

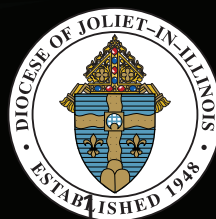
Be Formed

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

SPIRITUAL COMMITMENTS	DAY 1	DAY 30	DAY 60	DAY 90
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 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 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				
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				

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!

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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.

WEEK 1

THE PERSON AND SOCIETY, PARTICIPATION IN SOCIAL LIFE, SOCIAL JUSTICE

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 Holy Mother Church teaches us that in obedience to God as our highest authority, we must continually take responsibility for our actions and seek the common good for all members of society. In what ways are you called to create or support institutions that improve the conditions of human life, beginning in your own family and branching out beyond into the community?

5 As a group, pray with the Lectio Divina Scripture for this week.

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:

WEEK 2

THE MORAL LAW

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 How does the New Law of love, grace and freedom draw you to operate by the grace of the Holy Spirit in charity, reforming your own heart and living in union with the Gospel?

5 As a group, pray with the Lectio Divina Scripture for this week.

LECTIO DIVINA

MATTHEW 5:17-20

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 3

GRACE AND JUSTIFICATION

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 Consider the passage, "But if we have died with Christ, we believe we shall also live with him...The death he died he died to sin, once for all, but the life he lives, he lives to God" (Romans 6:8, 11). Can you recall and share a time when you perceived the working of grace in your life?

5 As a group, pray with the Lectio Divina Scripture for this week.

LECTIO DIVINA

MATTHEW 5:43-48

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 4

THE CHURCH, MOTHER AND TEACHER

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 have you found nourishment in the Liturgy and the celebration of the sacraments? How can you share this with others for the building up of the Church?

5 As a group, pray with the Lectio Divina Scripture for this week.

LECTIO DIVINA

GALATIANS 6:2-10

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 5

THE TEN COMMANDMENTS

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 Catechism teaches that "To transgress one commandment is to infringe the whole Law." Consider the Ten Commandments and the grace of the Holy Spirit. How does God make it possible to keep his commands?

5 As a group, pray with the Lectio Divina Scripture for this week.

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:

WEEK 7

2ND & 3RD COMMANDMENTS

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 How can you foster reverence for the use of the Lord's Holy Name and are there any activities you can abstain from which hinder your observance of the Lord's Day?

5 As a group, pray with the Lectio Divina Scripture for this week.

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:

WEEK 8

4TH 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 initiatives can you take to ensure that you are tending to those in whom God has entrusted to you for their education in faith, prayer and the virtues?

5 As a group, pray with the Lectio Divina Scripture for this week.

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:

WEEK 10

6TH 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 How are you called to lead a chaste life, in your particular state in life, and promote the call to vocation - which is serving God within our capacity and with responsibility for the sake of love and communion with others?

5 As a group, pray with the Lectio Divina Scripture for this week.

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:

WEEK 13

9TH & 10TH COMMANDMENTS

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 are you called to live in a "spirit of detachment", that you may direct your affections rightly, obtaining more perfect charity and communion with God?

5 As a group, pray with the Lectio Divina Scripture for this week.

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

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 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

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 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
- 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

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

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:

DAY 30

TODAY'S SCRIPTURE

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:

DAY 60

TODAY'S SCRIPTURE

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:

DAY 90

TODAY'S SCRIPTURE

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.

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.

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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Lifelong Lay Formation Lead

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Fr. Burke Masters

Mary Buddig

Rick Erwin

Peggy Smego

Marta Spiezio

Kyle Stern

Pathway of Missionary Discipleship



