

Mother undefiled

Mother most amiable

Mother most admirable

Mother of good counsel

Mother of our Creator.

Mother of our Savior

Virgin most prudent

Virgin most venerable

Virgin most renowned

Virgin most powerful

Virgin most merciful

Virgin most faithful

Mirror of justice

Seat of wisdom

Cause of our joy

Spiritual vessel

Vessel of honor

Singular vessel of devotion

Mystical rose

Tower of David

Tower of ivory

House of gold,

Ark of the covenant

Gate of heaven

Morning star

Health of the sick

Refuge of sinners

Comforter of the afflicted

Help of Christians

Queen of angels

Queen of patriarchs

Queen of prophets

Queen of apostles

Queen of martyrs

Queen of confessors

Queen of virgins

Queen of all saints

Queen conceived without original sin

Queen assumed into heaven

Queen of the most holy Rosary

Queen of families

Queen of peace



Lamb of God, You take away sins of the world;

**Spare us, O Lord.**

Lamb of God, You take away the sins of the world;

**Graciously hear us, O Lord.**

Lamb of God, You take away the sins of the world;

**Have mercy on us.**

**V:** Pray for us, O Holy Mother of God.

**R: That we may be made worthy of the promises of Christ.**

Let us pray:

O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech Thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may both imitate what they contain and obtain what they promise, through Christ our Lord. Amen.

**V:** For the intentions of the Holy Father.

**R: Our Father, Hail Mary, Glory Be...**

In the Name of the Father, and of the Son and of the Holy Spirit. Amen.

## *Night Prayers*

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My Lord and my God, I thank You for the countless gifts You have given me, especially for creating and redeeming me, for calling me to the Catholic faith, for choosing me to be an apostle among my brothers and sisters, and for freeing me from so many dangers of soul and body. Enlighten my mind so I can recognize my faults, and grant me the grace to be truly sorry and sincerely mend my ways.

Take a few minutes for a conscience examination. The following questions are suggestions to help you evaluate your day and the months since your last retreat. It is recommended, however, that you draw up, with the help of your spiritual director, questions that correspond better and more directly to your current spiritual and apostolic situation. You may also use your commitment card as a guide to examine your conscience).

1. Does the awareness that I am a child of God, and bear the seal of this reality on my soul, permeate my day? Do I behave like his good, faithful son or daughter? Is there anything in particular that satisfies or displeases God, my Father? Have I tried to do God's will in my various activities today? Have I performed them with this intention?
2. Have I tried hard, sincerely, and fervently, to use my means for spiritual growth well?
3. Have I fulfilled the duties of my state in life (as a son or daughter, student, parent, spouse, etc.) honestly and responsibly, in a spirit of service? Have I sought God's glory and the good of others more than my own personal interests?
4. Have I lived out Christian charity in thoughts, words, attitudes and actions? In other words, have I done good to others by helping to make them happy, especially those closest to me – being patient, not talking badly of them or holding grudges, forgiving, and helping out as much as I could whenever I had the opportunity?
5. How well have I carried out my mission as an apostle? Did I take the necessary steps and seize the opportunities to win souls for Christ? Do I have clear apostolic goals and have I striven to meet them? Was I generous in giving my time and resources to further Christ's interests?

6. What omissions was I guilty of today?
7. Have I taken care to form a sensitive conscience?
8. Do I know what my root defect is? (Lack of devotion, pride, self-love, vanity, laziness, faultfinding, envy, gluttony, lack of charity, frivolity and superficiality, sensuality, neglectfulness, irresponsibility in my work, individualism, indifference to the common good...) What have I done today to improve?
9. What was the most positive thing in my day?
10. What was the most negative thing in my day?

To conclude the evaluation take a few moments for a trusting, heartfelt conversation with the Lord: Thank him for what you have achieved, beg his forgiveness for the failings you detect, and ask his help to be better tomorrow. Then pray the prayers that follow. The point of praying the Creed is to profess the Catholic faith ever more consciously, and to ask God for the grace to bear witness to it openly and remain faithful to it in its entirety until the end of your life.

## **Friday**

Hymn

Make me a channel of Your peace  
Where there is hatred, let me bring Your love  
Where there is injury, Your pardon Lord  
And where there's doubt, true faith in You  
Make me a channel of Your peace  
Where there's despair in life, let me bring hope  
Where there is darkness, only light  
And where there's sadness, ever joy  
Oh Master, grant that I may never seek  
So much to be consoled as to console  
To be understood as to understand  
To be loved as to love with all my soul

PSALMODY

Antiphon: Day and night I cry to you, my God.

Psalm 88

**Prayer of a very sick person**

This is your hour when darkness reigns (Luke 22:5)

Lord my God, I call for help by day;  
I cry at night before you.  
Let my prayer come into your presence.  
O turn your ear to my cry.

For my soul is filled with evils;  
my life is on the brink of the grave.  
I am reckoned as one in the tomb;  
I have reached the end of my strength,

Like one alone among the dead,  
like the slain lying in their graves,  
like those you remember no more,  
cut off, as they are, from your hand.

You have laid me in the depths of the tomb,  
in places that are dark, in the depths.  
Your anger weighs down upon me;  
I am drowned beneath your waves.

You have taken away my friends  
and made me hateful in their sight.  
Imprisoned, I cannot escape;  
my eyes are sunken with grief.

I call to you, Lord, all the day long;  
to you I stretch out my hands.  
Will you work your wonders for the dead?  
Will the shades stand and praise you?

Will your love be told in the grave  
or your faithfulness among the dead?  
Will your wonders be known in the dark  
or your justice in the land of oblivion?

As for me, Lord, I call to you for help;  
in the morning my prayer comes before you.  
Lord, why do you reject me?  
Why do you hide your face?

Wretched, close to death from my youth,  
I have borne your trials; I am numb.  
Your fury has swept down upon me;  
your terrors have utterly destroyed me.

They surround me all the day like a flood,  
they assail me all together.  
Friend and neighbor you have taken away:  
my one companion is darkness.

**Antiphon:** Day and night I cry to you, my God.

**READING** Jeremiah 14: 9a

You are in our midst, O Lord, your name we bear: do not forsake us, O Lord, our God!

**RESPONSORY**

Into your hands, O Lord, I commend my spirit.

- Into your hands, O Lord, I commend my spirit.

You have redeemed us, Lord God of truth.

- I commend my spirit.

Glory to the Father, and to the Son, and to the Holy Spirit,

- Into your hands, O Lord, I commend my spirit.

**GOSPEL CANTICLE** Luke 2:29-32

**Antiphon:** Protect us Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Lord, now you let your servant go in peace;

your word has been fulfilled:

my own eyes have seen the salvation

which you have prepared in the sight of every people:

a light to reveal you to the nations

and the glory of your people Israel.

Glory be to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now and will be for ever.

**Antiphon:** Protect us Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

**PRAYER**

All-powerful God,

keep us united with your Son

in his death and burial

so that we may rise to new life with him,

who lives and reigns for ever and ever.

**BLESSING**

May the all-powerful Lord grant us a restful night and a peaceful death. Amen.

**Saturday**

**Hymn**

Soul of my Savior sanctify my breast,  
Body of Christ, be thou my saving guest,  
Blood of my Savior, bathe me in thy tide,  
wash me with waters gushing from thy side.

Strength and protection may thy passion be,  
O blessed Jesus, hear and answer me;  
deep in thy wounds, Lord, hide and shelter me,  
so shall I never, never part from thee.

Guard and defend me from the foe malign,  
in death's dread moments make me only thine;  
call me and bid me come to thee on high  
where I may praise thee with thy saints for ay.

PSALMODY

**Antiphon:** Have mercy, Lord, and hear my prayer.

Psalm 4

**Thanksgiving**

The resurrection of Christ was God's supreme and wholly marvelous work. (Saint Augustine)

When I call, answer me, O God of justice;  
from anguish you released me, have mercy, and hear me!  
O men, how long will your hearts be closed,  
will you love what is futile and seek what is false?  
It is the Lord who grants favors to those whom he loves;  
the Lord hears me whenever I call him.  
Fear him; do not sin: ponder on your bed and be still  
Make justice your sacrifice, and trust in the Lord.  
"What can bring us happiness?" many say.  
Lift up the light of your face on us, O Lord.  
You have put into my heart a greater joy  
than they have from abundance of corn and new wine.  
I will lie down in peace and sleep comes at once  
for you alone, Lord, make me dwell in safety.

**Antiphon:** Have mercy, Lord, and hear my prayer.

**Antiphon 2:** In the silent hours of the night, bless the Lord.

**Psalm 134**

Evening prayer in the Temple

Praise our God, all you his servants, you who fear him, small and great (Revelation 19:5).

O come, bless the Lord,  
all you who serve the Lord,  
who stand in the house of the Lord,  
in the courts of the house of our God.  
Lift up your hands to the holy place  
and bless the Lord through the night.  
May the Lord bless you from Zion,  
he who made both heaven and earth.

**Antiphon 2:** In the silent hours of the night, bless the Lord.

**READING** Deuteronomy 6:4-7

Hear, O Israel! The Lord is our God, the Lord alone! Therefore, you shall love the Lord, your God, with all your heart, and with all your soul, and with all your strength. Take to heart these words which I enjoin on you today. Drill them into your children. Speak of them at home and abroad, whether you are busy or at rest.

**RESPONSORY**

Into your hands, O Lord, I commend my spirit.

- Into your hands, O Lord, I commend my spirit.

You have redeemed us, Lord God of truth.

- I commend my spirit.

Glory to the Father, and to the Son, and to the Holy Spirit,

- Into your hands, O Lord, I commend my spirit.

**GOSPEL CANTICLE** Luke 2:29-32

**Antiphon:** Protect us Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Lord, now you let your servant go in peace;  
your word has been fulfilled:  
my own eyes have seen the salvation  
which you have prepared in the sight of every people:  
a light to reveal you to the nations  
and the glory of your people Israel.

Glory be to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now and will be for ever.

**Antiphon:** Protect us Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

**PRAYER**

Lord,  
be with us throughout this night.  
When day comes may we rise from sleep  
to rejoice in the resurrection of your Christ,  
who lives and reigns for ever and ever.

Or, on solemnities that do not occur on Sunday:

Lord,  
we beg you to visit this house  
and banish from it all the deadly power of the enemy.  
May your holy angels dwell here  
to keep us in peace,  
and may your blessing be upon us always.  
We ask this through Christ our Lord.

**BLESSING**

May the all-powerful Lord grant us a restful night and a peaceful death. Amen.

**Night Hymn to Mary**

Hail, Holy Queen enthroned above, O Maria!  
Hail, Mother of mercy and of love, O Maria!  
Triumph all ye cherubim!  
Sing with us ye seraphim!  
Heaven and earth resound the hymn!  
Salve, salve, salve, Regina!

Our life, our sweetness here below, O Maria!  
Our hope in sorrow and in woe, O Maria!  
Triumph all ye cherubim!  
Sing with us ye seraphim!  
Heaven and earth resound the hymn!  
Salve, salve, salve, Regina!



For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead, and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

*Exposition & Benediction of the Blessed Sacrament*

**Exposition**

**Exposition Hymn (O Salutaris Hostia):**

O Salutaris Hostia,  
Quae caeli pandis ostium:  
Bella premunt hostilia,  
Da robur fer auxilium.

Uni trinoque Domino

Sit sempiterna gloria  
Qui vitam sine termino  
Nobis donet in patria.

**Amen**

O Saving Victim opening wide  
The gate of heav'n to man below!  
Our foes press on from every side:  
Thine aid supply, thy strength  
bestow.

To thy great name be endless  
praise,

Immortal God-head, One in Three;  
O grant us endless length of days  
When our true native land we see.

**Amen**

**Prayer to Jesus Christ (opening prayer):**

Lord Jesus, we are here, gathered around you. We are overwhelmed by the pains of our sins and the sins of everyone in the world have caused you. We ask you to purify our hearts. Come and stay with us, Lord. Teach us the truth of your Gospel and show us our mission in life so that, in union with you through sanctifying grace, we can please you in all that we do and be effective apostles of your Kingdom in the world.

## **Litany of Humility**

O Jesus! meek and humble of heart, Hear me.  
From the desire of being esteemed,  
Deliver me, Jesus. (repeat after each line)  
From the desire of being loved,  
From the desire of being extolled,  
From the desire of being honored,  
From the desire of being praised,  
From the desire of being preferred to others,  
From the desire of being consulted,  
From the desire of being approved,  
From the fear of being humiliated,  
From the fear of being despised,  
From the fear of suffering rebukes,  
From the fear of being calumniated,  
From the fear of being forgotten,  
From the fear of being ridiculed,  
From the fear of being wronged,  
From the fear of being suspected,  
That others may be loved more than I,  
Jesus, grant me the grace to desire it. (repeat after each line)  
That others may be esteemed more than I ,  
That, in the opinion of the world,  
others may increase and I may decrease,  
That others may be chosen and I set aside,  
That others may be praised and I unnoticed,  
That others may be preferred to me in everything,  
That others may become holier than I, provided that I may become as  
holy as I should,

**LITANY OF THE SACRED HEART OF JESUS**

Lord, have mercy Christ, have mercy Lord, have mercy

God our Father of heaven  
God the Son, Redeemer of the world God, the Holy Spirit  
Holy Trinity, one God

Lord, have mercy Christ, have mercy Lord, have mercy

have mercy on us have mercy on us have mercy on us have mercy  
on us

have mercy on us

have mercy on us have mercy on us have mercy on us have mercy  
on us have mercy on us have mercy on us have mercy on us

Heart Heart

Heart Heart Heart Heart Heart Heart

of Jesus, Son of the eternal Father of Jesus, formed by the Holy  
Spirit in the womb of the Virgin Mother of Jesus, one with the eternal  
Word of Jesus, infinite majesty

of Jesus, holy temple of God  
of Jesus, tabernacle of the Most High  
of Jesus, house of God and gate of heaven of Jesus, aflame with love  
for us

## Spiritual Exercises Retreat

Sunday Prayer Shaping Life and Belief in the Jubilee of Mercy –

of Jesus, source of justice and love of Jesus, full of goodness and love of Jesus, wellspring of all virtue  
of Jesus, worthy of all praise,

of Jesus, king and center of all hearts  
of Jesus, treasurehouse of wisdom and knowledge of Jesus, in whom there dwells the fullness of God  
of Jesus, in whom the Father is well pleased  
of Jesus, from whose fullness we have all received of Jesus, desire of the eternal hills  
of Jesus, patient and full of mercy  
of Jesus, generous to all who turn to you  
of Jesus, fountain of life and holiness  
of Jesus, atonement for our sins  
of Jesus, overwhelmed with insults  
of Jesus, broken for our sins  
of Jesus, obedient even to death  
of Jesus, pierced by a lance  
of Jesus, source of all consolation  
of Jesus, our life and resurrection  
of Jesus, our peace and reconciliation  
of Jesus, victim of our sins  
of Jesus, salvation of all who trust in you  
of Jesus, hope of all who die in you  
of Jesus, delight of all the saints

have mercy on us have mercy on us have mercy on us

Lamb of God, you take away the sins of the world Lamb of God, you take away the sins of the world  
Lamb of God, you take away the sins of the world

Jesus, gentle and humble of heart. Touch our hearts and make them like your own. Let us pray.

Father,  
we rejoice in the gifts of love we have received from the heart of Jesus your Son.  
Open our hearts to share his life  
and continue to bless us with his love.  
We ask this in the name of Jesus the Lord. Amen.

## **Tantum Ergo**

Tantum ergo Sacramentum,  
Veneremur cernui;  
Et antiquum documentum  
Novo cedat ritui;  
Praestet fides supplementum  
Sensuum defectui.

Genitori, Genitoque,  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio.  
Amen.

**V:** Panem de caelo praestitisti eis.

**R:** Omne delectamentum in se  
habeutem.

**V:** You gave them the bread from heaven.

**R:** Which contains in itself all sweetness.

Oremus:

Deus, qui nobis sub Sacramentum  
mirabili Passionis tuae memoriam  
reliquisti; tribue, quaesumus; ita  
nos Corporis et Sanguinis tui sacra  
mysteria venerari, ut redemptionis  
tuae fructum in nobis jugiter  
sentiamus. Qui vivis et regnas in  
saecula saeculorum. **Amen.**

Let us pray:

Lord Jesus Christ, you gave us the  
Eucharist as the memorial of your  
suffering and death. May our  
worship of this sacrament of your  
Body and Blood help us to  
experience the salvation you won  
for us and the peace of the  
kingdom where you live with the  
Father and the Holy Spirit, one  
God for ever and ever. **Amen.**

Benediction of the Blessed Sacrament follows

## **Divine Praises**

Blessed be God. (Repeat)  
Blessed be His Holy Name. (Repeat)  
Blessed be Jesus Christ, true God and true man. (Repeat)  
Blessed be the Name of Jesus. (Repeat)  
Blessed be His most Sacred Heart. (Repeat)  
Blessed be His Most Precious Blood. (Repeat)  
Blessed be Jesus in the Most Holy Sacrament of the altar. (Repeat)  
Blessed be the Holy Spirit, the Paraclete. (Repeat)  
Blessed be the great mother of God, Mary Most Holy. (Repeat)  
Blessed be her Holy and Immaculate Conception. (Repeat)  
Blessed be her Glorious Assumption. (Repeat)  
Blessed be the Name of Mary, Virgin and Mother. (Repeat)  
Blessed be Saint Joseph, her most chaste spouse. (Repeat)  
Blessed be God, in His angels and in His saints. (Repeat)

### **Holy God, We Praise Thy Name**

Holy God, we praise thy name!	Hark! The loud celestial hymn
Lord of all, we bow before thee;	Angel choirs above are raising,
All on earth thy scepter claim,	Cherubim and Seraphim
All in heav'n above adore thee;	In unceasing chorus praising,
Infinite thy vast domain,	Fill the heav'ns with sweet accord:
Everlasting is thy reign.	Holy, holy, holy Lord!

## *Spiritual Direction*

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Sign-up sheets for spiritual direction will be posted during the retreat. Take the time to prepare and have the points well ordered. It is helpful to write them down so as to make better use of your time and not to leave anything out.

### **Guide to Spiritual Direction**

Spiritual direction is not a counseling session, but a dialogue in faith, within the Church. Keep in mind that there are three persons present – the spiritual director, the one directed and the Holy Spirit. The goal is to discover the light that the Holy Spirit sheds on both of you to reveal God's will in your concrete daily reality in order then to fulfill it.

#### **Points to go over in Spiritual Direction:**

##### □ **Your program of life**

- What progress have you made since your last spiritual direction?
- What difficulties have you encountered?
- Has any part of the program become routine?
- Are you avoiding or ignoring some of what you have proposed to do? Why?
- Are there any adjustments that need to be made for it to be a better tool for your progress?
- How have you done in the resolutions you made in the past spiritual direction?

##### □ **Your prayer life**

- Have you been faithful to your prayer commitments?
- Are you giving quality time to your prayer?
- Are you making concrete resolutions and checking them periodically and keeping them faithfully?
- What progress and difficulties have you noticed in mental prayer, sacramental life; the fruit of your spiritual commitments and your examination of conscience?
- Is routine a problem? What have you tried to do to avoid it?



- **The general state of your soul:**
  - Is it dry, distracted, preoccupied, or serene, docile, confident and trusting in God's grace?
  
- **Apostolic Work:**
  - Are you dedicating your time with real dedication, with a spirit of faith, hope and love? Or, is it an imposition of my "personal time"?
  - Are you working with the purity of intention for the glory of God and the advance of his Kingdom, or for personal satisfaction, human respect, and the desire for the esteem of others?
  
- **Formation of conscience:**
  - Is your conscience lax and easy in giving you concessions?
  - Do you rationalize all your conduct away so you are always right?
  - Are you working to form a delicate, sensitive conscience that seeks to please God at every moment?
  - Do you tend to scrupulosity?
  
- **Particular problems, consultations**
  
- **Where should you go from here:**
  - Resolutions for time between now and my next spiritual direction.
  
- **Human Formation:**
  - The molding of your character and will
  - Your order of values
  - What you dedicate your time to
  - Coherence and maturity in your life
  
- **Apostolic Commitments:**
  - What are they?

## *Guide to Confession*

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O GOD, HAVE MERCY ON ME, A SINNER." (Luke 18:13)

### **PART I: Preparation for General Confession**

#### **OBJECTIVE - PEACE OF SOUL**

How long has it been since my last confession? What sins have I committed? Sin consists in any thought, word, or deed contrary to the wisdom and will of God. I must look over my life. The seven capital sins are pride, anger, lust, avarice, gluttony, envy and sloth.

#### **CONFESSION OF MORTAL SINS**

Sin is mortal when:

- ❖ The matter itself is serious
- ❖ Sufficient reflection
- ❖ Full consent of the will

#### **CONFESSION OF VENIAL SINS**

A venial sin is a minor offense against the law of God. Frequent confession of venial sins helps us to grow in holiness and humility. It increases our self-knowledge, helps us to correct our bad habits and resist neglect and tepidity. It purifies our conscience, strengthens our will and self-control and gives us the graces necessary to live a virtuous life.

### **PART II- Elements for a Worthy Confession**

1. **Contrition** - the most important act of the penitent; it is a "heartfelt sorrow and aversion for the sin committed along with the intention of sinning no more." (Rite of Penance, #5)
2. **Confession** - penitent must enumerate all his mortal sins, in number and kind. The priest, "acting in the very person of Jesus Christ, pronounces his decision of forgiveness or retention of sins, in accord with the power of the keys."
3. **Act of Penance** - "True conversion is completed by acts of penance for the sins committed, by amendment of conduct, and also by the reparation of injury." (Rite of Penance, #5)

4. **Absolution** - "God the Father of Mercies, through the Death and Resurrection of His Son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God grant you pardon and peace and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit."

### **PART III – Examination of Conscience**

I. **Sins Against God and Catholic Faith** - "Christ the Lord founded one Church and one Church only." (Lumen Gentium #8)

- ❖ Have I denied my Catholic Faith or parts of it?
- ❖ Have I despaired of God's mercy or denied it?
- ❖ Have I refused to believe in defined articles of the Catholic Faith?
- ❖ Have I fallen into the sin of indifferentism, that is, the notion that one religion is as good as another?
- ❖ Have I ever been ashamed of or denied my faith?

2. **Sins Against the Holy Name** - "At the Name of Jesus, every knee should bend, in heaven and on earth, and every tongue should confess that Jesus Christ is Lord." (Phil 2:10)

- ❖ Have I used the name of God thoughtlessly, in cursing or in blasphemy?
- ❖ Have I used the name of the Lord in vain?
- ❖ Have I spoken irreverently about the Holy Mother of God or of the Saints?
- ❖ Have I attended films or listened to music that treats Our Lord or His Holy Mother in a blasphemous way?

3. **Sins of Sacrilege** -

- ❖ Have I had sufficient respect in Church for the Eucharistic Presence of Our Lord Jesus Christ? Have I consciously received the Sacraments in the state of mortal sin?
- ❖ Have I made a sacrilegious Confession by deliberately concealing any mortal sins from the priest?
- ❖ Have I, as a minister of the Eucharist, knowingly distributed the Sacred Species, while remaining in the state of mortal sin (e.g., the extraordinary minister who persists in using contraceptive measures

as means of limiting births contrary to the unmistakable teaching of the Church).

4. Sins Against Others and Self - "As I have loved you, so you also should love one another." (John 13:34). All sin is an offense against God; all sin. Even a sin against self, is a detriment to the whole mankind.

5. **Sins of Disobedience** - "Let every person be subordinate to the higher authorities, for there is no authority except from God and those that exist have been established by God." (Romans 13:1)

- ❖ Have I treated my parents with proper respect, especially when they may have become burdensome? Have I abandoned, ignored, or failed to be of help to parents in their old age.
- ❖ Have I complied with the just decrees of all lawful authority?

6. **Sins Against Human Life** -

- ❖ Have I caused the death or injury of another by neglect or by a positive act, such as drunk driving or selling illegal drugs?
- ❖ Have I unjustly wounded or struck another?
- ❖ Have I borne hatred or malice toward another?
- ❖ Have I attempted suicide or entertained thoughts of suicide?
- ❖ Have I participated in a direct abortion?
- ❖ Have I had a direct sterilization such as a vasectomy or tubal ligation?
- ❖ Have I practiced any form of contraception whatsoever?
- ❖ Have I engaged in other sins against human life such as artificial insemination or in vitro fertilization?
- ❖ Have I participated in any way in mercy-killing?

7. **Sins of Racism** -

- ❖ Have I discriminated against others because of sex, race, color, social conditions, language, or religion?

8. **Sins Against Chastity** -

- ❖ Have I desired to do impure things?
- ❖ Have I viewed immodest pictures, films or TV programs?
- ❖ Have I committed impure actions alone (i.e., masturbation)?
- ❖ Have I committed impure actions with others by acts of adultery, fornication, or pre-marital sex?
- ❖ Have I committed homosexual acts?

- ❖ Have I taken genital pleasure in experiencing or seeing acts of violence on my own person or others?
  - ❖ Have I been immodest in my dress?
9. **Sins of Scandal** - Scandal can be defined as any word or deed that is the occasion for another persons spiritual ruin by sin. One is guilty of scandal by deliberately placing someone else in the occasion of sin: a parent who misses Mass; the parent who makes illicit use of drugs or alcohol; the promiscuous parent; the teacher or catechist who imparts sex information which is dissociated from Catholic moral principles.
10. **Sins of Theft** -
- ❖ Have I taken anything that was not my own?
  - ❖ Have I cheated anyone out of something that is justly theirs?
  - ❖ Have I damaged private or public property?
  - ❖ Have I failed to give my employer an honest day's work?
11. **Sins of Detraction and Calumny** -
- ❖ Have I caused unjust injuries to the good name of another by revealing faults that are true but not already known publicly?
  - ❖ Have I been guilty of rash judgment?
12. **Sins of Lying** - Have I been guilty of a deliberate lie for any reason?
13. **Sins of Gambling** -
- ❖ Have I gambled with funds necessary to pay my lawful obligations?
  - ❖ Have I gambled to excess in illegal or even legal games?
14. **Sins Against the Commandments of the Church** -
- ❖ Have I failed to assist at the Holy Sacrifice of the Mass on Sunday or on holy days of obligation?
  - ❖ Have I observed the Church's laws concerning fast and abstinence during Lent and also before reception of Holy Communion?
  - ❖ Have I neglected to make my Easter Duty?
15. **Sins Against the Seven Capital Sins** - St. Thomas Aquinas lists seven capital sins or vices from which every other sin stems: Pride, Covetousness, Lust, Anger, Gluttony, Envy, Sloth.

## **PART IV – How to Go to Confession**

1. After the priest greets you in the name of Christ, make the sign of the cross. He may choose to recite a reading from Scripture, after which you say: "Bless me Father for I have sinned. It has been **(state how long) since my last confession. These are my sins.**"

2. Tell your sins simply and honestly to the priest. You might even want to discuss the circumstances and the root causes of your sins and ask the priest for advice or direction.

3. Listen to the advice the priest gives you and accept the penance from him. Then make and Act of Contrition for your sins.

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

**Amen**

4. The priest will then dismiss you with the words of praise: "Give thanks to the Lord for He is good." You respond: "For His mercy endures forever." The priest will then conclude with: "The Lord has freed you from your sins. Go in peace." And you respond by saying: "Thanks be to God."

5. Spend some time with Our Lord thanking and praising Him for the gift of His mercy. Try to perform your penance as soon as possible.

# *Stations of the Cross*

Way of the Cross

## Introduction

**Leader:**

**Let us pray,**

Holy Father, look kindly on us as we prepare to retrace, step by step, the luminous path of the cross, alongside Jesus our Redeemer. We ask this through Christ our Lord.

Or

Father, look kindly on us as we prepare to contemplate, at Jesus' side, the mysteries of his passion. Instruct us in the school of redemptive suffering, so that we will recognize and take up our own cross, embracing it with love. We ask this through Christ our Lord.

**Station 1: Jesus is Condemned to Death**

**Leader:** The first station: Jesus is condemned to death. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "Hearing these words, Pilate led Jesus out and seated himself on the chair of judgment at a place called the Pavement, in Hebrew, Gabbatha. It was Passover Preparation day, about the sixth hour. 'Here is your King,' said Pilate to the Jews. 'Take him away!' they said. 'Crucify him!' 'Do you want me to crucify your King?' said Pilate. The chief priest answered, 'We have no king except Caesar'" (John 19: 13 – 15).

**Reader 2:** "What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? As it is written: 'For your sake we are being slain all the day; we are looked upon as sheep to be slaughtered.' No, in all these things we conquer overwhelmingly through him who loved us (Romans 8: 35 – 37).

**Leader:** Father most holy, grant that the sacrifice of Jesus Christ your Son will yield a hundred – fold in us so that from his fullness we will all receive grace upon grace. We ask this through the same Jesus Christ our Lord.

**All:** Amen

*(Pray the Our Father during the walk to the next station.)*

**Station 2: Jesus Takes Up His Cross**

**Leader:** The second station: Jesus takes up his cross. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "The soldiers led him away inside the palace, that is the praetorium, and assembled the whole cohort. They clothed him in purple, and weaving a crown of thorns, placed it on him. they began to salute him with, ' Hail, King of the Jews!' and kept striking his head with a reed and spitting on him. they knelt before him in homage. And when they had mocked him, they stripped him of the purple cloak, dressed him in his own clothes, and led him out to crucify him" (Mark 15: 16 –21).

**Reader 2:** "Have among yourselves the same attitude that is also yours in Christ Jesus, who, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and, found human in appearance, he humbled himself, becoming obedient to death, even death on a cross" (Philippians 2: 5 –8).

**Leader:** We ask you, Lord, to help us carry our personal and intransferable cross enthusiastically and constantly, for you have given us this gift so that we can unite ourselves to your Son on his way to Calvary, Through the same Christ our Lord.

**All:** Amen



**Station 3: Jesus Falls the First Time**

**Leader:** The third station: Jesus falls the first time. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "No slave is greater than his master.' If they persecuted me they will persecute you. If they kept my word, they will also keep yours. And they will do all these things to you on account of my name" (John 15: 20 – 21).

**Reader 2:** "Rather, God has chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong, and God has chose the lowly and despised of the world, those who count for nothing, to reduce to nothing those who are something, so that no human being might boast before God" (I Corinthians 1: 27 – 29).

**Leader:** Lord God, never permit us to yearn for a life without crosses, but a life of crosses with Christ; for the cross is a given, inherent to human life, especially for those who have agreed to follow him along the path to Calvary. We ask this through Christ our Lord.

**All:** Amen

**Station 4: Jesus Meets His Mother**

**Leader:** The fourth station: Jesus meets his mother. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "Three days later they found him in the Temple, sitting among the teachers. They were overcome when they saw him, and his mother said to him, 'My child, why have you done this to us? See how worried your father and I have been, looking for you.' He replied, 'Why were you looking for me? Did you not know that I must be busy with my Father's affairs?'" (Luke 2: 48 – 49).

**Reader 2:** "But when the fullness of time had come, God sent his Son, born of a woman, born under the law, to ransom those under the law, so that we might receive adoption" (Galatians 4: 4 – 5).

**Leader:** We thank you, Lord, for the clear example of faith Mary gives us. We pray that by reflecting and suffering with her we will grow in our understanding of Christ's mysteries, and our faith will be our strength and sure hope until life's end. We ask this through Christ our Lord.

**All:** Amen

**Station 5: Simon of Cyrene Helps  
Jesus to Carry the Cross**

**Leader:** The fifth station: Simon of Cyrene helps Jesus to carry the cross. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "They led him out to crucify him. They enlisted a passerby, Simon of Cyrene, father of Alexander and Rufus, who was coming in from the country, to carry his cross" (Mark 15: 21 – 22).

**Reader 2:** "Bear one another's burdens, and so you will fulfill the law of Christ. For if anyone thinks he is something when he is nothing, he is deluding himself. But may I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world" (Galatians 6: 2 – 3, 14).

**Leader:** Lord Jesus, give us the grace to be enthusiastic and steadfast in carrying the cross that in your kindness you have given us, so our love for those souls that are far from you will drive us to walk by your side on the way to Calvary. You live and reign for ever and ever.

**All:** Amen

**Station 6: Veronica Wipes the  
Face of Jesus**

**Leader:** The sixth station: Veronica wipes the face of Jesus. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "Come, you who are blessed by my Father. Inherit the Kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, in prison and you visited me" (Matthew 25: 34 – 36).

**Reader 2:** Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. So then, while we have the opportunity, let us do good to all, but especially to those who belong to the family of the faith" (Galatians 6: 9 – 10).

**Leader:** Moved by the example of Veronica, who honored Christ and offered him the sincere homage of her love and gratitude, we ask you, almighty God, for the strength to be men and women of the Kingdom who will not shrink from the prospect of suffering and the cross. We ask this through Christ our Lord.

**All:** Amen

***Station 7: Jesus Falls a Second Time***

**Leader:** The seventh station: Jesus falls a second time. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who are persecuted for the sake of righteousness, for theirs is the Kingdom of heaven" (Matthew 5: 4, 5, 10).

**Reader 2:** "I am content with weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong" (II Corinthians 12:10).

**Leader:** Lord Jesus, we know that you deserve everything from us and that anything we offer you will always be pitifully small. Look with favor on our efforts to spend our lives for you selflessly and without limit, and be the guarantee of our final victory, you who live and reign for ever and ever.

**All:** Amen.

***Station 8: Jesus Meets the Women of Jerusalem***

**Leader:** The eighth station: Jesus meets the women of Jerusalem. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me. If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, amen, I say to you, he will most certainly not lose his reward" (Matthew 10: 40, 42).

**Reader 2:** "Behold, now is a very acceptable time; behold, now is the day of salvation. In everything we commend ourselves as ministers of God, as sorrowful yet always rejoicing; as poor yet enriching many; as having nothing yet possessing all things" (II Corinthians 6: 2, 4, 10).

**Leader:** Loving Father, enlighten our minds and hearts to understand all that Christ wants to be for us. Enable us to enjoy the pardon and peace he won for us by generously giving himself. We ask this through Christ our Lord.

**All:** Amen.

**Station 9: Jesus Falls the Third Time**

**Leader:** The ninth station: Jesus falls the third time. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak. Withdrawing a second time, he prayed again, 'My Father, if it is not possible that this cup pass without my drinking it, your will be done!'"

(Matthew 26: 41 – 42).

**Reader 2:** "Because Christ himself was tested through what he suffered, he is able to help those who are being tested. So let us confidently approach the throne of grace to receive mercy and find grace for timely help"

(Hebrews 2: 18; 4:16).

**Leader:** Holy Father, enable us to understand that it matters not if we fall a thousand times, as long as we love the fight and not the fall. Grant us the strength to battle on, knowing for sure that this is more pleasing to Christ than an easy victory achieved at no cost. We ask this through Christ our Lord.

**All:** Amen.

**Station 10: Jesus is Stripped of His Garments**

**Leader:** The tenth station: Jesus is stripped of his garments. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "And when they came to a place called Golgotha (which means Place of the Skull), they gave Jesus wine to drink mixed with gall. But when he tasted it, he refused to drink. After they had crucified him, they divided his garments by casting lots; then they sat down and kept watch over him there" (Matthew 27: 33 – 36).

**Reader 2:** "Whatever gains I had, these I have come to consider a loss because of Christ. More than that, I even consider everything as a loss because of the supreme good of knowing Christ Jesus my Lord. For his sake I have accepted the loss of all things, and I consider them so much rubbish, that I may gain Christ"

(Philippians 3: 7 – 8).

**Leader:** Lord our God, place in the depths of our hearts the firm conviction that as life advances and eternity draws near, only Christ's love remains. Make this love be the treasure for which we sell everything, until we experience the satisfaction and joy of being seeds fallen in the furrow beside him. We ask this through Christ our Lord.

**All:** Amen.

**Station 11: Jesus is Nailed to the Cross**

**Leader:** The eleventh station: Jesus is nailed to the Cross. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "They crucified him, and with him two others, one on either side, with Jesus in the middle. Pilate also had an inscription written and put on the cross. It read, 'Jesus the Nazorean, King of the Jews.' Now many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, Latin and Greek" (John 19: 18 – 20).

**Reader 2:** "For through the law I died to the law, that I might live for God. I have been crucified with Christ; yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me" (Galatians 2: 19 – 20).

**Leader:** Loving Father, in Christ's cross you show us the living reality of your personal love for man. Enlighten our consciences so that we will accept that the most fruitful and beautiful life is spent following Jesus Christ to the cross in order to accomplish your will. We ask this through Christ our Lord.

**All:** Amen.

**Station 12: Jesus Dies on the Cross**

**Leader:** The twelfth station: Jesus dies on the Cross. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "Now one of the criminals hanging there reviled Jesus, saying, 'Are you not the Messiah? Save yourself and us.' The other, however, rebuking him, said in reply, 'Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal.' Then he said, 'Jesus, remember me when you come into your Kingdom.' He replied to him, 'Amen, I say to you, today you will be with me in Paradise'... Jesus cried out in a loud voice, 'Father, into your hands I commend my spirit'; and when he had said this he breathed his last"

(Luke 23: 39 – 43, 46).

**Reader 2:** "If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him? Christ Jesus, who died for us, indeed intercedes for us" (Romans 8:31–32, 34).

**Leader:** Holy Father, we are moved by the sight of your crucified Son cursed by his enemies, denied by his own and suffering in silence for the love of us; we ask you for the courage to carry our cross with the optimism of a Christian who knows by faith the importance of his life in relation to eternity. Enable us to be Good Samaritans, helping others to carry their cross as well. We ask this through Christ our Lord.

**All:** Amen.

**Station 13: Jesus is Taken Down  
From the Cross**

**Leader:** The thirteenth station: Jesus is taken down from the Cross. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "But one of the soldiers thrust his lance into his side, and immediately blood and water flowed out. An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also come to believe. For this happened so that the scripture passage might be fulfilled: 'Not a bone of it will be broken.' And again another passage says: 'They will look on him whom they have pierced.' After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body" (John 19: 34 – 38).

**Reader 2:** "Jews demand signs and Greeks look for wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles; for the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength" (1 Corinthians 1: 22 – 23, 25).

**Leader:** Lord, may our sufferings not drive us away from you but instead make us better understand what your Son, Jesus Christ, suffered during his passion, and draw us closer to him. We ask this through Christ our Lord.

**All:** Amen.

**Station 14: Jesus is Laid in the  
Tomb**

**Leader:** The fourteenth station: Jesus is laid in the tomb. We adore you, O Christ, and we bless you.

**All:** Because by your holy cross you have redeemed the world.

**Reader 1:** "After Joseph of Arimathea had taken the body [of Jesus] down, he wrapped it in a linen cloth and laid him in a rock-hewn tomb in which no one had yet been buried. Then he rolled a stone against the entrance to the tomb. Mary Magdalene and Mary the mother of Jesus watched where he was laid" (Luke 23: 53 – 54; Mark 15: 46 – 47).

**Reader 2:** "The time of my departure is at hand. I have competed well; I have finished the race; I have kept the faith. From now on the crown of righteousness awaits me, which the Lord, the just judge, will award me" (Timothy 4: 6 – 8).

**Leader:** Father, help us to meditate on the mystery of the cross and delve into its depths, since therein lie our trust and our greatness. Grant that by dying and being buried with Christ, our poor, weak mortal life will be transfigured and raised with him, who lives and reigns with you for ever and ever.

**All:** Amen.

# *Stations of the Cross*

Way of the Cross

Conclusion:

**Leader:**

**Let us pray,**

Lord, let your blessing descend abundantly on this family of yours which has commemorated the death of your Son in the hope of his holy resurrection. Let your pardon come upon us, grant us your consolation, increase our faith, and secure for us eternal redemption. We ask this through Christ our Lord.

**All:** Amen.

Or

Holy Father, step by step we have retraced the way of the cross. Grant us the grace of engraving on our minds and in our hearts the image of your Son crucified in the supreme act of love with which he shattered the bitterness and senselessness of suffering and turned it into joy and an indispensable means to salvation and holiness. May we respond with constant love to the constant presence of suffering in our lives, and match the depth of our suffering with intensity of our self – giving. We ask this through Christ our Lord. Amen.

**All:** Amen.

## Program of Life Worksheet Explained

### **Step 1: Determine My Root Sin**

*(Completing this exercise will assist you to “unlock” your root sin. This exercise correlates with the Program of Life Worksheet)*

1a. Make a list of the things that you repeatedly need to confess, or the things that you say and/or do over and over again that you know are wrong and hurtful, and that separate you from God. List these on the worksheet as Words/Actions

1b. For each word/action answer the following three questions:

- Why do I do it?
- Why is what I am doing a little twisted?
- What is the ROOT CAUSE behind my words/action?

There are 3 root causes (root sins) that usually all other sins originate.

- **PRIDE** – disordered attachment to self.
- **VANITY** – disordered attachment to what other’s think.
- **SENSUALITY** – disordered attachment to comfort, ease and pleasure (laziness)

Examples:

- Word/action - critical of my husband and can be bossy
- Why do I do it? – I don’t like the way he does things.
- Why is it twisted? – I am assuming my way is better than his way.
- Root Cause – Pride

We have all three but one is typically more dominate. Choosing ONE root sin will help better aim our efforts to grow spiritually. It is like gardening, if you want to remove weeds, you can’t just pull the stem; you have to get to the root. See Fr. John Bartunek’s Q&A describing Root Sin.

1c. My Root Sin Is: \_\_\_\_\_



- 1d. Write a paragraph describing your root sin in your own words and how it manifests itself within me. The way root sin manifest itself is different for each person. This exercise will help make your root sin personal. These manifestations of your root sin are necessary for Step 2.
- 1e. List your manifestations.

**Step 2: Determine My Opposite Virtues**

- 2a. Write a paragraph describing the opposite behavior of what you described as the manifestations of your root sin.
- 2b. Now ask yourself, which virtue comes close to the opposite behavior you just described
- This is your opposite virtue that should become the central focus of all your spiritual effort
  - This is the virtue that will help you grow closer to Christ, heal your heart, intellect, and your will and slowly free you from your sin.
  - This is the virtue that will help you become the women God created you to be. Living more in his image and likeness.

Root Sin versus Virtue

**PRIDE** – humility, generosity, charity, meekness, simplicity, compassion

**VANITY** – purity of intention, love for Christ, purity, seeing Christ in others

**SENSUALITY** – discipline for love of Christ, focus on the person of Christ, self-denial out of love for Christ, hope, spirit of sacrifice, purity

Example

- Manifestation – I am critical of my husband and I can be bossy, I want things my way.
- Root Sin – Pride
- Opposite Virtue – Humility
- Means to form this virtue – With your grace, I will be humble by respecting my husband and valuing his ideas, suggestions and opinions. I will give way and let him make decisions big or small, whether I agree or not, out of love for Christ. I will be .....by...

2c. **My Opposite Virtue is** \_\_\_\_\_

2d. List means to form this virtue; these are concrete ways to live that virtue in your daily life.

- Be specific and practical so you don't get discouraged
- Keep it simple
- Make it personal and specific with names etc. (not generic)
- Be positive: I will be vs. I won't be.
- Challenge yourself but be realistic... crawl, walk, run
- Make your means achievable and measurable (yes/no)
- Most important – keep is Christ centered, all for the love of Christ
- Focus on your relationship with God, your spouse, your children and then others

### **Step 3: Determine My Ideal**

Define the ideal you are striving to imitate. Capture an image of Jesus that captures your heart; when you see this image, you want to imitate it. Or an aspect of Jesus' personality that inspires you to be more like Christ.

Example

- Image - Jesus washing of the feet of the apostles
- Personality trait – Jesus attentive to the needs of others

### **Step 4: Determine My Motto**

Use a phrase or a quote from scripture that speaks to you and motivates you to live your virtue.

Example

- Jesus came to serve, not to be served

**Step 5: My Program of Life**

Once you complete the worksheet, it is time to package everything into a nice one-sheet program that is easily assessable.

Use your Program of Life! It is your best tool to help review the direction of your day. Review it before going to confession. Review and discuss with your spiritual director each visit. Your Program of Life will help you grow spiritually, to grow closer to God.

**PRAY! PRAY! PRAY!**

You CANNOT develop your Program of Life alone. Listen to the inspirations from the Holy Spirit as he reveals all of this to you.

## Root Sin

There are three predominant faults/root sins.

### **COMMON MANIFESTATIONS OF PRIDE:**

- too high an opinion of myself
- annoyance with those who contradict me, brooking no contradictions
- anger if I don't get my way or am not taken into account
- easily judgmental, putting others down, gossiping about them
- slow to recognize my own mistakes, or to see when I hurt others, and inability to seek and give forgiveness
- rage when others don't thank me for favors
- unwillingness to serve, rebellion against what I don't like
- impatience, distance, brusqueness in my daily contact with others
- thinking I am the only one who knows how to do things right, unwillingness to let others help
- inflated idea of my own intelligence and understanding, dismissing what I do not understand or what others see differently
- not feeling a need for God, even though I do say prayers
- nursing grudges, even in small matters
- never taking orders
- inflexible in preferences
- always putting myself and my things first, indifference towards others and their needs, never putting myself out for them
- centering everything (conversation, choices..) on myself and my likes
- calculating in my relations with God and with others

**COMMON MANIFESTATIONS OF VANITY:**

- always seeking admiration and praise, worrying about not getting it
- excessive concern about physical appearance
- being guided by the opinions of others rather than principle (this is sometimes called "human respect")
- some types of shyness
- sacrificing principles in order to fit in
- placing too much a premium on popularity and acceptance
- easily discouraged at my failures
- taking pleasure in listening to gossip and hearing about others' failures
- always wanting to be the center of attention, at times stretching the truth, or lying outright, or being uncharitable in my words in order to achieve this

## **COMMON MANIFESTATIONS OF SENSUALITY**

- laziness
- always the most comfortable, what requires least effort
- not going the extra mile for others
- procrastination, last-minute in everything
- shoddiness, complaining, excessively affected by minor discomforts
- inability to sacrifice
- not doing my part at home
- expecting everyone else to serve me always
- behavior and decisions ruled by my feelings and moods instead of my principles
- daydreaming a lot with self at center
- unable to control my thoughts when they attract me, even if they are not good
- doing only what I enjoy (choice of food, work, etc)
- uncontrolled and overpowering curiosity, wanting to see and experience everything and every pleasure
- my senses and impulses overrule what I know is right and wrong
- acting out my feelings (frustrations, desires...) with no regard for my conscience, God or others
- only working with those I like, being easily hurt

## *Program Of Life Worksheet*

### **Step 1: Determine My Root Sin**

1a. Words / Action:

Why do I do it?

Why is it twisted?

Root Cause (Pride, Vanity, Sensuality)

1a. Words / Action:

Why do I do it?

Why is it twisted?

Root Cause (Pride, Vanity, Sensuality)

1a. Words / Action:

Why do I do it?

Why is it twisted?

Root Cause (Pride, Vanity, Sensuality)

1a. Words / Action:

Why do I do it?

Why is it twisted?

Root Cause (Pride, Vanity, Sensuality)

1c. **Root Sin:** \_\_\_\_\_

1d. Describe your root sin and how it manifests itself in you.

1e. List the manifestations of your root sin

- 1.
- 2.
- 3.
- 4.
- 5.

**Step 2: Determine My Opposing Virtues**

2a. Describe the opposite behavior of your root sin.

2b. What virtue did you describe above?

2c. **Opposite Virtue:** \_\_\_\_\_

2d. Means to form your virtue

- 1.
- 2.
- 3.
- 4.
- 5.

**Step 3: Determine My Ideal** \_\_\_\_\_

**Step 4: Determine My Motto:** \_\_\_\_\_

**Step 5: My Program of Life**

Once you complete the worksheet, it is time to package everything into a nice one-sheet program that is easily assessable.

**PRAY! PRAY! PRAY!**



*Program of Life*

**Ideal:**

**Motto:**

**Root Sin :**

**Manifestations of Root Sin:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Opposite Virtue:**

**Means to form this virtue:**

- 1.
- 2.
- 3.
- 4.
- 5.

**A PERSONAL PRAYER COMMITMENT TO CHRIST**

**Perseverance and Constancy**

**Prayer Commitments:**

1. Morning Offering
2. Meditation
3. Daily Mass or Spiritual Communion
4. Angelus
5. Gospel Reading and Reflection
6. Decade of the Rosary
7. Spiritual Balance of the Day

**Prayer**

**When**

**Where**

**Offering**

**Tips:**

1. Once you set times, put reminders on your phone.
2. Do some commitments with your family (ie. Decade, scripture reading)
3. Balance of the Day while lying in bed with little ones...if you have them.
4. Offer your different commitments up for different people...that may help you persevere!
5. Invoke the Holy Spirit and put yourself in Gods presence.
6. Stop...Be Still...and Listen!

**SATURDAY**

**JESUS CHRIST IN MY LIFE**

1. Does Jesus Christ have any place in my life? Is it the first?
2. Have I made an effort to know Christ intimately through the Gospels and the frequent reception of the sacraments, especially of Penance and the Eucharist?
3. Am I interested in knowing Christ more every day? What means do I use to know Him more and more? Do I ask for grace to know him deeply?
4. Do I do the Gospel reflection with the intention of knowing Him more and knowing his criteria better?
5. Who is Jesus Christ for me: just a historical figure, or the intimate friend of my soul? Is He my God, my Father, my Brother?
6. Can I say I truly love Christ? How is my love for him: sentimental, or based on faith and will? Is it merely a matter of words, or shown through works and concrete sacrifices?
7. What are the motives for my love of Christ?
8. In practice, what does my love of Christ oblige me to: to not offend Him? to fulfill his will in my life? to want to do great things with my life for his Kingdom? to prepare myself as best I can to win over many souls?
9. Is Christ truly in the first place on my scale of values or are there other things, for all practical purposes, that I put before Him?
10. Do I think of Christ throughout the day? In difficult moments do I forget about Him? In moments of joy and triumph do I leave Him out?

11. Do I think like Jesus Christ with regard to fame? To my friendships? My comforts? The esteem of others? Humiliations? Of sickness and suffering?

12. Is my way of thinking and judging really based on faith, or on purely human criteria? Am I a rationalist, one who leaves faith and the criteria of Christ out of the picture when making decisions?

**SUNDAY**

**OUR CALL TO SANCTITY**

1. Do I feel called by God to be a saint? Do I feel that my principal obligation as spouse and parent is to not only to sanctify myself but help sanctify the whole family as well?
2. Have I put any limits on what Christ is asking of me? Am I holding back on anything or have I already surrendered him EVERY aspect of my life?
3. Have I arrived to the point where calling myself a Christian really has lost all meaning? Does being Catholic mean more than going to Mass on Sunday? Does it effect EVERY aspect of my life?
4. Do I have a conscience that is clear and totally at peace with itself? Am I delicate to avoid any sin or even imperfection that would be an obstacle to my sanctity? Do I recognize my obligation as a Catholic of forming my conscience according to the teaching of the Church?
5. What is my attitude toward the sacrament of reconciliation? Is it like a drive-in restaurant where I read off the list of my sins and then go to the next window to pick up the absolution? Is it only a last resort, something for extreme circumstances or something to fulfill my Easter obligation? Is it where I best experience the love of God and receive the strength I need to grow in love towards Christ?
6. What is my main obstacle toward sanctity? Pride? Vanity? ? Criticizing others? Speaking badly of others? Thinking badly of others? Resentment? Lack of love and attention toward my family? Gossip? Laziness? Disorderly attachment to material goods? Worry to what others think of me? Selfishness? Egoism? Activism, not giving time to Christ? Negligence and omission, not helping others in the measure of my own possibility?

7. Have I made a proposal to solve the dilemma of deciding to whom my heart belongs; Christ or my egoism, my family through Christ or my selfishness, Christ serving others or myself being served by all? Have I come to the conclusion that there can be no sanctity without the radical denial of my own egoism and selfishness?
8. Do I have an intimate relationship with the PERSON of Jesus Christ? As this relationship grows, do I assimilate the same thoughts, the same sentiments, longings, loves, criteria as the person of Christ?
9. What does this relationship entail? Is it based on true love and self-giving? Does it permeate EVERY aspect of my life or do I still reserve some area purely for myself?
10. Have I found a treasure in Christ so big that I have to give it to others through some type of apostolate whether in my parish or with some other group? Do I make excuses saying that I have no talents or I have no time? (No time to give Christ?)
11. Is my first apostolate with my spouse and children? Have I given them the faith in all its fullness? Have I developed in them a real spiritual life, teaching them how to have a real relationship with the person of Christ?

## **The Five Steps of the Lectio Divina**

- **Lectio (Read):** – The first step is reverential listening; listening both in a spirit of silence and of awe. You are listening for the voice of God speaking to you intimately. In lectio, read slowly and attentively, listening for a word or phrase that is God's Word for you.
- **Meditatio (Meditate):** – Once you have heard your word or phrase that is speaking to you in a personal way, take it in and ponder it. Memorize it – and while gently repeating it to yourself, allow it to interact with your thoughts, your memories, your hopes, your desires. This is the second step or stage. In this step, allow God's Word to become His Word for you, a word that touches you and affects you at your deepest levels.
- **Oratio (Prayer):** – The third step is the prayer step...prayer understood both as dialogue with God and as consecration, or prayer as an offering to God of parts of ourselves that we have not previously believed God wants. Allow the word that we have taken in and on which we are meditating to touch and change your deepest self. Just as a priest consecrates the bread and wine at the Eucharist, God invites us to hold up our most difficult and pain-filled experiences to Him, and to gently recite over them the healing word or phrase He has given us in our lectio and meditatio. Finally, allow yourself to be touched and changed by the Word of God.
- **Contemplatio (Contemplate):** – In the final step, simply rest in the presence of God and accept His transforming embrace. No one who has ever been in love needs to be reminded that there are moments in loving relationships when words are not even necessary. It is the same in our relationship with God. Contemplation during the Lectio Divina is a wordless, quiet rest in the presence of God. In silence, let go of your own words and simply enjoy the experience of being in the presence of God.
- **Actio (Action):** Take some action

**SONGS**

**Alleluia, Sing to Jesus**

Alleluia! sing to Jesus!  
His the scepter, His the throne.  
Alleluia! His the triumph,  
His the victory alone.  
Hark! the songs of peaceful Zion  
thunder like a mighty flood.  
Jesus out of every nation has  
redeemed us by His blood.

Alleluia! not as orphans are we left  
in sorrow now;  
Alleluia! He is near us,  
faith believes, nor questions how;  
Though the cloud from sight  
received Him when the forty days  
were o'er: shall our hearts forget  
His promise, "I am with you  
evermore"?

Alleluia! Bread of Heaven,  
Thou on earth our Food, our Stay;  
Alleluia! here the sinful  
flee to thee from day to day:  
Intercessor, Friend of sinners,  
Earth's Redeemer, plead for me,  
Where the songs of all the sinless  
sweep across the crystal sea.

Alleluia! King eternal,  
Thee the Lord of lords we own;  
Alleluia! born of Mary,  
Earth Thy footstool, Heaven Thy  
throne: Thou within the veil hast  
entered, Robed in flesh our great  
High Priest; Thou on earth both  
Priest and Victim  
In the Eucharistic feast.

**At That First Eucharist**

At that first Eucharist before you  
died, O Lord, you prayed that all  
be one in you; at this our  
Eucharist again preside, and in  
our hearts your law of love  
renew. Thus may we all one  
Bread, one Body be; through  
this blest Sacrament of Unity.

For all your church, O Lord, we  
intercede; O make our lack of  
charity to cease; draw us the  
nearer earth to each we plead,  
by drawing all to you, O Prince  
of Peace. Thus may we all one  
Bread, one Body be; through  
this blest Sacrament of Unity.

We pray for those who wander  
from the fold; O bring them  
back, Good Shepherd of the  
sheep, back to the faith which  
saints believed of old, back to  
the Church which still that faith  
does keep. Thus may we all  
one Bread, one Body be;  
through this blest Sacrament of  
Unity.



**Faith of Our Fathers**

Faith of our fathers, living still,  
In spite of dungeon, fire and  
sword; O how our hearts beat high  
with joy, when'er we hear that  
glorious Word!  
Chorus

Faith of our fathers, holy faith!  
We will be true to thee till death.

Our fathers, chained in prisons  
dark, Were still in heart and  
conscience free: And truly blest  
would be our fate, If we, like  
them, should die for Thee! R/

Faith of our fathers, faith and  
prayer Shall win all nations unto  
Thee; And through the truth that  
comes from God, We shall all then  
indeed be free. R/

Faith of our fathers, we will love  
Both friend and foe in all our  
strife; And preach Thee, too, as  
love knows how, By kindly words  
and virtuous life. R/

**The King of Love My Shepherd  
Is**

The King of love my Shepherd is,  
Whose goodness fails never,  
I nothing lack if I am His  
And He is mine forever.

Where streams of living waters  
flow my ransomed soul he's  
leading, and where the verdant  
pastures grow with celestial food  
he's feeding.

Confused and foolish oft I strayed,  
But yet in love he sought me,  
And on his shoulder gently laid,  
And home, rejoicing, brought me.

In death's dark vale I fear no ill  
With thee, dear Lord, beside me;  
Thy rod and staff my comfort still,  
Thy cross before to guide me.

You spread a table in my sight;  
Your saving grace bestowing;  
And O what transport of delight  
From your pure chalice flowing!

And so through all the length of  
days your goodness fails me  
never; Good Shepherd, may I sing  
your praise within your house  
forever.

**Immaculate Mary**

Immaculate Mary, your praises we  
sing; who reigns now in splendor  
with Jesus our King. Ave, ave,  
ave, Maria! Ave, ave, Maria!

In heaven, the blessed your glory  
proclaim; On earth we, your  
children, invoke your fair name.  
Ave, ave, ave, Maria! Ave, ave,  
Maria!

Your name is our power, your  
virtues our light, your love is our  
comfort, your pleading our might.  
Ave, ave, ave, Maria! Ave, ave,  
Maria!

## **O Sanctissima**

O sanctíssima, O piíssima,  
Dulcis Virgo María;  
Mater amáta, intemeráta,  
Ora, ora pro nobis.  
Tu solátium et refúgium,  
Virgo Mater María;  
Quidquid optámus per te  
sperámus,  
Ora, ora pro nobis.

## **Hail Holy Queen Enthroned Above**

Hail, holy Queen enthroned above,  
O Maria. Hail, Queen of mercy  
and of love, O Maria. Triumph, all  
ye Cherubim, sing with us, ye  
Seraphim, heav'n and earth  
resound the hymn: Salve, Salve,  
Salve, Regina.

The cause of joy to all below, O  
Maria. The spring through which  
all graces flow, O Maria. Angels,  
all your praises bring, Earth and  
heaven, with us sing, all creation  
echoing: Salve, Salve, Salve,  
Regina.

O gentle, loving, holy one, O  
Maria. The God of light became  
your Son, O Maria. Triumph, all  
ye Cherubim, sing with us, ye  
Seraphim, Heav'n and earth  
resound the hymn: Salve, Salve,  
Salve, Regina.

## **All Creatures of Our God and King**

All creatures of our God and King,  
lift up your voice and with us sing:  
Alleluia! Alleluia! O burning sun  
with golden beam, and silver  
moon with softer gleam: O praise  
him! O praise him! Alleluia,  
alleluia, alleluia!

O rushing wind and breezes soft,  
O clouds that ride the winds aloft:  
O praise him! Alleluia! O rising  
morn, in praise rejoice. O lights of  
evening, find a voice. O praise  
him! O praise him! Alleluia,  
alleluia, alleluia!

O flowing water, pure and clear,  
Make music for your Lord to hear.  
O praise him! Alleluia! O fire so  
masterful and bright, providing us  
with warmth and light, O praise  
him! O praise him! Alleluia,  
Alleluia, alleluia!

## **I Am the Bread of Life**

I am the Bread of life. He who  
comes to me shall not hunger; he  
who believes in me shall not thirst.  
No one can come to me unless the  
father call him. R/

Chorus

And I will raise him up, and I will  
raise him up, and I will raise him  
up on the last day.

The bread that I will give is my flesh for the life of the world, and if you eat of this bread, you shall live forever, you shall live forever. R/

Unless you eat of the flesh of the Son of Man and drink of his blood, and drink of his blood, you shall not have life within you. R/

I am the Resurrection. I am the life. If you believe in me, even though you die, you shall live forever. R/

Yes, Lord, I believe that you are the Christ, the Son of God, Who have come into the world. R/

### **Praise to the Lord, the Almighty**

Praise to the Lord, the Almighty, the king of creation! O my soul, praise him, for he is your health and salvation! Come, all who hear: Brothers and sisters, draw near, Praise him in glad adoration!

Praise to the Lord, above all things so mightily reigning; keeping us safe at his side, and so gently sustaining. Have you not seen all you have needed has been met by his gracious ordaining?

Praise to the Lord, who shall prosper our work and defend us; surely his goodness and mercy shall daily attend us. Ponder anew

what the Almighty can do, who with his love will befriend us.

### **Lift High the Cross**

Chorus

Lift high the cross, the love of Christ proclaim till all the world adore his sacred name.

Come, Christians, follow where the Master trod, our King victorious, Christ, the Son of God. R/

Led on their way by this triumphant sign, the hosts of God in conquering ranks combine. R/

Each newborn follower of the Crucified bears on the brow the seal of him who died.

### **Love Divine, All Loves Excelling**

Love divine, all loves excelling, joy of heav'n to earth come down! Fix in us your humble dwelling, all your faithful mercies crown. Jesus, source of all compassion, love unbounded, love all pure; visit us with your salvation, let your love in us endure.

Come, almighty to deliver, let us all your life receive; suddenly return and never, never more your temples leave. Lord, we would be always blessing, serve you as your hosts above, pray, and praise you without ceasing, glory in your precious love.

**Lord of All Hopefulness**

Lord of all hopefulness, Lord of all joy, whose trust, ever child-like, no cares can destroy, be there at our waking, and give us, we pray, your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith, whose strong hands were skilled at the plane and the lathe, be there at our labors, and give us, we pray, your strength in our hearts, Lord, at the noon of the day.

Lord of all kindness, Lord of all grace, your hands swift to welcome, your arms to embrace, be there at our homing, and give us, we pray, your love in our hearts, Lord, at the even of the day.

Lord of all gentleness, Lord of all calm, whose voice is contentment, whose presence is balm, be there at our sleeping, and give us, we pray, your peace in our hearts, Lord, at the end of the day.

**Jesus Christ is Risen Today**

Jesus Christ is ris'n today, Alleluia!  
Our triumphant holy day, Alleluia!  
Who did once upon the cross,  
Alleluia! Suffer to redeem our  
loss, Alleluia!

Hymns of praise then let us sign,  
Alleluia! Unto Christ, our heav'nly

King, Alleluia! Who endured the  
cross and grave, Alleluia! Sinners  
to redeem and save, Alleluia!

But the pains which he endured,  
Alleluia! Our salvation have  
procured, Alleluia! Now above the  
sky he's King, Alleluia! Where the  
angels ever sing. Alleluia!

Sing we to our God above,  
Alleluia! Praise eternal as his love,  
Alleluia! Praise him, now his might  
confess, Alleluia! Father, Son and  
Spirit blest. Alleluia!

**O Sacred Head Surrounded**

O sacred head surrounded by  
crown of piercing thorn! O  
bleeding head, so wounded,  
reviled and put to scorn! The  
pow'r of death comes o'er you, the  
glow of life decays, yet angel hosts  
adore you, and tremble as they  
gaze.

I see your strength and vigor all  
fading in the strife, and death with  
cruel rigor, bereaving you of life; o  
agony and dying! O love to  
sinner's free! Jesus, all grace  
supplying, o turn your face on me.

In this, your bitter passion, Good  
Shepherd, think of me with your  
most sweet compassion, unworthy  
though I be: Beneath your cross  
abiding forever would I rest, in  
your dear love confiding, and with  
your presence blest.

## **Gift of Finest Wheat**

Chorus

Your satisfy the hungry heart with gift of finest wheat; Come give to us, O saving Lord, the bread of life to eat.

As when the shepherd calls his sheep, they know and heed his voice; so when you call your family, Lord, we follow and rejoice. R/

With joyful lips we sing to you our praise and gratitude, that your should count us worthy, Lord, to share this heav'nly food. R/

Is not the cup we bless and share the blood of Christ outpoured? Do not one cup, one loaf declare our oneness in the Lord? R/

The myst'ry of your presence, Lord, no mortal tongue can tell; whom all the world cannot contain comes in our hearts to dwell. R/

Your give yourself to us, O Lord; then selfless let us be, to serve each other in your name in truth and charity. R/

## **O Christ the Great Foundation**

O Christ the great foundation on which our people stand to preach your true salvation in ev'ry age and land: Pour out your Holy Spirit to make us strong and pure, to keep the faith unbroken as long as worlds endure.

Baptized in one confession, one church in all the earth, we bear our Lord's impression, the sign of second birth; One holy people gathered in love beyond our own, by grace we were invited, by grace we make you known.

Where tyrants' hold is tightened, where strong devour the weak, where innocents are frightened the righteous fear to speak, there let your church awaking attack the pow'rs of sin and, all their ramparts breaking, with you the victory win.

## NOTES

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### Night Prayers (If not doing Liturgy of the Hours)

At the day's end, we have the opportunity to seek God's perspective on the day, recognizing his action in us and in the circumstances and events of the day. Where have we responded generously to him? Where have we failed to collaborate with him? Just as the day is an image of life, the night is an image of our final encounter with our merciful Lord.

You can use the prayers presented in this book or pray Compline, a part of the Liturgy of the Hours prayed at the end of the day.

#### Examen

✚ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

My Lord and my God, who are all goodness and infinite mercy, I thank you with all my heart for the countless gifts you have granted me, especially for creating and redeeming me, for calling me to the Catholic faith, for choosing me to make Christ's Kingdom present among my brothers and sisters, and for freeing me from so many dangers of soul and body. Enlighten my understanding to see where You were acting in my life today, where I drew closer to you and where I turned further away.

It is time to review the story of God's love for us: We contemplate the good we have done, to discover with faith and gratitude God's action. We interiorly reject the evil we have committed and embrace the Father's will. We ask him to keep us in his heart and bring us into his Kingdom. And we invoke his help to continue our journey, confident in his grace.



### Antiphon

Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep rest in his peace.

### Nunc Dimittis

Lord, now you let your servant go in peace; Your word has been fulfilled:  
Mine own eyes have seen the salvation  
Which you have prepared in the sight of every people: A light to reveal you  
to the nations  
And the glory of your people, Israel.

### Glory Be

Glory be to the Father, the Son, and the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen

### Conclusion

May the all-powerful Lord grant us a restful night and a peaceful death. Amen.

### Hail Holy Queen

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope.  
To you we cry, poor banished children of Eve; to you we send up our sighs,  
mourning and weeping in this valley of tears. Turn, then, most gracious advocate,  
your eyes of mercy toward us; and after this, our exile,  
show unto us the blessed fruit of your womb, Jesus. O clement, O loving,  
O sweet Virgin Mary

