

**Guide**

**to**

**Spiritual Exercises**

Sponsored by Regnum Christi  
Love Christ – Serve People – Build the Church



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***Love Christ – Serve People – Build the Church***

# INTRODUCTION

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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 designed to accomplish these aims in a harmonious way: there is nothing superfluous. Not even the meal times or a good night's sleep are extraneous, since you will need to be well rested and have no excuse not to pray. In addition, the readings during meals can be the most life-changing moments of the entire retreat. Take advantage of the free times, also to take some fresh air and contemplate 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."

There are also some temptations that you should be aware of during the course of the reflections. The first is not to confuse emotions with real generosity and openness to the Holy Spirit. The success of the retreat does not depend on our feelings, but to the degree that we allow Jesus Christ into our soul and to move our will. We should come up with concrete and practical solutions that will help us to change our lives. Another common error is to apply the principles and truths to others whom we think need it more than we do (our spouses, friends, enemies and so on). In order to progress in your spiritual life, it is necessary to make the effort to apply all of these themes to yourself.

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

# INITIAL QUESTIONNAIRE

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*Although the following is in the form of a questionnaire, its purpose is not so much to 'get the right answers' as to reflect in God's presence at the beginning of the retreat in what it means to have been called here to spend this time with him. We do this so as to approach the retreat from the point of view of faith, and to adapt the attitude of openness and effort that will best help me make the most of the special graces God has in mind for me during it. It may help to take some sheets of paper and jot down your reflections.*

1. Why did I come to the retreat?  
What fruit have I received from previous retreats?
2. Do I realize that going on a retreat is like Zacchaeus climbing the tree...it is not so much what I have in mind as what God does that is the wonderful part? Do I really look on this retreat as a personal invitation from Christ?
3. What is the brief question I would like answered during this retreat? What is the most urgent thing to adjust/correct/change in my life? Or am I self-satisfied, and not figuring on changing anything?
4. Am I ready to open my doors to Christ, for him to come in and look at everything? Have I been keeping him at a distance, putting on a show for him? Is there anything I hope he doesn't see...or ask for? What am I most nervous about---as regards my life in general and as regards this retreat? *(Take a moment to make an act of faith and trust in Christ. Write it in your own words. Place the retreat in his hands.)*
5. Take a closer look at your dispositions:
  - Do I realize that, although the retreat is a grace from God, it is going to take effort on my part to make it bear all the fruit it is meant to?
  - Am I willing to dedicate myself to prayer, silence and reflection that will make it fruitful? Do I really believe that this retreat will be the beginning of something new?
  - Are my feelings working in favor of the retreat, or do I have to overcome them?
  - Am I willing to go into depth in each meditation, and use it to the best?
  - Will I go beyond just listening to what the preacher has to say, and speak to God in depth and earnestly about the points he brings up for my reflection?
6. Make your resolution for the retreat in a personal note to Christ.

## OPENING/CLOSING PRAYER

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

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 will renew the face of the earth.

V/ Let us pray:

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in his consolation. We ask this through Christ our Lord.

R/ Amen.

V/ Hail, Mary, full of grace, the Lord is with you! Blessed are you among women, and blessed is the fruit of your womb, Jesus.

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

V/ Glory to the Father, and to the Son, and to the Holy Spirit:

R/ as it was in the beginning, is now, and will be forever. Amen.

V/ Christ our King!

R/ Thy Kingdom Come!

V/ Virgin most prudent, Mary Mother of the Church,

R/ Pray for us!

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

V/ We give you thanks for all your gifts, almighty God, living and reigning now and for ever.

R/ Amen.

V/ Christ our King!

R/ Thy Kingdom Come!

V/ Virgin most prudent, Mary Mother of the Church,

R/ Pray for us!

# A GUIDE TO MEDITATION

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## **Meditation**

Meditation is a personal and intimate conversation with God. It is meant to enlighten and strengthen, in your heart and soul, your decision to identify with the purpose of your life: God's holy will. It is a renewal from God that should encompass your principles, emotions, motivations and decisions.

As you begin your meditation, call on the Holy Spirit in faith. Remember that he is "the soul's delightful guest," and that however much you strive to become holy and be an apostle, you will achieve nothing solid or lasting without him.

Put your whole self (your intelligence, will, emotions, imagination, feelings, problems, weaknesses, interests and longings...) into your prayer so that these moments of personal contact with God will bear fruit in your daily life, and lead to a continuous renewal of your principles, motivations and decisions.

One form of meditation is known as "discursive-affective" prayer. In it you reflect on an idea or fundamental principle so as to understand it more deeply and make it your own. It is not simply a mental exercise, but rather a reflection from the heart on the mystery of your own life, done in the light of faith and from God's perspective. The deeper understanding this gives you has to lead you to want to become one with God, express your love for him, thank him for his gifts, ask for his help, recognize that you are a sinful creature, and give yourself trustingly to him. This culminates in conversion of heart, that is, the decision to live from now on in accordance with the truth you have considered in God's light.

Another form of mental prayer is "contemplation." In it you take a mystery or an event in the life of Christ or the Blessed Virgin, or in salvation history; you contemplate (look at) it (observe the people, listen to their words, consider their actions) and its implications for your own life, allowing the movement of grace to stir your heart and move your will towards giving yourself and imitating what you have contemplated.

Or finally, prayer may involve all three of the above elements: discursive, affective and contemplative.

Your choice of one or other of these forms of prayer will depend on the inspirations of the Holy Spirit and the needs of your soul, always under the guidance of your spiritual director.

It is not enough to reflect or contemplate. Meditation is above all an attentive, loving conversation with God. Accordingly, it is necessary to learn to listen to God in the silence of your soul, and to open your heart to him in a conversation full of faith and love that will lead to the personal contact with God that will make you holy. At this point is

where, under the light and power of the Holy Spirit, your will is conformed to God's and the decisions that ought to direct your life emerge.

The fruitfulness of your prayer depends on God's action, but it also needs human collaboration. Therefore, you need to push yourself continuously; make a permanent effort and dedicate yourself fully to your prayer. Put aside all distraction, sleepiness and negative feelings. This effort, spurred by faith and love of God, must be redoubled especially in moments of temptation and desolation.

### **Preparatory Acts of Faith, Hope and Charity**

Make these acts briefly and spontaneously in direct conversation with God, without using written prayer, if possible.

**Faith:** You will be in God's presence, speaking with him. You don't have to make him present since we are always in God's presence whether we realize it or not. But you do need to make yourself aware of this reality.

**Hope:** It consists in turning to God as your supreme good, your Savior, from whom you trustfully hope for grace and help in your need.

**Charity:** Renew your awareness that God, with whom you are speaking, is your Father, and you are his beloved child. Address him then as a child speaking to his father.

**Adore** God humbly and with all your heart. He is your Creator; you depend on him for everything.

**Thank** him for all the gifts you have received, especially for this opportunity to speak with him.

Ask Christ and Mary to help you to do the meditation fruitfully.

### **Body of the Meditation**

For meditation material it is recommended that you use the Gospel, a commentary on the Gospel, a spiritual book, or other writings and personal notes. Your spiritual director's advice will be very helpful as regards choosing which sources and materials to use for your prayer.

The following or similar questions may help you to find points to reflect on and come up with reflections and ways to apply what you are meditating on to your life.

- What is the Lord trying to tell me in this Gospel passage (or reading)?
- What resonance does it have in my heart?
- What implications does it entail for my life?
- Why so?
- How have I behaved up to now in this respect?
- How should I behave from now on?
- What difficulties will I have to overcome?
- What means do I need to use to do so?



Talk to the Father, Christ, and the Blessed Virgin, about these points in order to evoke the movements that stir the heart and move the will to make some practical resolutions as the fruit of your meditation.

## **Conclusion**

Finish the meditation by thanking God for the good resolutions you made and for the insights you received in the meditation. Ask forgiveness for your distractions or neglect.

To evaluate the meditation, you may ask yourself the following or similar questions:

- Is there anything in me that is not as God would have it?
- Do I detest anything that keeps me from doing God's will?
- Do I desire to follow his will always, out of love for Christ and souls?
- Did I prepare myself well for the meditation? Did I create an atmosphere of prayer before I started?
- Did I use all the time I had, from start to finish?
- Did I concentrate on the meditation, fighting against laziness, distractions, tiredness and difficulties?
- Was my meditation a conversation with Christ?
- Did I remain humble before God?

# DAILY PRAYER

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## Morning Offering

### Prayer to the Holy Trinity

My Lord and Father, God of Heaven and earth, -- Father and Creator, Son and Redeemer, Holy Spirit and Sanctifier-- I adore you and love you with all my heart. I thank you for creating me, redeeming me, calling me to the Catholic faith and watching over me last night. I offer you on this day my prayer, my work and my struggles, my sufferings and my joys. Enable me to do everything out of love for you and according to your will. Make me steadfast in living my Christian vocation, patient in suffering, courageous in proclaiming my faith; fill me with wisdom on life's journey and charity in dealing with others. Free me from sin and from all evil. May your grace always remain with me and with all who are dear to me. Amen.

### Prayer to Jesus Christ

Lord Jesus, faithful friend of my soul, once more I offer you my life so you can teach me to do your will, give me the strength to follow you, and help me to imitate your virtues, especially those that please you most: charity, humility, justice and honesty.

Make me a faithful, zealous apostle of your Church and grant me the grace that will enable me to proclaim your saving message to the brothers and sisters I meet on my journey today. May I live my Catholic faith with such evident conviction, and share it with such ardent zeal that I become a fruitful and effective fisher of souls for the kingdom. Amen

### Prayer to the Blessed Virgin

Mother, I come before you on this new day to bless you for the great things almighty God has done for you, to thank you for the graces you have obtained for me, to consecrate to you all my thoughts, words and actions, and to ask your blessing for me and every member of the Church.

Intercede with God for all of us spread throughout the world, as we strive to live the faith, hope and charity of which you set us such admirable and noble example.

Enable me to imitate the life of prayer, obedience, humility, fidelity, sacrifice and simplicity that you shared with your Son, our Brother and Lord.

Help me to form a meek and humble heart like that of your Son, Jesus Christ, and obtain for me the grace of receiving him in the sacrament of his love as fervently as you throughout the years of your solitude.

Mother, tell Jesus how much I want to love him, how ardently I desire to become holy and be his apostle. Tell him how fervently and constantly I want to serve him in the Church, which is called to be a faithful instrument in extending his Kingdom throughout the world.

## The Angelus

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

V/ The angel spoke God's message to Mary,  
R/ and she conceived of the Holy Spirit.

V/ Hail, Mary, full of grace, the Lord is with you! Blessed are you among women, and  
blessed is the fruit of your womb, Jesus.

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

V/ "I am the lowly servant of the Lord:  
R/ let it be done to me according to your word."

V/ Hail, Mary...

V/ And the Word became flesh  
R/ and lived among us.

V/ Hail, Mary...

V/ Pray for us, holy Mother of God,  
R/ that we may become worthy of the promises of Christ.

V/ Let us pray:

Lord, fill our hearts with your grace: once, through the message of an angel you revealed  
to us the incarnation of your Son; now, through his suffering and death lead us the glory  
of his resurrection. We ask this through Christ our Lord.

R/ Amen.

V/ Glory to the Father, and to the Son, and to the Holy Spirit:  
R/ as it was in the beginning, is now, and will be forever. 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. Amen.

## Night Prayers

*As the day comes to a close, a Christian should take time to make a spiritual evaluation of his day, thank God for the gifts received, ask forgiveness if he has not used them well, and pray for God's protection during the night, entrusting himself to the hands of the Lord.*

### Prayer for Light

V/ My Lord and my God,

R/ I thank you for the countless gifts you have given me, especially for creating and redeeming me, for calling me to the Catholic faith 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.

### Hail, Mary

V/ Hail, Mary, full of grace, the Lord is with you! Blessed are you among women, and blessed is the fruit of your womb, Jesus.

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

### Our Father

V/ Our Father  
who art in heaven,  
hallowed be thy name;  
thy Kingdom come;  
thy will be done on earth as it is in heaven.

R/ 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.

### Creed

We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is seen and unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God,  
Light from Light,  
true God from true God,  
begotten, not made,

one in Being with the Father.  
Through him all things were made.  
For us men and for our salvation  
he came down from heaven:

*All bow during the following  
three lines:*

by the power of the Holy Spirit  
he was born of the Virgin Mary,  
and became man.

For our sake he was crucified under Pontius Pilate;  
He suffered, died, and was buried.  
On the third day he rose again  
in fulfillment of 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.

We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son  
With the Father and the Son  
he is worshiped and glorified.  
He has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism  
for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.

### **Prayer Before Going to Sleep**

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

# CELEBRATION OF THE EUCHARIST

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## AFTER COMMUNION

*If you find them helpful, during the silence after Communion you may want to use the following prayers to thank God for the gift you have received.*

### **Prayer to Jesus Crucified**

Good and gentle Jesus. I kneel before you. I see and ponder your five wounds. My eyes behold what David prophesied about you: "They have pierced my hands and my feet, they have counted all my bones."

Engrave on me this image of yourself. Fulfill the yearnings of my heart: give me faith, hope and love, repentance for my sins and true conversion of life. Amen.

### **Soul of Christ**

Soul of Christ, sanctify me.  
Body of Christ, heal me.  
Blood of Christ, drench me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
Good Jesus, hear me.  
In your wounds, shelter me.  
From turning away, keep me.  
From the evil one, protect me.  
In the hour of my death, call me.  
Into your presence lead me,  
to praise you with all your saints for ever and ever.  
Amen.

### **Prayer to the Father**

Father, you are my Lord and God, unbounded in holiness, power and life, and I am your servant. Though weak and sinful, with no merits of my own to rely on, I thank you because, out of sheer kindness, you have fed me with the sacred Body and Blood of your Son, our Lord Jesus Christ.

I pray that this Holy Communion, far from condemning me to punishment, will plead effectively for my pardon. Let it be the armor of my faith and the shield of my good will. Let it purify me from my bad habits and put an end to my evil desires. Let it increase my charity and patience, humility and obedience, and all the virtues. Let it defend me against the traps of all my enemies, visible and invisible. Let it calm the passions of my body and spirit. Let it join me firmly to you, the one true God, and lead me safely through death to everlasting happiness with you.

And I pray that you will lead me, sinful as I am, to the banquet where you, with your Son and Holy Spirit, are to your saints true light, total fulfillment, everlasting joy, complete gladness and everlasting happiness. Grant this through Christ our Lord. Amen.

## **Prayer for the Pope**

Christ Jesus, King and Lord of the Church, in your presence I renew my unconditional loyalty to your Vicar on earth, the Pope. In him you have chosen to show us the safe and sure path that we must follow in the midst of confusion, uneasiness and unrest. I firmly believe that through him you govern, teach and sanctify us; with him as our shepherd, we form the true Church: one, holy, catholic and apostolic.

Grant me the grace to love, live and spread faithfully our Holy Father's teachings. Watch over his life, enlighten his mind, strengthen his spirit, defend him from calumny and evil. Calm the erosive winds of infidelity and disobedience. Hear our prayer and keep your Church united around him, firm in her belief and action, that she may truly be the instrument of your redemption. Amen.

# EUCCHARISTIC ADORATION

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*The Eucharistic Hour is a moment of adoration before Christ, truly present under the appearance of bread as our spiritual nourishment. It begins as all stand and sing a hymn.*

## English

### O Saving Victim

O Saving victim, op'ning wide  
The gate of heav'n to us  
below!

Our foes press on from  
ev'ry side; Your aid supply,  
your strength bestow.

To your great name be  
endless praise, Immortal  
Godhead, One in Three;

O grant to us endless  
length of days when our true  
native land we see. Amen.

## Latin

### O Salutaris Hostia

O salutaris hostia,  
Quæ cæli pandis ostium:

Bella premunt hostilia,  
Da robur fer auxilium.

Unitrinoque Domino  
Sit sempiterna gloria

Qui vitam sine termino  
Nobis donet in patria. Amen.

*The preacher may follow the exposition of the Blessed Sacrament with a reflection to help foster a spirit of prayer and recollection.*

## Spiritual Communion

My Lord, I believe you are really present in the sacrament of the Eucharist. I love you above all else and I ardently desire to receive you into my heart. I cannot receive you sacramentally at present, so come at least spiritually into my heart. As if I were receiving you in communion, I welcome you and unite myself totally to you. Lord let me never turn away from you

*The Eucharistic hour ends with benediction of the Blessed Sacrament preceded by the invocation of Christ and the Litany of the Saints*

Lord, we believe in you!  
Lord, we hope in you!  
Lord, we love you!  
Lord, we adore you!  
Lord, we thank you!  
Lord Jesus, we believe that you are the Son  
of the living God  
Lord Jesus, we believe that you are the  
Savior of all people!  
Lord Jesus! *Make us holy*

Mary! *Pray for the apostles of the Kingdom*



(three times)  
(three times)  
(three times)  
(three times)  
(three times)

(three times)

(three times)  
(three times)  
(three times)

Lord, have mercy.	<i>Lord, have mercy.</i>	Saint Thomas Becket.	<i>Pray for us.</i>
Christ, have mercy.	<i>Christ, have mercy.</i>	Saint John Fisher and	
Lord, have mercy.	<i>Lord, have mercy.</i>	Saint Thomas More.	<i>Pray for us.</i>

*(If the whole litany of saints is not recited,  
proceed to the "Christ, Son of the living God"  
invocation at the top of the next page)*

Holy Mary, Mother of God.	<i>Pray for us.</i>	Saint Paul Miki.	<i>Pray for us.</i>
Most honored of virgins.	<i>Pray for us.</i>	Saint Isaac Jogues and	
		Saint John de Brebeuf.	<i>Pray for us.</i>

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Saint Michael, Saint Gabriel, and Saint Raphael.	<i>Pray for us.</i>	Saint Peter Chanel.	<i>Pray for us.</i>
Holy angels of God.	<i>Pray for us.</i>	Saint Charles Lwanga.	<i>Pray for us.</i>

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Abraham, our father in faith.	<i>Pray for us.</i>	Saint Perpetua and	
Moses, leader of God's people.	<i>Pray for us.</i>	Saint Felicity.	<i>Pray for us.</i>
Elijah, prophet of God's power.	<i>Pray for us.</i>	Saint Agnes.	<i>Pray for us.</i>
Saint Joseph.	<i>Pray for us.</i>	Saint Maria Goretti.	<i>Pray for us.</i>
Saint John the Baptist.	<i>Pray for us.</i>	All holy martyrs.	<i>Pray for us.</i>
All holy patriarchs and prophets.	<i>Pray for us.</i>		

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Saint Peter and Saint Paul.	<i>Pray for us.</i>	Saint Leo and Saint Gregory.	<i>Pray for us.</i>
Andrew.	<i>Pray for us.</i>	Saint Ambrose.	<i>Pray for us.</i>
Saint John and Saint James.	<i>Pray for us.</i>	Saint Jerome.	<i>Pray for us.</i>
Saint Thomas.	<i>Pray for us.</i>	Saint Augustine.	<i>Pray for us.</i>
Saint Matthew.	<i>Pray for us.</i>	Saint Athanasius.	<i>Pray for us.</i>
All holy apostles.	<i>Pray for us.</i>	Saint Basil and	

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Saint Luke.	<i>Pray for us.</i>	Saint Gregory Nazianzen.	<i>Pray for us.</i>
Saint Mark.	<i>Pray for us.</i>	Saint John Chrysostom.	<i>Pray for us.</i>
Saint Barnabas.	<i>Pray for us.</i>	Saint Martin.	<i>Pray for us.</i>
Saint Mary Magdalen.	<i>Pray for us.</i>	Saint Patrick.	<i>Pray for us.</i>
All disciples of the Lord.	<i>Pray for us.</i>	Saint Cyril and	

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Saint Stephen.	<i>Pray for us.</i>	Saint Methodius.	<i>Pray for us.</i>
Saint Ignatius of Antioch.	<i>Pray for us.</i>	Saint Charles Borromeo.	<i>Pray for us.</i>
Polycarp.	<i>Pray for us.</i>	Saint Francis de Sales.	<i>Pray for us.</i>
Saint Justin.	<i>Pray for us.</i>	Saint Pius X.	<i>Pray for us.</i>
Saint Lawrence.	<i>Pray for us.</i>	Saint Anthony.	<i>Pray for us.</i>
Saint Cyprian.	<i>Pray for us.</i>	Saint Benedict.	<i>Pray for us.</i>
Saint Boniface.	<i>Pray for us.</i>	Saint Bernard.	<i>Pray for us.</i>
Saint Stanislaus.	<i>Pray for us.</i>	Saint Francis and	

Saint Thomas Becket.	<i>Pray for us.</i>
Saint John Fisher and	
Saint Thomas More.	<i>Pray for us.</i>
Saint Paul Miki.	<i>Pray for us.</i>

Saint Isaac Jogues and	
Saint John de Brebeuf.	<i>Pray for us.</i>
Saint Peter Chanel.	<i>Pray for us.</i>
Saint Charles Lwanga.	<i>Pray for us.</i>

Saint Perpetua and	
Saint Felicity.	<i>Pray for us.</i>

Saint Agnes.	<i>Pray for us.</i>
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Saint Maria Goretti.	<i>Pray for us.</i>
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All holy martyrs.	<i>Pray for us.</i>
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Saint Leo and Saint Gregory.	<i>Pray for us.</i>
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Saint Ambrose.	<i>Pray for us.</i>
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Saint Jerome.	<i>Pray for us.</i>
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Saint Augustine.	<i>Pray for us.</i>
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Saint Athanasius.	<i>Pray for us.</i>
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Saint Basil and	
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Saint Gregory Nazianzen.	<i>Pray for us.</i>
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Saint John Chrysostom.	<i>Pray for us.</i>
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Saint Martin.	<i>Pray for us.</i>
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Saint Patrick.	<i>Pray for us.</i>
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Saint Cyril and	
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Saint Methodius.	<i>Pray for us.</i>
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Saint Charles Borromeo.	<i>Pray for us.</i>
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Saint Francis de Sales.	<i>Pray for us.</i>
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Saint Pius X.	<i>Pray for us.</i>
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Saint Anthony.	<i>Pray for us.</i>
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Saint Benedict.	<i>Pray for us.</i>
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Saint Bernard.	<i>Pray for us.</i>
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Saint Francis and	
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Saint Dominic.	<i>Pray for us.</i>
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Saint Thomas Aquinas.	<i>Pray for us.</i>
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Saint Ignatius Loyola.	<i>Pray for us.</i>
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Saint Francis Xavier.	<i>Pray for us.</i>
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Saint Vincent de Paul.	<i>Pray for us.</i>
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Saint John Vianney.	<i>Pray for us.</i>
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Saint John Bosco.	<i>Pray for us.</i>
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Saint Catherine of Siena.	<i>Pray for us.</i>
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Saint Teresa of Jesus.	<i>Pray for us.</i>
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Saint Teresa of Lisieux.	<i>Pray for us.</i>
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Saint Rose of Lima.	<i>Pray for us.</i>
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Saint Louis.	<i>Pray for us.</i>
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Saint Monica.	<i>Pray for us.</i>
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Saint Elizabeth of Hungary.	<i>Pray for us.</i>
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All holy men and women.	<i>Pray for us.</i>
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Christ, Son of the living God,  
You came into this world,  
You suffered for us on the cross,  
You died to save us,  
You lay in the tomb,  
You rose from the dead,  
You returned in glory to the Father,  
You sent the Holy Spirit upon your apostles,  
You are seated at the right hand of the Father,  
You will come again to judge the living and the dead,

*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!*

*(Unless prayer for various needs is said, proceed to "Tantum Ergo" on next page)*

Forgive us our sins,

*Lord, hear our prayer.*

Give us true repentance,

*Lord, hear our prayer.*

Bless the fruits of the earth and of our labor,

*Lord, hear our prayer.*

That our holy Mother the Church will remain united in faith and be renewed in fidelity to your Gospel and to her own living tradition,

*Lord, hear our prayer.*

For our Holy Father Pope N., whom you called to the order of bishop: help and protect him in his pastoral service to the Church,

*Lord, hear our prayer.*

That bishops, priests, and religious will be faithful to the Church's teaching and discipline, and live united to your Vicar on earth,

*Lord, hear our prayer.*

That the lay faithful will be aware of their baptismal commitments and strive to build your Kingdom in their hearts, in their families, and in their work,

*Lord, hear our prayer.*

That young people will discover in you the path to true happiness and become your tireless apostles,

*Lord, hear our prayer.*

That all who are called to priesthood and consecrated life will welcome generously your invitation to work in your vineyard,

*Lord, hear our prayer.*

For peace in the world, that all people will acknowledge each other as members of one family, and put an end to war, discrimination, and injustice,

*Lord, hear our prayer.*

That those who persecute you and your Church will come to know and love the truth,

*Lord, hear our prayer.*

For the unity of Christians, that they will profess the one faith and form a single Church under the guidance of your Vicar,

*Lord, hear our prayer.*

That people everywhere, enlightened by the Gospel, will accept your message and salvation,

*Lord, hear our prayer.*

Christ hear us.  
Lord Jesus, hear our prayer.

*Christ hear us.  
Lord Jesus, hear our prayer.*

Let us pray.

God, you are our refuge and our strength, and the very source of love. Listen to the constant prayers of your Church and enable us to strive effectively for what we request in faith. We ask this through Christ our Lord.

*Amen.*

*The "Tantum Ergo" is then sung.*

<b>English</b>	<b>Latin</b>
<b>Come Adore</b>	<b>Tantum Ergo</b>
Humbly let us voice our homage, For so great a sacrament; Let all former rights surrender, To the Lord's New Testament; What the senses fail to fathom, Let us grasp through faith's consent!	Tantum ergo sacramentum veneremur cernui; Et antiquum documentum novo cedat ritui: Præstet fides supplementum sensuum defectui
Glory, honor, adoration, Let us sing with one accord! Praised be God, almighty Father; Praised be Christ, his Son, our Lord; Praised be God the Holy Spirit; Triune Godhead, be adored! Amen.	Genitori, Genitoque laus et jubilatio, salus honor, virtus quoque sit et benedictio: Procedenti ab utroque compar sit laudatio. Amen.
V/ You gave them bread from heaven to be their food, R/ and this bread contained all goodness.	V/ Panem de cælo præstitisti eis, R/ Omne delectamentum in se habentem.
V/ 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 forever and ever.	V/ Orémus: Deus qui nobis sub Sacraménto mirábili passiónis tuæ memóriam reliquisti: tríbue, quæsumus, ita nos Córporis et Sánguinis tui sacra mystéria venerári; ut redemptionis tuæ fructum in nobis iúgiter sentiámus. Qui vivis et regnas in sæculórum.
R/ Amen.	R/ Amen.

*Benediction with the Blessed Sacrament is given.*

*The divine praises are said.*

### **The Divine Praises**

Blest be God.  
Blest be his holy name.  
Blest be Jesus Christ, true God and true man.  
Blest be the name of Jesus.  
Blest be his most sacred Heart.  
Blest be his most precious Blood.  
Blest be Jesus in the most holy sacrament of the altar.  
Blest be the Holy Spirit the Paraclete.  
Blest be the great Mother of God, Mary most holy.  
Blest be her holy and immaculate conception.  
Blest be her glorious assumption.  
Blest be the name of Mary, virgin and mother.  
Blest be Saint Joseph her most chaste spouse.  
Blest be God in his angels and in his saints.

*A hymn to Christ is sung as the Blessed Sacrament is being reposed.*

### **Now Thank We All Our God**

Now Thank we all our God  
with hearts and hands and voices,  
who wondrous things has done,  
in whom his world rejoices;  
who from our mothers' arms,  
hath blessed us on our way  
with countless gifts of love,  
and still is ours today.

O may this gracious God  
through all our life be near us,  
with ever joyful hearts  
and blessed peace to cheer us;  
preserve us in his grace,  
and guide us in distress,  
and free us from all sin,  
till heaven we possess.

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

Holy God, we praise thy name;  
Lord of all, we bow before thee!  
All on earth thy rule acclaim,  
All in heav'n above adore thee;  
Infinite thy vast domain,  
Everlasting is thy reign

Hark! The loud celestial hymn  
Angel choirs above are raising,  
Cherubim and seraphim,  
In unceasing chorus praising;  
Fill the heav'ns with sweet accord:  
"Holy, holy, holy Lord."

## LITANY OF HUMILITY

Jesus, meek and humble of heart! *Hear me!*

### FROM THE DESIRE OF BEING:

esteemed,	<i>Lord Jesus, free me!</i>
loved,	<i>Lord Jesus, free me!</i>
acclaimed,	<i>Lord Jesus, free me!</i>
honored,	<i>Lord Jesus, free me!</i>
praised,	<i>Lord Jesus, free me!</i>
preferred,	<i>Lord Jesus, free me!</i>
consulted,	<i>Lord Jesus, free me!</i>
approved,	<i>Lord Jesus, free me!</i>
valued,	<i>Lord Jesus, free me!</i>

### FROM THE FEAR OF BEING:

humbled,	<i>Lord Jesus, free me!</i>
despised,	<i>Lord Jesus, free me!</i>
dismissed,	<i>Lord Jesus, free me!</i>
rejected,	<i>Lord Jesus, free me!</i>
defamed,	<i>Lord Jesus, free me!</i>
forgotten,	<i>Lord Jesus, free me!</i>
ridiculed,	<i>Lord Jesus, free me!</i>
wronged,	<i>Lord Jesus, free me!</i>
suspected,	<i>Lord Jesus, free me!</i>

From resenting that my opinion is not followed, *Lord Jesus, free me!*

### THAT OTHERS:

will be loved more than I,	<i>Lord Jesus, make this my prayer!</i>
will be esteemed more than I,	<i>Lord Jesus, make this my prayer!</i>
will increase in the opinion of the world while I diminish,	<i>Lord Jesus, make this my prayer!</i>
will be chosen while I am set aside,	<i>Lord Jesus, make this my prayer!</i>
will be praised while I am overlooked,	<i>Lord Jesus, make this my prayer!</i>
will be preferred to me in everything,	<i>Lord Jesus, make this my prayer!</i>

Let us pray.

Lord Jesus, though you were God, you humbled yourself to the extreme of dying on a cross, to set an enduring example to the shame of my arrogance and vanity. Help me to learn your example and put it into practice so that, by humbling myself in accordance with my lowliness here on earth, you can lift me up to rejoice in you forever in heaven.

*Amen.*

# ROSARY

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**Leader:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Leader:** Lord Jesus Christ,

**All:** true God and true man, my Creator and Redeemer, I love you above all else, and I am sorry with all my heart for offending you. To make up for my sins, which I firmly intend to confess in due time, I offer my life, my difficulties and all I do. I hope in your kindness and boundless mercy, and trust that you will forgive me and give me the grace never to offend you again. Amen.

**Leader:** Today, we will reflect on the \_\_\_\_\_ (joyful, luminous, sorrowful or glorious) mysteries.

## FIRST MYSTERY

**Leader:** **[Joyful]** The first mystery: The incarnation of the Son of God.

**[Luminous]** The first mystery: Jesus is baptized in the Jordan.

**[Sorrowful]** The first mystery: The agony of Christ in the garden.

**[Glorious]** The first mystery: The resurrection of the Lord.

**Reader 1:** **[Joyful]** "I am the Lord's servant," said Mary, "let what you have said be done to me." (Luke 1:38)

**[Luminous]** "And a voice spoke from heaven, 'This is my Son, the Beloved; my favor rests on him.'" (Matthew 3:17)

**[Sorrowful]** "In his anguish he prayed even more earnestly." (Luke 22:44)

**[Glorious]** "Why look among the dead for someone who is alive? He is not here, he has risen." (Luke 24:5-6)

**Reader:** Our Father,...

**All:** Give us this day...

**Reader:** Hail, Mary,...

**All:** Holy Mary,... **[Pray Hail Mary 10 times]**

**Reader:** Glory to the Father, and to the Son, and to the Holy Spirit:

**All:** As it was in the beginning, is now, and will be forever. Amen.

## SECOND MYSTERY

**Leader:** **[Joyful]** The second mystery: Our Lady visits her cousin Elizabeth.

**[Luminous]** The second mystery: Jesus reveals himself to his disciples at the wedding in Cana.

**[Sorrowful]** The second mystery: The scourging of Christ at the pillar.

**[Glorious]** The second mystery: The ascension of the Lord.

**Reader 2:** **[Joyful]** "Mary went into Zechariah's house and greeted Elizabeth." (Luke 1:40)

**[Luminous]** "This was the first of the signs given by Jesus: it was given at Cana in Galilee. He let his glory be seen, and his disciples believed in him." (John 2:11)

**[Sorrowful]** "Pilate then had Jesus taken away and scourged." (John 19:1)

**[Glorious]** "As he blessed them, he withdrew from them and was carried up to heaven." (Luke 24:51)

**Reader:** Our Father,...

**All:** Give us this day...

**Reader:** Hail, Mary,...

**All:** Holy Mary,... **[Pray Hail Mary 10 times]**

**Reader:** Glory to the Father, and to the Son, and to the Holy Spirit:

**All:** As it was in the beginning, is now, and will be forever. Amen.

### THIRD MYSTERY

**Leader:** **[Joyful]** The third mystery: The birth of our Lord Jesus Christ.

**[Luminous]** The third mystery: Jesus proclaims the Kingdom of God.

**[Sorrowful]** The third mystery: The crowning with thorns.

**[Glorious]** The third mystery: The coming of the Holy Spirit on the apostles.

**Reader 3:** **[Joyful]** "Mary gave birth to a son, her firstborn. She wrapped him in swaddling clothes and laid him in a manger." (Luke 2:7)

**[Luminous]** "Jesus went to Galilee. There he proclaimed the Good News from God. 'The time has come,' he said, 'and the Kingdom of God is close at hand. Repent, and believe the Good News.'" (Mark 1:14-15)

**[Sorrowful]** "The soldiers twisted some thorns into a crown and put it on his head." (John 19:2)

**[Glorious]** "Something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit." (Acts 2:3-4)

**Reader:** Our Father,...

**All:** Give us this day...

**Reader:** Hail, Mary,...

**All:** Holy Mary,... **[Pray Hail Mary 10 times]**

**Reader:** Glory to the Father, and to the Son, and to the Holy Spirit:

**All:** As it was in the beginning, is now, and will be forever. Amen.

### FOURTH MYSTERY

**Leader:** **[Joyful]** The fourth mystery: The presentation of the Lord in the temple.

**[Luminous]** The fourth mystery: Jesus is transfigured.

**[Sorrowful]** The fourth mystery: Jesus carries his cross.

**[Glorious]** The fourth mystery: The assumption of Mary into heaven.

**Reader 4:** **[Joyful]** "Mary and Joseph took Jesus up to Jerusalem to present him to the Lord." (Luke 2:22)

**[Luminous]** "As he prayed, he was transfigured in their presence: his face shone like the sun and his clothes became as white as the light." (Luke 9:29; Matthew 17: 2)

**[Sorrowful]** "Carrying his own cross, Jesus went out of the city to the place of the skull." (John 19:17)

**[Glorious]** "Blessed is she who believed that the promise made her by the Lord would be fulfilled." (Luke 1:45)

**Reader:** Our Father,...



**All:** Give us this day...  
**Reader:** Hail, Mary,...  
**All:** Holy Mary,... **[Pray Hail Mary 10 times]**  
**Reader:** Glory to the Father, and to the Son, and to the Holy Spirit:  
**All:** As it was in the beginning, is now, and will be forever. Amen.

**FIFTH MYSTERY**

**Leader:** **[Joyful]** The fifth mystery: The finding of Jesus in the Temple.  
**[Luminous]** The fifth mystery: Jesus institutes the Eucharist.  
**[Sorrowful]** The fifth mystery: Jesus dies on the cross.  
**[Glorious]** The fifth mystery: The coronation of Mary, Mother of the Church.  
**Reader 5:** **[Joyful]** "Three days later, they found him in the temple, sitting among the teachers." (Luke 2:46)  
**[Luminous]** "I am the living bread which has come down from heaven. Anyone who eats this bread will live forever." (John 6:51)  
**[Sorrowful]** "They crucified with him two others, one on either side with Jesus in the middle." (John 19:18)  
**[Glorious]** "A great sign appeared in heaven: a woman adorned with the sun, standing on the moon, with twelve stars on her head for a crown." (Revelation 12:1)  
**Reader:** Our Father,...  
**All:** Give us this day...  
**Reader:** Hail, Mary,...  
**All:** Holy Mary,... **[Pray Hail Mary 10 times]**  
**Reader:** Glory to the Father, and to the Son, and to the Holy Spirit:  
**All:** As it was in the beginning, is now, and will be forever. Amen.

**HAIL HOLY QUEEN**

**Leader:** Hail, holy Queen, mother of mercy, hail, our life, our sweetness and our hope. To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus: O clement, O loving, O sweet virgin Mary.

**LITANY OF PRAISE TO THE BLESSED VIRGIN MARY**

Lord, have mercy.	<b>Lord, have mercy.</b>	Holy Mother of God, <b>pray for us.</b>
Christ, have mercy.	<b>Christ, have mercy.</b>	Most honored of virgins, <b>pray for us.</b>
Lord, have mercy.	<b>Lord, have mercy.</b>	Mother of Christ, <b>pray for us.</b>
God our Father		Mother of the Church, <b>pray for us.</b>
in heaven,	<b>Have mercy on us.</b>	Mother of divine grace, <b>pray for us.</b>
God the Son, Redeemer		Mother most pure, <b>pray for us.</b>
of the world,	<b>Have mercy on us.</b>	Mother of chaste love, <b>pray for us.</b>
God the Holy Spirit, <b>Have mercy on us.</b>		Mother and virgin, <b>pray for us.</b>
Holy Trinity, one God, <b>Have mercy on us.</b>		Sinless Mother, <b>pray for us.</b>
Holy Mary, <b>pray for us.</b>		Dearest of mothers, <b>pray for us.</b>
		Model of motherhood, <b>pray for us.</b>

Mother of good counsel,	<b><i>pray for us.</i></b>	Morning Star,	<b><i>pray for us.</i></b>
Mother of our Creator,	<b><i>pray for us.</i></b>	Health of the sick,	<b><i>pray for us.</i></b>
Mother of our Savior,	<b><i>pray for us.</i></b>	Refuge of sinners,	<b><i>pray for us.</i></b>
Virgin most wise,	<b><i>pray for us.</i></b>	Comfort of the troubled,	<b><i>pray for us.</i></b>
Virgin rightly praised,	<b><i>pray for us.</i></b>	Help of Christians,	<b><i>pray for us.</i></b>
Virgin rightly renowned,	<b><i>pray for us.</i></b>	Queen of angels,	<b><i>pray for us.</i></b>
Virgin most powerful,	<b><i>pray for us.</i></b>	Queen of patriarchs	
Virgin gentle in mercy,	<b><i>pray for us.</i></b>	and prophets,	<b><i>pray for us.</i></b>
Faithful virgin,	<b><i>pray for us.</i></b>	Queen of apostles	
Mirror of justice,	<b><i>pray for us.</i></b>	and martyrs,	<b><i>pray for us.</i></b>
Throne of wisdom,	<b><i>pray for us.</i></b>	Queen of confessors	
Cause of our joy,	<b><i>pray for us.</i></b>	and virgins,	<b><i>pray for us.</i></b>
Shrine of the Spirit,	<b><i>pray for us.</i></b>	Queen of all saints,	<b><i>pray for us.</i></b>
Glory of Israel,	<b><i>pray for us.</i></b>	Queen conceived	
Vessel of selfless devotion,	<b><i>pray for us.</i></b>	without sin,	<b><i>pray for us.</i></b>
Mystical Rose,	<b><i>pray for us.</i></b>	Queen assumed	
Tower of David,	<b><i>pray for us.</i></b>	into heaven,	<b><i>pray for us.</i></b>
Tower of ivory,	<b><i>pray for us.</i></b>	Queen of the rosary,	<b><i>pray for us.</i></b>
House of gold,	<b><i>pray for us.</i></b>	Queen of the family,	<b><i>pray for us.</i></b>
Ark of the covenant,	<b><i>pray for us.</i></b>	Queen of peace,	<b><i>pray for us.</i></b>
Gate of heaven,	<b><i>pray for us.</i></b>		

Lamb of God you take away the sins of the world. ***Have mercy on us.***  
Lamb of God you take away the sins of the world. ***Have mercy on us.***  
Lamb of God you take away the sins of the world. ***Have mercy on us.***

**Leader:** Pray for us, holy Mother of God,  
**All:** that we may become worthy of the promises of Christ.  
**Leader:** Let us pray: God our Father, your only-begotten Son through his life, death and resurrection won for us the reward of eternal salvation. Grant that by meditating on these mysteries of the rosary of the Blessed Virgin Mary we may imitate what they contain and obtain what they promise. We ask this through Christ our Lord. Amen.

# STATIONS OF THE CROSS

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*The following introductory and concluding prayers are said at the start and finish of the Stations of the Cross, whichever version is prayed.*

## INTRODUCTION

**Leader:** Let us pray.

**Presider:** 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:*

Lord God, look kindly upon us as we prepare to contemplate together with Christ the mysteries of his Passion. Train us in the school of redemptive suffering, so that we will be able to discover and accept our own crosses and always embrace them with love. Through Christ our Lord.

**All:** Amen.

## CONCLUSION

**Leader:** Let us pray.

**Presider:** 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.

*OR:*

God our Father, we have just retraced the way of the cross step by step. We ask you to engrave on our hearts and minds the image of your Son, crucified in this supreme act of love, which has shattered the bitterness and senselessness of suffering and turned it into sweetness and an indispensable means of salvation and growth in holiness. Help us to respond to the persistence of affliction in our lives with the persistence of love, and to the intensity of our suffering with the intensity of our self-giving. We ask this through the same Christ our Lord.

**All:** Amen.

### I. JESUS IS CONDEMNED TO DEATH

**Leader:** The first station: Jesus is condemned to death.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** "Then Pilate saw that he was making no impression, that in fact a riot was imminent. So he took some water, washed his hands in front of the crowd and said, 'I am innocent of this man's blood. It is your concern.' And the people, to a man, shouted back, 'His blood be on us and on our children!...' He ordered Jesus to be first scourged and then handed over to be crucified." (Matthew 27:24-26)

**Leader:** Let us pray.

**Presider:** Lord God, teach us to be grateful and to respond to all that Christ endured and suffered because he loved us, when he gave up his life for us on the cross, shedding his blood to save us. We ask this through Christ our Lord.

**All:** Amen.

### II. JESUS TAKES UP HIS CROSS

**Leader:** The second station: Jesus takes up his cross.

**Presider:** 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)

**Leader:** Let us pray.

**Presider:** Lord, enable us to be faithful not only when everything goes our way and fidelity is not difficult, but also during the bitter hours of life when it matters most to be faithful and to follow Christ's footsteps on the way of the cross. We ask this through Christ our Lord.

**All:** Amen.

### III. JESUS FALLS FOR THE FIRST TIME

**Leader:** The third station: Jesus falls for the first time.

**Presider:** 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)

**Leader:** Let us pray.

**Presider:** 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, and particularly so for those who have agreed to follow him along the path to Calvary. We ask this through Christ our Lord.

**All:** Amen.

### IV. JESUS MEETS HIS MOTHER

**Leader:** The fourth station: Jesus meets his mother.

**Presider:** 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)

**Leader:** Let us pray.

**Presider:** 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.

**V. SIMON OF CYRENE HELPS JESUS TO CARRY HIS CROSS**

**Leader:** The fifth station: Simon of Cyrene helps Jesus to carry his cross.

**Presider:** 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 passer-by, Simon of Cyrene, father of Alexander and Rufus, who was coming in from the country, to carry his cross." (Mark 15:21-22)

**Leader:** Let us pray.

**Presider:** 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 who live and reign for ever and ever.

**All:** Amen.

**VI. VERONICA WIPES THE FACE JESUS**

**Leader:** The sixth station: Veronica wipes the face of Jesus.

**Presider:** 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)

**Leader:** Let us pray.

**Presider:** 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.

**VII. JESUS FALLS FOR THE SECOND TIME**

**Leader:** The seventh station: Jesus falls for the second time.

**Presider:** We adore you, O Christ, and we bless you.

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

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

**Leader:** Let us pray.

**Presider:** 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.

**VIII. JESUS MEETS THE WOMEN OF JERUSALEM**

**Leader:** The eighth station: Jesus meets the women of Jerusalem.

**Presider:** 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)

**Leader:** Let us pray.

**Presider:** 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.

**IX. JESUS FALLS FOR THE THIRD TIME**

**Leader:** The ninth station: Jesus falls for the third time.

**Presider:** 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)

**Leader:** Let us pray.

**Presider:** 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 this is more pleasing to Christ than a cozy victory achieved at no cost. We ask this through Christ our Lord.

**All:** Amen.

**X. JESUS IS STRIPPED OF HIS GARMENTS**

**Leader:** The tenth station: Jesus is stripped of his garments.

**Presider:** 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)

**Leader:** Let us pray.

**Presider:** Lord our God, place in the depths of our heart 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.



### XI. JESUS IS NAILED TO THE CROSS

**Leader:** The eleventh station: Jesus is nailed to the cross.

**Presider:** 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)

**Leader:** Let us pray.

**Presider:** 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.

### XII. JESUS DIES ON THE CROSS

**Leader:** The twelfth station: Jesus dies on the cross.

**Presider:** 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)

**Leader:** Let us pray.

**Presider:** 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 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.

**XIII. JESUS IS TAKEN DOWN FROM THE CROSS**

**Leader:** The thirteenth station: Jesus is taken down from the cross.

**Presider:** 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)

**Leader:** Let us pray.

**Presider:** 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.

**XIV. JESUS IS LAID IN THE TOMB**

**Leader:** The fourteenth station: Jesus is laid in the tomb.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** "After he had taken the body 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 Joseph watched where he was laid." (Luke 23:53-54; Mark 15:46-47)

**Leader:** Let us pray.

**Presider:** 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.

### I. JESUS IS CONDEMNED TO DEATH

**Leader:** The first station: Jesus is condemned to death.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** He said, "Father, all things are possible to you. Take this cup away from me, but not what I will but what you will." (Mk 14:36)

**Reader 2:** Why do the nations protest and the peoples grumble in vain? Kings on earth rise up and princes plot together against the Lord and his anointed: "Let us break their shackles and cast off their chains!" How many are my foes, Lord! How many rise against me! How many say of me, "God will not save that one." (Ps 2:1-3; 3:2-3)

**Leader:** Let us pray.

**Presider:** Father in heaven, we admire the heroic example of your Son, who completely renounced his own judgment in the most unconditional and heroic manner. In the same way, grant us the grace we need to love your holy will in our lives and bring it to completion, no matter how hard it is on our human nature. Through the same Christ our Lord.

**All:** Amen.

### II. JESUS TAKES UP HIS CROSS

**Leader:** The second station: Jesus takes up his cross.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** So they took Jesus, and carrying the cross himself, he went out to what is called the Place of the Skull, in Hebrew, Golgotha. (Jn 19:17)

**Reader 2:** Keep me as the apple of your eye; hide me in the shadow of your wings from the violence of the wicked. My ravenous enemies press upon me. Their steps even now encircle me; they watch closely, keeping low to the ground, like lions eager for prey. (Ps 17:8, 11-12)

**Leader:** Let us pray.

**Presider:** Lord, we ask you to increase our love for your Son as we accompany him on his way to Calvary. In this way, we will not give up the cross through fear, excuses, or false reasoning, but experience for ourselves that the yoke is easy and the cross light. We ask this through the same Christ our Lord.

**All:** Amen.

### III. JESUS FALLS FOR THE FIRST TIME

**Leader:** The third station: Jesus falls for the first time.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart. (Mt 11:28-29)

**Reader 2:** Be gracious to me, Lord, for I am in distress; with grief my eyes are wasted, my soul and body spent. To all my foes I am a thing of scorn, to my neighbors, a dreaded sight, a horror to my friends. (Ps 31:10,12)

**Leader:** Let us pray.

**Presider:** Lord, we ask that you grant us love for our struggles and self-sacrifice. Make us realize that we can never have the joy of possessing you without tasting first the joy of the cross. We ask this through Christ our Lord.

**All:** Amen.

### IV. JESUS MEETS HIS MOTHER

**Leader:** The fourth station: Jesus meets his mother.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** While he was speaking, a woman from the crowd called out and said to him, "Blessed is the womb that carried you and the breasts at which you nursed." He replied, "Rather, blessed are those who hear the word of God and observe it." (Lk 11:27-28)

**Reader 2:** All who see me mock me; they curl their lips and jeer; they shake their heads at me: "You relied on the Lord—let him deliver you; if he loves you, let him rescue you." Yet you drew me forth from the womb, made me safe at my mother's breast. Upon you I was thrust from the womb; since birth you are my God. Do not stay far from me, for trouble is near, and there is no one to help. (Ps 22:8-12)

**Leader:** Let us pray.

**Presider:** Almighty God, we ask you to increase our faith. May the virtue of faith shed light on all our moments of darkness and confusion, and give us strength in times of sorrow, just as it did for Mary. We ask this through Christ our Lord.

**All:** Amen.

### V. SIMON OF CYRENE HELPS JESUS TO CARRY HIS CROSS

**Leader:** The fifth station: Simon of Cyrene helps Jesus to carry his cross.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** Whoever is ashamed of me and of my words in this faithless and sinful generation, the Son of Man will be ashamed of when he comes in his Father's glory with the holy angels. (Mk 8:38)

**Reader 2:** Who will rise up for me against the wicked? Who will stand up for me against evildoers? If the Lord were not my help, I would long have been silent in the grave. When I say, "My foot is slipping," your love, Lord, holds me up. When cares increase within me, your comfort gives me joy. (Ps 94:16-19)

**Leader:** Let us pray.

**Presider:** God our Father, today Christ is still a stumbling block and sign of contradiction as he was twenty centuries ago; the world clashes against him and is divided. Grant that he will always be the rock upon which we can build a life of holiness, the sure foundation of our lives. Through the same Christ our Lord.

**All:** Amen.

### VI. VERONICA WIPES THE FACE JESUS

**Leader:** The sixth station: Veronica wipes the face of Jesus.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** Whoever gives only a cup of cold water to one of these little ones to drink because he is a disciple—amen, I say to you, he will surely not lose his reward. (Mt 10:42)

**Reader 2:** My eyes are ever upon the Lord, who frees my feet from the snare. Look upon me, have pity on me, for I am alone and afflicted. Relieve the troubles of my heart; bring me out of my distress. Put an end to my affliction and suffering. Preserve my life and rescue me; do not let me be disgraced, for I trust in you. (Ps 25:15-18, 20)

**Leader:** Let us pray.

**Presider:** Lord Jesus, teach us to suffer with joy, and thus convert our sorrow into salvation. Teach us how to face death, since it is the way we come to you. Teach us to love one another, without limits, without selfishness, and without self-interest, you who live and reign forever and ever.

**All:** Amen.

**VII. JESUS FALLS FOR THE SECOND TIME**

**Leader:** The seventh station: Jesus falls for the second time.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life. (Jn 12:25)

**Reader 2:** With hateful words they surround me, attacking me without cause. In return for my love they slander me, even though I prayed for them. They repay me evil for good, hatred for my love. For I am sorely in need; my heart is pierced within me. Like a lengthening shadow I near my end. My knees totter from fasting; my flesh has wasted away. (Ps 109:3-5, 22-24)

**Leader:** Let us pray.

**Presider:** Lord, though human nature resists and our feelings cry and groan under the weight of the cross, may we always rejoice in spirit. Help us to open our hearts ever wider to accept an ever-living faith, hope, and love for Christ, who lives and reigns forever and ever.

**All:** Amen.

**VIII. JESUS MEETS THE WOMEN OF JERUSALEM**

**Leader:** The eighth station: Jesus meets the women of Jerusalem.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** A large crowd of people followed Jesus, including many women who mourned and lamented him. (Lk 23:27)

**Reader 2:** Happy those whose trust is the Lord, who turn not to idolatry or to those who stray after falsehood. Sacrifice and offering you do not want; but ears open to obedience you gave me. Holocausts and sin-offerings you do not require; so I said, "Here I am; your commands for me are written in the scroll. To do your will is my delight!" I announced your deed to a great assembly; I did not restrain my lips; you, Lord, are my witness. (Ps 40:5,7,8,10)

**Leader:** Let us pray.

**Presider:** Lord God, even though at times we will have to live our lives and do our work with hearts bleeding and eyes full of tears, give us the grace to persevere in serving you out of love. May we discover Christ through our tears and bitter moments and come to possess him for all eternity. Through the same Christ, your Son.

**All:** Amen.

### IX. JESUS FALLS FOR THE THIRD TIME

**Leader:** The ninth station: Jesus falls for the third time.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** Whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. (Jn 11:25-26)

**Reader 2:** Do not reprove me in your anger, Lord, nor punish me in your wrath. Have pity on me, Lord, for I am weak; heal me, Lord, for my bones are trembling. In utter terror is my soul—and you, Lord, how long...? Turn, Lord, save my life; in your mercy rescue me. (Ps 6:2-5)

**Leader:** Let us pray.

**Presider:** Lord God, teach us to thank you constantly for the crosses which we meet along our path. May these trials, instead of laying us low, be constant means of progress, opportunities to conquer ourselves for you. We ask you this through your Son Jesus Christ, our Lord.

**All:** Amen.

### X. JESUS IS STRIPPED OF HIS GARMENTS

**Leader:** The tenth station: Jesus is stripped of his garments.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** They divided his garments by casting lots for them to see what each should take. (Mk 15:24)

**Reader 2:** They stare at me and gloat; they divide my garments among them; for my clothing they cast lots. But you, Lord, do not stay far off; my strength, come quickly to help me. Deliver me from the sword. (Ps 22:18-21)

**Leader:** Let us pray.

**Presider:** Almighty God, never let us forget the true meaning of suffering, the meaning of the cross of Christ your Son. Help us to embrace our vocation and mission as Christians, for the sake of the many souls whose salvation depends on us. We ask this through Christ our Lord.

**All:** Amen.

**XI. JESUS IS NAILED TO THE CROSS**

**Leader:** The eleventh station: Jesus is nailed to the cross.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** When you lift up the Son of Man, then you will realize that I am. (Jn 8:28)

**Reader 2:** Like water my life drains away; all my bones grow soft. My heart has become like wax; it melts away within me. As dry as a potsherd is my throat; my tongue sticks to my palate. So wasted are my hands and feet that I can count all my bones. (Ps 22:15-16, 18)

**Leader:** Let us pray.

**Presider:** Lord Jesus Christ, out of love for you, help us to give ourselves constantly and unto death. Nailed to our own cross, may our love and self-giving be, like yours, heroic in intensity, heroic in completeness, and heroic in constancy. You who live and reign forever and ever.

**All:** Amen.

**XII. JESUS DIES ON THE CROSS**

**Leader:** The twelfth station: Jesus dies on the cross.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, "I thirst." There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit. (Jn 19:28-30)

**Reader 2:** Insult has broken my heart, and I am weak; I looked for compassion, but there was none, for comforters, but found none. Instead they put gall in my food; for my thirst they gave me vinegar. (Ps 69:21-22)

**Leader:** Let us pray.

**Presider:** Merciful Father, give us the grace to see in the cross the true face of your Son. May we always bear witness to the fact that there is only one Christ: Christ crucified. Through the same Christ our Lord.

**All:** Amen.



### XIII. JESUS IS TAKEN DOWN FROM THE CROSS

**Leader:** The thirteenth station: Jesus is taken down from the cross.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** Now there was a virtuous and righteous man named Joseph who, though he was a member of the council, had not consented to their plan of action. He came from the Jewish town of Arimathea and was awaiting the kingdom of God. He went to Pilate and asked for the body of Jesus. (Lk 23:50-52)

**Reader 2:** My God, my God, why have you abandoned me? Why so far from my call for help, from my cries of anguish? My God, I call by day, but you do not answer; by night, but I have no relief. But I am a worm, hardly human, scorned by everyone, despised by the people. (Ps 22:1-3, 7)

**Leader:** Let us pray.

**Presider:** Lord, may our sufferings never draw us away from you, but bring us to understand the sufferings Christ endured for us. May they draw us ever closer to you. Through the same Christ our Lord.

**All:** Amen.

### XIV. JESUS IS LAID IN THE TOMB

**Leader:** The fourteenth station: Jesus is laid in the tomb.

**Presider:** We adore you, O Christ, and we bless you.

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

**Reader 1:** Then they rolled a huge stone across the entrance to the tomb and departed. Later the chief priests secured the tomb by fixing a seal to the stone and setting the guard. (Jn 19:41-42)

**Reader 2:** My soul is filled with troubles; my life draws near to Sheol. I am reckoned with those who go down to the pit; I am weak, without strength. My couch is among the dead, with the slain who lie in the grave. (Psalm 88: 4-6)

**Leader:** Let us pray.

**Priest:** Lord our God, help us to emulate your Son Jesus in his self-giving and offer ourselves heart and soul to you without holding back. Help us to consume our lives, just as he did, to bring his Kingdom to all men and women. We ask this through the same Christ our Lord.

**All:** Amen.

**Concluding prayer**

## A GUIDE TO CONFESSION

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### How To Go To Confession

*You always have the option to go to confession anonymously (that is, behind a screen) or face to face.*

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."

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.

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

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."

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

### Prayer Before Confession

O most merciful God! Prostrate at your feet, I implore your forgiveness. I sincerely desire to leave all my evil ways and to confess my sins with all sincerity to you and to your priest. I am a sinner, have mercy on me, O Lord. Give me a lively faith and a firm hope in the Passion of my Redeemer. Give me, for your mercy's sake a sorrow for having offended so good a God.

Mary, my mother, refuge of sinners, pray for me that I may make a good confession. Amen.

### An Act Of Contrition

Oh 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.

# EXAMINATION OF CONSCIENCE

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## **I am the Lord your God. You shall not have strange gods before me.**

Do I give God time every day in prayer?

Do I seek to love him with my whole heart?

Have I been involved with superstitious practices or have I been involved with the occult?

Do I seek to surrender myself to God's word as taught by the Church?

Have I ever received communion in the state of mortal sin?

Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?

Are there other "gods" in my life? Money, Security, Power, People, etc.

## **You shall not take the name of the Lord your God in vain.**

Have I used God's name in vain: lightly or carelessly?

Have I been angry with God?

Have I wished evil upon any other person?

Have I insulted a sacred person or abused a sacred object?

## **Remember to keep holy the Lord's Day.**

Have I deliberately missed Mass on Sundays or Holy Days of Obligation?

Have I tried to observe Sunday as a family day and a day of rest?

Do I do needless work on Sunday?

## **Honor your father and your mother.**

Do I honor and obey my parents?

Have I neglected my duties to my spouse and children?

Have I given my family good religious example?

Do I try to bring peace into my home life?

Do I care for my aged and infirm relatives?

## **You shall not kill.**

Have I encouraged or helped anyone to have an abortion?

Have I physically harmed anyone?

Have I abused alcohol or drugs?

Did I give scandal to anyone, thereby leading them to sin?

Have I been angry or resentful?

Have I harbored hatred in my heart?

Have I mutilated myself through any form of sterilization?

Have I encouraged or condoned sterilization?

Have I participated in or approved euthanasia?

**You shall not commit adultery.**

Have I engaged in any sexual activity outside of marriage?  
Have I been guilty of masturbation?  
Do I seek to control my thoughts and imaginations?  
Have I respected all members of the opposite sex, or have I thought of other people as mere objects?  
Have I been guilty of any homosexual activity?  
Do I seek to be chaste in my thoughts, words, and actions?  
Am I careful to dress modestly?

**You shall not steal.**

Have I stolen what is not mine?  
Have I returned or made restitution for what I have stolen?  
Do I waste time at work, school, and home?  
Do I gamble excessively, thereby denying my family of their needs?  
Do I pay my debts promptly?  
Do I seek to share what I have with the poor?  
Have I cheated anyone out of what is justly theirs, for example, creditors, insurance companies, big corporations?

**You shall not bear false witness against your neighbor.**

Have I lied? Have I gossiped?  
Do I speak badly of others behind their back?  
Am I sincere in my dealings with others?  
Am I critical, negative or uncharitable in my thoughts of others?  
Do I keep secret what should be kept confidential?  
Have I injured the reputation of others by slander?

**You shall not desire your neighbor's wife.**

Have I consented to impure thoughts?  
Have I caused them by impure reading, movies, television, conversation or curiosity?  
Do I pray at once to banish impure thoughts and temptations?  
Have I behaved in an appropriate way with members of the opposite sex: flirting, being superficial, etc.?

**You shall not desire your neighbor's goods.**

Am I jealous of what other people have?  
Do I envy the families or possessions of others?  
Am I greedy or selfish?  
Are material possessions the purpose of my life?

# PERSONAL QUESTIONNAIRES

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## ORIENTATION OF MY LIFE TOWARDS GOD

1. What is my usual attitude towards God? Do I look upon him as my beginning and my true end, the unique center of my life? Or am I more or less indifferent to him in my daily activity: negligent, shallow, self-sufficient?
2. Is God indispensable to my life, or is he a mere fringe experience, something I tune in to from time to time? Do I consider him something of a threat to my "personal interests?"
3. Do I believe he leads me by his providence? Do I have any practical faith in his grace and inspirations, or am I essentially caught up in the material world, its ways and attractions?
4. Can I say I truly depend on God and that I try to bring my will into line with his? Or do I usually put other things above God on my priority list? What exactly: my likes, my way of judging, my passions and feelings?
5. Do I lead a double life trying to reconcile God and my own egotism? Am I sincere with God?
6. Do I feel the need to ask God for forgiveness for my sins? Do I face up to my sinfulness honestly?
7. Have I begun to distort my conscience with rationalizations and excuses for my conduct? Has my conscience become blurred and weak?

## **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?

## **COMPUNCTION OF HEART**

1. Is compunction of heart a mere formula for me? Or does it have a practical effect in my life, making me conscious of my impotence and misery before God and the infinite debt I owe him?
2. Does my compunction consist merely of a sensation of sorrow for my sins, or also of gratitude for his pardon, and of my responsibility to respond to his love?
3. Do I place myself humbly before God, conscious of my weakness and need of his grace, or is my posture in prayer like the proud Pharisee in the temple, boasting to God of all he has done? Do I pray with simplicity and humility, or do I try to impress myself and God with all I have done?
4. Is my compunction supernaturally based on the confidence that God loves me and pardons me always, or on some merely emotional need to feel myself close to God?
5. Does it lead me to depend on his grace at all times to avoid temptation and sin, or do I recklessly expose myself to what I know for me are occasions of sin?
6. What moves me to repent of my sin? Is it the knowledge I have offended God, or is it merely that I feel myself humiliated and exposed for what I really am?
7. Am I basically indifferent to the sins of others, or do they hurt me as they hurt the Heart of Christ? Do I rejoice when others fall, feeling myself justified and superior to them?
8. Is there any area of my life where I have made an accommodation with sin, accepting it as "part of the way I am, part of my temperament," and giving up in the effort to conform my life to Christ in every aspect?

## OUR CALL TO SANCTITY

1. Do I feel called by God to be a saint? Do I feel that my principal obligation as wife and mother is 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 Sunday Mass? Does it affect 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? Sensuality? 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 who my heart belongs to -- 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, 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?)



## **APOSTOLIC ZEAL**

1. Do I feel a real passion for the salvation of souls? Does it bother me to think so many are being lost, or am I basically indifferent to the situation?
2. Do I believe God has entrusted certain souls for me to bring to salvation? (family, friends, acquaintances) Do they have any place in my thoughts, my prayers, and my intentions? Are they a stimulus for my own sanctification? Do I offer sacrifices for them, expiation for their sins?
3. Am I serious about forming myself as best I can in order to be fully prepared for my mission in the Church? Does the consciousness of my mission move me to live all the spirituality and means of sanctification with more sincerity?
4. Can I say that nothing matters to me except sanctifying myself and helping others also become holy, and for that reason I renounce all my personal plans, ambitions, dreams? Have I taken a mature and irrevocable decision to forget myself and give myself without reserve to God?
5. Am I pessimistic in my outlook on the apostolate? Have I implicitly or subconsciously conceded defeat? Or does my faith continually renew me everyday in my self-giving to God?
6. Do I see my life in the Church as a great battle in which I fight without ceasing for Christ, or am I looking for the perfect, comfortable setup, where I can do a little apostolate and feel good about myself? Am I seeking to establish His Kingdom, or am I seeking myself by working for him?
7. Do I have an absolute faith in the Cause of Jesus Christ? Do I give myself to it without any holding back out of love for him?
8. Am I willing to suffer setbacks, failures, humiliations?

# PRAYER COMMITMENT

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When we leave the retreat we need to get into a regular routine of prayer. The vine that is not connected to the branch will soon wither. Select a minimum of prayer activities and specific times to do them.

Here is a list of possible commitments.

- Gospel reflection
- Daily Mass
- Visits to the Blessed Sacrament
- Rosary (at least one mystery)
- Meditation (Mental prayer)
- Conscience Exam
- Morning Offering
- Stations of the Cross
- Novenas
- Spiritual Reading
- Liturgy of the Hours

Prayer Commitment	When	Where
1.		
2.		
3.		
4.		
5.		
6.		
7.		

# VOCATION STATEMENT

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What is the most important focus in my life? Do I really set my priorities or do I have them set for me? Here you need to write out your vocation statement. This has to reflect what God has created you for; that by which he will judge you. The Vocation statement reflects the key to fulfilling your life. It should become a compass that affects everything in your life -- the goals you set, the decisions you make, the paradigms you hold, and the way you spend your time.

You should include at least the following categories:

- Baptized son of God, His masterpiece: that which defines me first
- Spouse/Single person: my principle vocation
- Parent: principle responsibility
- Apostle: principle responsibility

After you have written a vocation statement be sure to establish two or three concrete means to help you accomplish it. They should be things you can do on a regular basis. Make sure that they are concrete and practical.

# EXAMPLE VOCATION STATEMENT

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## **Baptized Catholic**

I have been created to enter into a personal, passionate and intimate relationship with God. All that I do and say has to reflect the dignity to which I am called. I am totally dependent on God for my own happiness and the happiness of those around me. Without God I can do nothing of any significance.

1. I will make daily prayer commitments and do them at the best time of the day.
2. I will attend regular spiritual direction, which I have prepared in advance.

## **Spouse**

As a spouse I am called to make my wife the center of my heart. Understanding just how much we need each other, I will strive to build her up, to make her feel loved and to recognize her needs and do all that I can do to fulfill them. I will complete myself in my spouse and see our relationship as the generator of our love for our children.

1. I will give my spouse the first 15 minutes when I get home from work.
2. I will make Thursday evening "date night."
3. I will think about the needs of my spouse on my way home from work.

## **Parent**

As a parent I will recognize that God has placed me here on earth to form and mold the hearts, minds and souls of our children. I will make them feel loved and cherished and always be conscious of my calling to be a faithful reflection of God the Father's love for them.

1. Try to spend at least ten minutes alone with each child each day.
2. See my vocation as much more than doing things for my children. It has to be loving them and making them feel love by spending quality time with them.
3. I will help Gertrude with her Math homework every night.

## **Apostle**

As a Baptized Catholic I will understand my calling to be an apostle. I will recognize the needs of the mystical body of Christ and never be indifferent. I will see my faith as the greatest gift that I can give to anyone. I will not see people superficially but try to penetrate into their soul and guide them little by little to Christ.

1. I will try to help my brother Bob come back to the faith. I will remember him everyday in my prayers and sacrifices and really show him extra love.
2. I will volunteer at Birthright three hours every week.
3. I will get involved in the "Sharing the faith" series at Church.

# OUTLINE FOR VOCATION STATEMENT

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**Baptized Catholic -**

**Spouse / Single -**

**Parent -**

**Apostle -**

# A GUIDE FOR SPIRITUAL DIRECTION

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Take some time to prepare beforehand so your points are as well ordered and clear as possible.

Focus first on the *Program of Life* (presuming you have one). A *Program of Life* helps us attack the sin in our lives; while at the same time striving to develop needed virtues. This is usually the most important part of the Spiritual Direction. If you don't have one, get one.

What progress have you made? What difficulties have you encountered? Has any part of the program become routine, or are you avoiding or ignoring some of what you had proposed to do? Why?

## **Resolutions:**

- In the last Spiritual Direction, what recommendations or resolutions were made? Did you keep them? If not, why not?

## **Prayer**

- Have you been faithful to your prayer commitments?
- Are you giving quality time to your acts of piety, or just fitting them in when most convenient?
- Are you making sacrifices to get your prayer time in, or just doing it when other occupations don't take your time?
- How are you doing your meditations? Are they truly dialogues with Christ, or just reading?
- Are you making concrete resolutions, checking them periodically, and keeping them faithfully? Is routine a problem? What have you tried to do to avoid it?

## **Disposition:**

- What is the general state of your soul: dry, distracted, preoccupied, or serene, docile, confident and trusting in God's grace?

## **Apostolic work:**

- Are you actively trying to spread your faith to others?
- Are you dedicating your time with real dedication, with a spirit of faith, hope, and love? Or does it seem like an imposition on your "personal time?"
- Are you working with purity of intention for the glory of God and the advance of his Kingdom, or for personal satisfaction, human respect, and desire for the esteem of others?

## **Formation of the 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?

# PROGRAM OF LIFE

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## Purpose

In his spiritual classic *The Imitation of Christ*, Thomas à Kempis writes that if we could rid ourselves of just one vice per year, we would "very soon be holy." This is precisely the aim of the *Program of Life*: to free us step by step from the bonds of sin, which prevent us from the deepest possible intimacy with Jesus Christ.

Put simply, the *Program of Life* is a strategy for attacking sin in our lives, and – as important – replacing it with virtue. Sounds good, right? But a *Program of Life* requires some prayer, reflection and spiritual direction to put together, because in order to be effective, we must know ourselves and our deepest motivations, strengths and weaknesses well. We must accept ourselves as we now are. And having once accepted ourselves, we can then make a challenging but realistic road-map for our growth in the spiritual life.

## Steps

*Use the following steps in order to begin designing your Program. A worksheet is provided in this notebook to help you.*

### I. Find your root sin

Set aside a time to reflect on yourself. Ask the Holy Spirit to enlighten your conscience as you try to identify your dominant passion, also called your "root sin." The simplest way to do this is to make an exhaustive list of all your sins and shortcomings. (If you are doing Spiritual Exercises and are making a general confession, your preparation for confession can serve as the foundation of your *Program*.) The sins you list are the obstacles between you and God.

Once the list is made, go back over it and ask yourself why you are tempted to sin in those ways. You will find that one of three dominant passions - Pride, Vanity, or Sensuality - is the motive behind each of the obstacles in your spiritual life.

All of us have some manifestations of each of these three passions, so don't be surprised if you get a mixture of answers. However, if you make your analysis truly go to the root of your motives, most likely one of these passions will emerge more frequently than the others. This is your dominant passion: the passion that motivates you most of the time.

Dig deep. It is worthwhile to take some time with this step, because a superficial self-examination might lead us to mis-identify our dominant passion, rendering our *Program* less effective (as if we tried to use leg-lifts to flatten our stomachs). And some manifestations of sin are not what they immediately seem. For example, suppose I note among my sins, "chronic inability to get out of bed." That seems like laziness, which would be a sin of sensuality. But wait. On further analysis I realize that the reason I stay in bed is because I'm on deadline at work for an important project which I know I cannot finish. I can't face the prospect of failing, so I avoid the situation as much as I can. I conclude that for me, sleeping too late is a sin of pride. The more concrete you are, and the deeper you

go to find your root motivation, the clearer the enemy becomes, so that you can be more focused in eliminating it.

A simple way to determine which passion motivates your actions is to ask yourself what you were most afraid of or concerned about: letting myself down (pride); what others would think (vanity); or how it would make me feel (sensuality).

So that you'll better recognize these three passions, below we'll mention some of their most common manifestations:

**A. PRIDE:** When we base our security and self-esteem on ourselves.

**Manifestations:**

1. **Haughtiness**

Having an elevated concept of myself, annoyance with those who contradict me; easily judging others, thinking they are bad and hence easily gossiping about them; difficulty in recognizing my own errors or knowing when I've hurt someone and thus inability to ask, seek or grant forgiveness; hypocrisy; unwillingness to serve; impatience, distance, brusqueness in my daily contact with others; thinking that I'm the only one who knows how to do things right; unwillingness to let others help; over-rationalism, such that anything I don't understand clearly I judge to be in error, and say so; not believing practically in my need for God, even though I invoke him; activism (doing good works at the expense of prayer).

2. **Self-love**

Permitting nobody to contradict me; growing annoyed if I don't get my way or if I'm not taken into account; refusing to assent unless it's all explained to me; nursing grudges a long time; not letting go of minor annoyances; rebelling against what I don't like or what seems mistaken to me; not liking to take directions from anyone; acting authoritarian; inflexibility. Thinking of myself first; my needs or desires take priority over everyone else's; being indifferent to others and their needs, tastes; difficulty in disrupting my plans when someone asks me for something, and thus great calculation in my relations with others and with God; liking to be heard, always thinking my conversation is the most important; centering games and entertainment around myself.

**B. VANITY:** Putting our security in others (in what they think of us).

**Manifestations:**

1. **Insincerity**

Insincerity in order to hide my own faults; wanting others to admire me; thinking that I'm the best, and finding ways to let others know it; undue preoccupation for my physical appearance and dedicating excessive time to "primping;" being dominated by "human respect" as with shyness, when this shyness is in great measure because I'm afraid others won't like me; becoming easily discouraged at my failures; two-facedness or hypocrisy in the attempt to make myself accepted; abandoning or silencing my principles in order to "fit in;" speaking openly of other people's "errors;" desiring to have "intimate friendships" in order to appear popular; breaking confidences; stretching the truth or lying outright in order to make myself admired and loved. Always seeking to be the center of attention; severe disappointment when others don't appreciate my ideas or possessions;



anger or hurt when I am not duly thanked for favors; self-pity; rejoicing in others' failures and inability to rejoice in their successes (I'm too jealous).

**C. SENSUALITY:** Putting our security and self-esteem in possessions.

**Manifestations:**

**1. Laziness**

Always looking for the most comfortable, that which requires least effort, the easiest for me, the most comfortable postures; avoiding service when it requires my effort; always accomplishing my responsibilities at the last minute just to finish them, without concern for perfection in what I do; wasting time easily, and when I'm not under deadline, working only on what I like most; fleeing anything which exacts a bodily mortification of me; complaining about everything; if I'm a little under the weather, everyone knows about it.

**2. Life of feelings**

Daydreaming, not controlling my thoughts; constructing castles in the air in which generally I play the king or queen; at meals, eating only what I like, rejecting everything else even if it hurts another or wastes food; having to see everything, experience everything; curiosity; seeking pleasures, even to the point of endangering my purity with thought or actions.

**3. Over-sensitivity and emotionalism**

Giving primacy to my feelings such that my daily work depends upon my emotional state - whether I feel like it, whether I like the person I'm dealing with, if I like my task; being easily hurt by others; passing easily from friendship to animosity with others; needing to be liked and to feel the affection of others; frequently throw myself a pity-party.

**II. Choose an opposing virtue**

The Spiritual life has to be based on a positive striving for virtue. It cannot remain on the level of "just saying no" to vice, but must become an active "saying yes" to Jesus. Your *Program* will entail not so much an effort to refrain from your root sin as to overcome it by replacing it with an opposing virtue. You could overcome your pride, for example, by working on generosity - thereby filling your life with so many kind words and deeds that you don't have opportunity to think so much of yourself. Pick a virtue opposite to the root sin that you have detected. This will become the focus of all your spiritual life.

**Some examples:**

**Pride:** Generosity, Simplicity, Supernatural Spirit, Meekness, Compassion, Docility, Service of others, Love for Christ

**Vanity:** Purity of intention, Love for Christ, Seeing Christ in others

**Sensuality:** Discipline, Focus, Abnegation, Hope, Spirit of Sacrifice, Patience

### **III. Choose CONCRETE means to obtain this virtue**

What can I do on a daily or weekly basis to form this virtue in my soul? The means I choose should address three areas of my life: my relationship with God (always include two or three means which involve prayer and the sacraments), myself, and my relationships with others. By choosing a couple of things to work on in each of these areas, I will give myself a program to help me achieve the virtue I am working on. Again, it is vitally important to be concrete. For example, in my relationship with God, my means to achieve generosity will not be "more prayer," because this is too general. Instead, I could write, "I will live a more Eucharistic life by attending Mass or making a spiritual communion each day."

### **IV. Define the ideal you strive to imitate**

Your ideal will always be Jesus Christ because the aim of the *Program* is to be transformed into him. Nonetheless, based on the virtue you most need, choose some aspect of the personality of Jesus Christ as your ideal. It will help to choose a motto for the year as well, which is to say a phrase that speaks to you, motivating you and helping you to remember your ideal.

### **V. Define progress or success**

As described above, your *Program* will include daily or weekly means to achieve a specific virtue. In order to make your *Program* completely concrete, envision where you will be a couple of months down the road, and write those goals down. This "calendar" will help you to judge how your *Program* is working for you. You can refine these goals on a monthly, bimonthly or quarterly basis.

For instance, suppose today as I write my *Program* I have no habit of daily prayer. In my relationship with God, I might say that I will add one minute per day of morning meditation, working up to fifteen minutes of daily meditation. How will I judge my success? I might say that by the end of the next quarter, I will have established a firm habit of meditating each morning for 15 minutes. If, at the end of the quarter, I have indeed achieved this, I know my *Program* is working. If not, what can I do to make it more concrete?

### **VI. Use of your program**

#### **1. Base your nightly conscience exam on your new program.**

Go over the means you have chosen to obtain your virtue. Have you practiced them or not? Why or why not? (Hint: be sure to take stock of success, as well as failure. Discouragement is one of Satan's surest weapons!).

#### **2. Base your Confessions on your program.**

"Fr. I am struggling with the sin of... and this is how it has been manifesting itself in the past two weeks."

#### **3. Base your ongoing Spiritual Direction on your program of life.**

**4. Focus the fruits of your meditation on the virtue that you are trying to live.**

Ask God for the virtue that you are trying to achieve, and meditate on it frequently. Try to see Christ living that virtue in the Gospels, for example. In short, don't let your prayer be irrelevant to what you're trying to achieve, but rather the heart of your Program.

**5. Try to go over the *Program* briefly everyday!**

# EXAMPLES OF A PROGRAM OF LIFE

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## **PROGRAM OF LIFE (example – versus pride)**

**IDEAL**- Christ seeing all from the perspective of his Father.

**MOTTO** - Jesus meek and humble of heart

**OBSTACLES** - Root sin: **PRIDE**

Manifestations of root sin:

1. Being critical (especially of my spouse when he/she....)
2. Not listening to people. Trying to convince them that I am always right. Especially with my father/mother-in-law.
3. Not being consistent in saying my prayers. Not "feeling a need" to pray.
4. Always rationalizing. Making excuses for myself. Especially at work. Not accepting things by faith alone.
5. Not being sensitive to the needs of others. Especially not having patience with my children.
6. Never admitting I am wrong. Especially to my spouse and at work.

## **PROGRAM** - Opposite virtue: **SUPERNATURAL SPIRIT- LIFE OF FAITH**

Means to form this virtue:

1. Meditate 15 min. every day, conscious of my dependency on God to be able to accomplish anything in my life. I will especially meditate on the Incarnation and our Blessed mother's vision of faith.
2. I will attend Mass twice during the weekday and put an effort to live the supernatural aspects of the Mass.
3. See Jesus Christ in other people and accept them as they are and not as I would like them to be. I will work on seeing Christ working in these people, especially my spouse when...
4. Do not take myself so seriously. Put everything into the proper perspective (of Christ) and be able to see that being right or wrong is not the most important thing, it is showing the other person love and understanding. Go into conversations with that attitude and try to listen more. (esp. with Sheila & Peter, etc.)
5. Make sure that all of my decisions are based on supernatural criterion and that I do not rationalize especially when...
6. Seek the advice of others at least 2x / week.

## **PROGRAM OF LIFE (example – versus vanity)**

**IDEAL** - Christ Crucified for love of me

**MOTTO** - Who is in the center???

**OBSTACLES** - Root sin: **VANITY**

Manifestations of root sin:

1. I can be really hurt if people do not treat me with respect especially my mother.
2. I am always speaking about myself and all the things that I do esp. to the men at the club.
3. I can not say no to anyone. Always allow people to use me. Esp. with Bob and Sally.
4. I am afraid to stand up for what I believe. I do not want people to think I am a religious fanatic. Especially with...
5. I always worry that if I discipline my children that they might not love me.
6. I love and live for when people compliment me and appreciate my talents, especially my husband (wife) and kids.

**PROGRAM** - Opposite virtue: **PASSIONATE AND PERSONAL RELATIONSHIP WITH JESUS CHRIST**

Means to form this virtue:

1. Meditate daily on the Passion, looking for the fruit of being convinced of Christ's love for me and that I do not need to look for it in any other place.
2. Come to grips with my feelings of rejection. Bring my most painful memories of being rejected (esp. as a child) to Christ and realize that HE was there all the time loving me.
3. Attend Mass twice during the Weekdays (Tues. & Thurs.) and focus on the personal sacrifice of love that I receive from a Christ who dies for me.
4. Before I accept any projects or get involved in anything I will first tell them I have to think about it and then see if it is for God's glory or my own.
5. See all that happens within my family as coming from the loving hands of God and whatever I do to them I do to Christ.
6. Do not speak about myself. Concentrate on speaking about others and offer up all my own success to Christ in secret, my gift just to him.

## **PROGRAM OF LIFE (example – versus sensuality)**

**IDEAL** - Christ in Gethsemani

**MOTTO** - Thy will be done! (not mine)

**OBSTACLES** - Root sin: **SENSUALITY**

Manifestations of root sin:

1. Laziness, always putting things off, especially exercise.
2. Disorganization and disorder. I do whatever is "immediate."
3. Only do things when I "feel like it." Moodiness controls me.
4. Anger and impatience if I do not feel good. I can not handle pressure.
5. I live to shop, only thing that picks me up.
6. Always put my prayer life off. Inconsistency with God.
7. Take everything personally; tend to whine.

**PROGRAM** - Opposite virtue: **SELF-DISCIPLINE FOR LOVE OF CHRIST**

Means to form this virtue:

### **A. BEFORE GOD**

1. I will meditate 15 min. a day, especially on the last things: heaven and hell and judgment, and on the transitory nature of this life.
2. I will read the Gospels each day, focusing especially on Christ's total surrender of himself to others.

### **B. WITH MYSELF**

1. "The heroic minute": I will start the day with firm determination by getting out of bed as soon as the alarm rings.
2. I will make up a schedule to live by and follow it. Do not do what is the immediate thing. Accomplish what is on the list. See it as God's will for me.
3. Read *First Things First* every day for 15 minutes.
4. I will be aware of my sentiments and moods and try to make sure that they do not get in the way of what I should do. I will try to put on Christ's sentiments and see all through a supernatural point of view.

### **C. WITH OTHERS**

1. When I do not want to do something offer it up for some specific intention, knowing that this is my most powerful weapon.
2. Before I skip my prayers, I will ask myself, "who won't have the grace he needs today because I refuse to pray?"
3. Find a concrete kindness to do for someone else each day - secretly, so as to form the habit of purity of intention.

# OUTLINE FOR A PROGRAM OF LIFE

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**IDEAL -**

**MOTTO -**

**OBSTACLES -** Root sin:

Manifestations of root sin:

- 1.
- 2.
- 3.

PROGRAM – OPPOSITE VIRTUE:

Means to form this virtue:

- 1.
- 2.
- 3.

# APPENDIX

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