

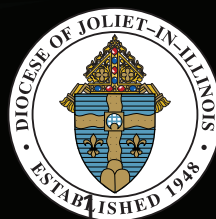
# Be Formed

A 90-DAY DISCIPLESHIP EXPERIENCE  
FOR MEN & WOMEN



SEASON 9

*Life in Christ – Part 2*







Welcome to Season 9 of Be Formed!

We are excited that you are on this pathway of discipleship with us. Our goal for Be Formed is to provide opportunities for each person to have a life-changing encounter with Jesus Christ through prayer, scripture, the sacraments, community, and the teachings and traditions of the Catholic Church. Be Formed intends to meet you where you are and help you take one step closer to Jesus.

Don't worry if you have missed previous seasons of Be Formed. Each season can be taken on its own. We hope that you enjoy this season and continue to journey with us through future seasons of Be Formed.

We have developed a "Pathway to Discipleship" diagram (see back cover). Discipleship begins with a deep, personal ENCOUNTER with Jesus. After the encounter, we desire to GROW in that relationship. As we grow, we desire to bring the love of Jesus to others, so we want to EQUIP you with the tools needed for evangelization. Then each of us is sent to GO and make disciples of others. We continually move around the bases as a growing disciple, while at the same time we walk with others around the bases as a missionary disciple.

We invite you to use this journal to capture what Christ is putting on your heart as you experience the teachings from Be Formed and pray with the Scriptures. This journal will be a good asset to bring to your small group meeting to aid in your discussions and with conversations with your spiritual director, mentor, or guide. We are happy you are on this journey with us, and we encourage you to invite your family and friends to join us as well.

Buen Camino and God bless you,

*Fr. Burke Masters*

Fr. Burke Masters

# Be Formed Commitment Card

CHECK ANY COMMITMENTS BELOW YOU FEEL GOD IS  
CALLING YOU TO FOR THIS 90-DAY SEASON

## SPIRITUAL COMMITMENTS

- Mass - weekly or daily
- Confession - monthly
- Adoration - weekly Holy Hour
- Daily Prayer - 20-60 minutes
- Pray daily with Scripture for Mass
- Pray the Examen each night
- Spend time with a spiritual mentor
- Pray the Rosary daily
- Pray the Divine Mercy Chaplet daily

## INTELLECTUAL COMMITMENTS

- Participate in a Lectio Divina or Bible study group
- Read 5 pages of a Catholic book
- Journal your thoughts from Scripture, books, or studies 5-10 minutes each day
- Weekly session with small group
- Monthly session with large group

## HUMAN COMMITMENTS

- Practice virtuous living
- Eat regularly
- Drink at least 64 oz of water daily
- Get 7+ hours of sleep per night
- Fast between meals
- Fast from sweets
- Fast from soft drinks and/or alcohol
- Exercise 3-5 times per week
- Limit cell phone and TV distractions
- Limit non-essential purchases

## PASTORAL COMMITMENTS

- Be a friend
- Expand/connect with groups
- Donate time through the Works of Mercy
- Donate talent through the Works of Mercy
- Donate treasure through the Works of Mercy

# COMMITMENT CARD CHECK-IN LOG

In the columns below, use a scale of 1-10 to rate the difficulty of the commitments you made, 1 = no difficulty at all, 10 = extremely difficult

<b>SPIRITUAL COMMITMENTS</b>	<b>DAY 1</b>	<b>DAY 30</b>	<b>DAY 60</b>	<b>DAY 90</b>
Mass - weekly or daily				
Confession - monthly				
Adoration - weekly Holy Hour				
Daily Prayer - 20-60 minutes				
Pray daily with Scripture for Mass				
Pray the Examen each night				
Spend time with a spiritual mentor				
Pray the Rosary daily				
Pray the Divine Mercy Chaplet daily				
<b>INTELLECTUAL COMMITMENTS</b>				
Participate in a Lectio Divina or Bible study group				
Read 5 pages of a Catholic book				
Journal 5-10 minutes each day				
Weekly session with small group				
Monthly session with large group				
<b>HUMAN COMMITMENTS</b>				
Practice virtuous living				
Eat regularly				
Drink at least 64 oz of water daily				
Get 7 or more hours of sleep per night				
Fast between meals				
Fast from sweets				
Fast from soft drinks and/or alcohol				
Exercise 3-5 times per week				
Limit cell phone and TV distractions				
Limit non-essential purchases				
<b>PASTORAL COMMITMENTS</b>				
Be a friend				
Expand/connect with groups				
Donate time through the Works of Mercy				
Donate talent through the Works of Mercy				
Donate treasure through the Works of Mercy				

# *Be Formed*

## SEASON 9: LIFE IN CHRIST - PART 2

- Week 1:** The Person and Society, Participation in Social Life, Social Justice
- Week 2:** The Moral Law
- Week 3:** Grace and Justification
- Week 4:** The Church, Mother and Teacher
- Week 5:** The Ten Commandments
- Week 6:** 1st Commandment
- Week 7:** 2nd and 3rd Commandments
- Week 8:** 4th Commandment
- Week 9:** 5th Commandment
- Week 10:** 6th Commandment
- Week 11:** 7th Commandment
- Week 12:** 8th Commandment
- Week 13:** 9th and 10th Commandments

## HOW TO USE THIS WORKBOOK

This workbook is designed to be a place to write down your conversations with God. Fill out the pages that help you grow closer to our Lord. We provide many options, and none are mandatory. Never do more than what God is calling you to do in this season of your life.

God bless you!

<b>Section One:</b>	Weekly Topic Pages & Weekly Lectio Divina Pages	9
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## SECTION ONE

### Weekly Topic & Weekly Lectio Divina Pages

- 1** Each week, follow the link for Father Burke's video covering the weekly topic.
- 2** Turn to the page in the workbook for that week's video.
- 3** Write down anything you want to remember or thoughts that came to you while watching the video. Use the questions on the page as a guide.
- 4** Turn to the next page in the workbook and locate the Scripture passage for the week. Follow the link in the weekly video to listen to it, or feel free to open your Bible to the passage and pray it on your own.
- 5** On this page in the workbook, you will see the first step of Lectio Divina called "Lectio." After you prayerfully have listened to or read the Scripture passage, ask yourself, "What word or phrase strikes me?" Jot it down (there is no right or wrong answer).
- 6** The next step is called "Meditatio." Listen to or read the Scripture again. Pause and think about this prompt: "This word, phrase, or image reminds me of, or connects to..." The goal here is to see how God is speaking to you in your life. Maybe it reminds you of something you experienced as a child, something you heard before, a big decision you are facing, or something that happened last week. Jot down your thoughts.
- 7** The next step is called "Oratio." Listen to or read the Scripture again. What is God saying to you in return after you have meditated on how this connects to your life? Pause. Jot down your thoughts. Does this draw more from you? It might be, "Thank you, God, for..." Or, "God, help me understand..." Allow yourself time to see how God is working with, in, and through you.
- 8** The final step is called "Contemplatio." Listen to or read the Scripture again. Sit in God's presence, taking time to listen. This step takes time and practice. Let God look upon you with delight. Pause and think about the prompt: "I think God is teaching me..." Take comfort knowing sometimes we do not come to an answer right away. Write down any thoughts.
- 9** Close your prayer time with a Glory Be for all the work God is doing with, in, and through you as you grow closer to the Trinity.
- 10** Before bed, write down the moments you recognized God's presence through the blessings of your day.



# LECTIO DIVINA

ROMANS 13:1-5, 8-10

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:



# LECTIO DIVINA

MATTHEW 5:17-20

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:



# LECTIO DIVINA

MATTHEW 5:43-48

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:





# LECTIO DIVINA

GALATIANS 6:2-10

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:



# LECTIO DIVINA

MATTHEW 19:16-26

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:

# **WEEK 6**

## **1ST COMMANDMENT**

- 1** Where did you recognize God's presence in your life this week?
- 2** What touched your heart at Mass this week?
- 3** What struck you from this week's video?
- 4** What are some of the ways you can offer God authentic worship and love him above all?
- 5** As a group, pray with the Lectio Divina Scripture for this week.

# LECTIO DIVINA

EXODUS 19:16-20 & EXODUS 20:2-6

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:



# LECTIO DIVINA

EXODUS 20:7, 8-10 & MARK 2:23-28

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:





# LECTIO DIVINA

EXODUS 20:12; LUKE 2:41-51

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:

# **WEEK 9**

## **5TH COMMANDMENT**

- 1** Where did you recognize God's presence in your life this week?
- 2** What touched your heart at Mass this week?
- 3** What struck you from this week's video?
- 4** In what ways can you become a peacemaker within our current cultural climate and work to bring about a reverence for all human life from natural conception to natural death?
- 5** As a group, pray with the Lectio Divina Scripture for this week.

# LECTIO DIVINA

EXODUS 20:13; MATTHEW 5:21-24

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:



# LECTIO DIVINA

EXODUS 20:14; MATTHEW 5:27-30

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:

# WEEK 11

## 7TH COMMANDMENT

- 1 Where did you recognize God's presence in your life this week?
- 2 What touched your heart at Mass this week?
- 3 What struck you from this week's video?
- 4 In what ways can you observe the virtues of temperance and justice and the practice of solidarity in your own life to witness to fraternal charity and stewardship of the goods in which God has entrusted to you?
- 5 As a group, pray with the Lectio Divina Scripture for this week.

# LECTIO DIVINA

EXODUS 20:15; GENESIS 1:26-30

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:

# WEEK 12

## 8TH COMMANDMENT

- 1 Where did you recognize God's presence in your life this week?
- 2 What touched your heart at Mass this week?
- 3 What struck you from this week's video?
- 4 The Spiritual Exercises of St. Ignatius of Loyola state: "Every good Christian ought to be more ready to give a favorable interpretation to another's statement than to condemn it." How can you live in a "spirit of truth", bearing witness to Christ through the example of your words about God and your neighbor?
- 5 As a group, pray with the Lectio Divina Scripture for this week.



# LECTIO DIVINA

EXODUS 20:16; MATTHEW 5:33-37

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:



# LECTIO DIVINA

EXODUS 20:17; MATTHEW 6:19-27; 32-34

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**BEFORE BED** I recognize God's presence in my life through these blessings:



## **SECTION TWO**

### **Weekend Pages**

- 1** The weekend pages are designed to be used during the Liturgy of the Word at Mass.
- 2** Pray with the Word (the readings) for Mass for the upcoming Sunday.
- 3** Write down your thoughts in the Lectio Divina section of the page.
- 4** Bring your workbook with you to Mass on the weekend.
- 5** Use the section below the Lectio Divina to write down any thoughts from the homily that strike you.
- 6** Based on the Word and the homily, how is God calling you to respond?
- 7** Refer to the weekend page during the week to keep you focused on how God spoke to you at Mass.
- 8** Bring any points you want to share to your small group session.

# WEEKEND 1

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LITURGICAL DATE

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LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:

# WEEKEND 2

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:

# WEEKEND 3

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:



# WEEKEND 4

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LITURGICAL DATE

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LITURGICAL SEASON

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LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:

# WEEKEND 5

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:

# WEEKEND 6

\_\_\_\_\_  
LITURGICAL DATE

\_\_\_\_\_  
LITURGICAL SEASON

\_\_\_\_\_  
LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:

# WEEKEND 7

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:

# WEEKEND 8

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:

# WEEKEND 9

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:

# WEEKEND 10

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:

# WEEKEND 11

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:



# WEEKEND 12

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:

# WEEKEND 13

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

## MEDITATIO

## ORATIO

## CONTEMPLATIO .....

Points that struck me from today's homily:

How I will take action this week:

## **SECTION THREE**

### Daily Pages

- 1** The daily pages are for those participants who desire to pray with the Word (the readings) for Mass on any given day.
- 2** You can access the daily readings at [bible.usccb.org/daily-bible-reading](http://bible.usccb.org/daily-bible-reading)
- 3** Write down your thoughts in the Lectio Divina section of the page.
- 4** If you desire, watch Father Burke's daily reflection on the readings for Mass that day.
- 5** Write down any thoughts from Father's reflection that strikes you.
- 6** Next, write down how God is calling you to respond today.

# DAY 1

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 2

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 3

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 4

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 5

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



# DAY 6

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 7

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 8

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 9

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 10

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 11

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 12

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 13

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



# DAY 14

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 15

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 16

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 17

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 18

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TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 19

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 20

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 21

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



# DAY 22

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 23

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 24

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 25

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 26

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 27

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 28

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TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 29

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



**REMINDER:** Log progress in the Commitment Card (pg. 5)

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 31

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 32

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 33

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 34

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 35

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 36

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 37

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



# DAY 38

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 39

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 40

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 41

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 42

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 43

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 44

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 45

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



# DAY 46

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 47

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 48

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 49

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 50

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 51

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 52

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 53

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



# DAY 54

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 55

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 56

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 57

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 58

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 59

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

**REMINDER:** Log progress in the Commitment Card (pg. 5)

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 61

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



# DAY 62

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 63

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 64

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 65

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 66

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 67

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 68

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 69

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



# DAY 70

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 71

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 72

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 73

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 74

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 75

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 76

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 77

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



# DAY 78

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 79

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 80

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 81

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 82

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 83

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 84

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 85

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



# DAY 86

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 87

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 88

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

# DAY 89

---

TODAY'S SCRIPTURE

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:

**REMINDER:** Log progress in the Commitment Card (pg. 5)

**LECTIO**

**MEDITATIO**

**ORATIO**

**CONTEMPLATIO** .....

**VIDEO** Points that struck me from Father Burke's Scripture video:

**ACTION** Today, I will put what I have learned from God into action by:

**BEDTIME** I recognize God's presence in my life today through these blessings:



## **SECTION FOUR**

### Night of Reflection Pages

- 1** These pages are a place to write down any points you want to remember from the Nights of Reflection.
- 2** How did God speak to you through the reflection?
- 3** How is God calling you to respond to what you've learned?
- 4** Bring any points you want to share to your small group session.

# FIRST NIGHT OF REFLECTION



## **SECOND NIGHT OF REFLECTION**

## THIRD NIGHT OF REFLECTION

# FOURTH NIGHT OF REFLECTION



## **SECTION FIVE**

### Pages for Prayers and Notes

Feel free to use this space to write down the prayer intentions of your prayer partner, your small group members, or anyone who asks for prayers.

PRAYER INTENTIONS & NOTES



PRAYER INTENTIONS & NOTES





## PRAYERS FOR USE WITH SMALL GROUPS

### PRAYER TO BEGIN A *Be Formed* MEETING

Heavenly Father, we thank you and praise you for the graces and blessings of this day.

We thank you for each member of this small group.

Open our hearts that we may know your infinite love for us.

Open our minds that we may learn something new about you.

Help us to remember the graces of this week.

Help us to listen attentively to one another.

Help us take one step closer to You today.

We ask this through Christ our Lord.

Amen.

### PRAYER TO END A *Be Formed* MEETING

Heavenly Father, we thank you for the graces of this meeting.

You have heard the petitions we've voiced out loud,  
and you know those we hold in the silence of our hearts.

We entrust them to your providential care.

Mother Mary, please wrap your mantle of protection around us and our families.

Pray for us, that we may stay close to your Son Jesus.

We ask all this through Christ our Lord.

Amen.

## **ST. PIO PRAYER OF TRUST AND CONFIDENCE**

O Lord, we ask for a boundless confidence and trust in Your divine mercy, and the courage to accept the crosses and sufferings which bring immense goodness to our souls and that of Your Church.

Help us to love You with a pure and contrite heart, and to humble ourselves beneath Your cross, as we climb the mountain of holiness, carrying our cross that leads to heavenly glory.

May we receive You with great faith and love in Holy Communion, and allow You to act in us, as You desire, for Your greater glory.

O Jesus, most adorable heart and eternal fountain of Divine Love, may our prayer find favor before the Divine Majesty of Your Heavenly Father. Amen.

Prayer from:

<https://www.ewtn.com/catholicism/devotions/st-pio-prayer-of-trust-and-confidence-380>

## **ACT OF CONTRITION**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

(A traditional version)

or:

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.

(from the Rite of Penance)

# HOW TO PRAY THE ROSARY

1. Make the *Sign of the Cross*.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*.
6. For each of the five decades, announce the Mystery on the first bead...

Sunday & Wednesday: Glorious Mysteries

Monday & Saturday: Joyful Mysteries

Tuesday & Friday: Sorrowful Mysteries,

Thursday: Luminous Mysteries)

...then say the *Our Father*.

7. On each of the following ten beads, say a *Hail Mary* while meditating on the Mystery. Then say a *Glory Be*.

(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*)

8. After saying the five decades, say the *Hail, Holy Queen*, followed by this dialogue and prayer:

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

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

*Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*

9. Conclude the Rosary with the *Sign of the Cross*.

There are many resources available online to help guide you through praying the Mysteries of the Rosary such as: <https://www.usccb.org/how-to-pray-the-rosary>

## HOW TO PRAY THE DIVINE MERCY CHAPLET

1. Make the *Sign of the Cross*.

2. Pray the opening prayer:

*You expired, Jesus, but the source of life gushed forth for souls,  
and the ocean of mercy opened up for the whole world.  
O Fount of Life, unfathomable Divine Mercy,  
envelop the whole world and empty yourself out upon us.*

3. Repeat three times:

*O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of  
Mercy for us, I trust in you!*

4. Say a *Hail Mary*.

5. Say the *Apostles Creed*.

6. For each of the five decades:

On each “Our Father” bead of the rosary, pray:

*V. Eternal Father, I offer you the Body and Blood, soul and divinity of  
your dearly beloved Son, our Lord Jesus Christ,  
R. in atonement for our sins and those of the whole world.*

On each of the 10 “Hail Mary” beads, pray:

*V. For the sake of his sorrowful Passion,  
R. have mercy on us and on the whole world.*

7. Repeat three times:

*Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the  
whole world.*

8. Pray the Closing Prayer:

*Eternal God, in whom mercy is endless and the treasury of compassion  
inexhaustible, look kindly upon us and increase your mercy in us, that in difficult  
moments we might not despair nor become despondent, but with great confidence  
submit ourselves to your holy will, which is Love and Mercy itself. Amen.*

9. Conclude with the *Sign of the Cross*.

# Contact Us

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# Pathway of Missionary Discipleship







