



EMMAUS 90

GUIDEBOOK

EMMAUS 90 PRAYER GUIDE

Prepare (~ 30 seconds)

Begin by taking a moment to breathe calmly, be present to the current moment, and become aware that Jesus is here, looking on you with love.

Request (~ 30 seconds)

Ask Jesus to Guide You

In the name of the Father, and of the Son, and of the Holy Spirit. Jesus, I believe that you see me, you hear me, you know me, you love me. Thank you. Please teach me to pray. Help me to be fully present to you. Give me the grace to know you better, love you more, and follow more closely as your disciple.

Recognize (~ 1 min)

Locate Yourself on the Map

I acknowledge how I'm doing right now... my thoughts... feelings... desires...

Relate (~ 1 min)

Tell Jesus Where You Are

Jesus, here's what's bringing me joy... and what's weighing on me...

Receive (~ 5 min)

Listen

Jesus, teach me to listen to You. Is there anything You want me to know about all that? [listen]

Please speak to me through this Scripture passage...

Read the Scripture Passage of the Day a couple times. Listen for what stands out...

Respond (~ 2 min)

Talk It Over

Jesus, help me to speak to you from my heart about what stands out to me in this passage... and how it connects to my life...

Jesus, what are you trying to show me through that? [listen]

Rest (~3 min)

Just Be With Jesus

Simply be with Jesus, resting in His presence.

Resolve (~2 min)

Thank you, Lord, for all that you have done in this time of prayer and for being with me today. Please enkindle in me a fire of love for you in the Eucharist that will spread, especially to those who need you most. Bless all of us on this Emmaus 90 journey and help us to grow as your disciples and eucharistic missionaries. I also pray for the grace I'm seeking in this Emmaus 90 journey... and these prayer intentions... [include prayers for all those you have been praying for]

For these and all the intentions of everyone who prays this Emmaus 90 Prayer today, I pray, Our Father... In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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“WERE NOT OUR HEARTS BURNING WITHIN US?”

| LUKE 24:32 |

A small group of disciples, uncertain about what was happening in their world and looking downcast, journeyed together discussing along the way.

Jesus himself drew near and walked with them. They didn't recognize him. He asked them to tell him what was on their minds and listened.

Then, he interpreted to them what referred to him in all the Scriptures, and their hearts began to burn within them. They urged him to come stay with them.

While he was with them at table, he took bread, said the blessing, broke it, and gave it to them. Their eyes were opened. They recognized him. He was made known to them in the breaking of the bread.

And, they set out at once to share the good news.

This is the Emmaus journey of Luke 24:13-35.

For the next 90 days, walk with fellow disciples along the Emmaus journey and learn to recognize Jesus drawing near, speaking through the Scriptures, and opening your eyes to reveal himself in the Eucharist, so that he can inspire and equip you for his mission as a Eucharistic missionary.

It will not be easy. But you will never be alone.

**You were made for this.
ENTER THE ADVENTURE.**

TRAINING SCHEDULE

Thursdays | 7 p.m.

- **January 4** | Jesus Draws Close
 - **January 11** | How to Hear God In Prayer
 - **January 18** | Jesus Forms Us in Community
 - **January 25** | Jesus Interprets the Scriptures
 - **February 1** | God's Covenants with Us
 - **February 8** | God's Plan to Save Us & Preparing for Lent
 - **Wednesday, February 14 ASH WEDNESDAY WEEK & PALLIUM**
For this week's session, plan to participate in your parish's Ash Wednesday service with your Pilgrim Group.
 - **February 15 | No Formation Session** (Pallium Lecture) *Consider attending the Archdiocesan Pallium Lecture with your Pilgrim Group. Learn more at: archmil.org/bishops/Pallium-Lecture-Series.htm*
 - **February 22** | Recognize Him in the Breaking of the Bread
 - **February 29** | Created for Worship
 - **March 7** | Praying the Mass Fully, Actively, & Consciously
 - **March 14** | Become What You Receive
 - **March 20 | 12 HOURS OF RECONCILIATION**
 - **March 21** | Set Out at Once on Mission
 - **March 28 HOLY THURSDAY | No Formation Session** *For tonight's session, plan to participate in your parish's Mass of the Lord's Supper with your Pilgrim Group.*
- Celebrate Holy Week & Easter Well:**
- Friday, March 29 – Good Friday
 - Saturday, March 30 – Holy Saturday / Easter Vigil
 - Sunday, March 31 – Easter Sunday
 - **April 4** | Easter Celebration *Bonus Formation Session* | GO



**View Formation Sessions at
www.archmil.org/Emmaus-pilgrim**

EMMAUS 90 PRACTICES

We know. Commitments can be tricky. “Is this too much?” “Will I fall short?” “Do I have what it takes?” Below are the daily and weekly practices we encourage Emmaus 90 pilgrims to strive to live during our 90-day journey together. We’ve broken them down into three main areas: **time for God**, **time for connection**, and **time for excellence**. You’re not going to do everything perfectly. It’s not going to go 100% according to plan. But God will bless your daily striving, and you will see your faith grow. We encourage you to be generous with your life during these 90 days. God is never outdone in generosity. Jesus is calling you to greatness and will give you all that you need.

Will this be easy? Probably not. Will you grow more in love with God? Without a doubt!

No one can do the heavy lifting for you – but we’re here to support you and we’ll be praying for you all the way.

Let’s do this!

TIME FOR GOD.

Daily Prayer - Spend at least 15 minutes a day in prayer with Sacred Scripture. (See Emmaus 90 Prayer Guide inside the front cover and daily Scripture passages provided at the top of each journal page.)

Daily Examen - Take at least 5 minutes to examine your day and notice where God was moving in your life. (See Daily Examen Guide inside the back cover.)

Daily Journal - Your Guidebook contains pages to jot down what God is showing you in your prayer with Scripture and your Examen. Looking back at these notes will help you to see how God is leading you. (See Journal Pages of this Guidebook)

Full Active Conscious Participation in Sunday Mass - Prepare to enter fully into the celebration of the Mass. Pray with the Mass readings (you’ll notice that this is built into your Saturday daily prayer & journal), arrive early to prepare yourself, and pray the Mass with all your heart. Formation will be provided.

More Time in the Real Presence of Jesus Christ in the Blessed Sacrament - In addition to Sunday Mass, spend some time praying in the Presence of the Blessed Sacrament.

- Some pilgrims commit to at least one of their daily prayer sessions in the Presence of the Blessed Sacrament.

- Others commit to come to Mass early to pray in the presence of the tabernacle.
- You might spend a weekly holy hour (or an additional holy hour) in an adoration chapel.
- Discern how the Lord is inviting you and what will work for your life circumstances.

Frequent Confession - Receive the Sacrament of Reconciliation at least once a month. (See How to Sacrament of Reconciliation.)

TIME FOR CONNECTION.

Weekly Pilgrim Group – We encourage each Emmaus 90 Pilgrim to find a group of 2-3 friends, family, or fellow parishioners who commit to connect with each other weekly (in-person or online) for encouragement, accountability, and community in a 30–60-minute discussion. Ask the Lord to help you discern who to invite on this journey and invite them to join you. Set a weekly time to connect. See Your Pilgrim Group Itinerary for a discussion guide for your time together.

Weekly 30-minute Formation Session – Livestream (or recording) connects you to Catholic Church teaching and all the pilgrims from across the Archdiocese of Milwaukee taking this journey together. See archmil.org/Emmaus-pilgrim for weekly livestream.

Most Pilgrim Groups plan a weekly 90-minute meeting to watch the Formation Session together and have their discussion.

- Some Pilgrim Groups watch the Formation Session on their own and get together for their group discussion at another time.
- Some Parishes host a weekly “watch party” where all Pilgrim Groups can connect with all the Emmaus 90 pilgrims from their parish to watch the Formation Session together and discuss in their smaller Pilgrim Groups.
- Discern what will work for your life and group.

TIME FOR EXCELLENCE.

Live Sundays Well – Strive to make space on Sundays for prayer, family, friends, rest, and healthy leisure.

Fast from Meat on Fridays – Offer up your fast for someone in need.

Do Small Things with Great Love – Look for opportunities to love and serve Jesus in the last, least, lost, and lonely in your life.

Choose One Virtue to Practice – Choose one stretch goal, ask God to help you, and strive to practice it daily.

Remember, if you miss a day, don't get discouraged. Simply return to Jesus the next day and ask Him to help you to try again. His grace is renewed each morning (Lam 3:22-24).

PRO TIPS FOR PREPARATION

Between now and January 1, take some time to prepare. Ask Jesus to help you follow the Holy Spirit – who is the best teacher!

Ask for What You Desire (Begin with the End in Mind)

- Take some time to consider what you desire to be different when you finish Emmaus 90:
 - What would you like your relationship with God to be like?
 - What good habits would you like to have established in your life?
 - What virtues would you like to have strengthened?
 - What do you want God to do for your loved ones and the world?
 - What do you think God wants for you by the end of Emmaus 90?
- Jesus is able to accomplish far more than we ask or imagine (Eph 3:20). Ask Him for the grace to grow in these ways and to answer your prayers for others.
- Write it down. Ask Jesus for this grace regularly. This can help you to stay committed to your time of prayer when it gets tough.

God, please give me the grace that by the end of Emmaus 90 ...

Set a Time for Daily Prayer & Examen

- The best time for you to pray is the time that you will actually do it, so find the time that works for your life.
- Plan at least 15 minutes when you can give God your undivided attention for daily prayer – we recommend making this the first thing you do when you get up in the morning.
- Plan at least 5 minutes sometime before bed to give God your undivided attention for your daily examen and journaling.
- Doing it at the same time each day is helpful if this is possible for you.
- Put these times in your calendar and/or set a reminder.

Ready Your Prayer Space

- Choose a location that will work for your life.
- Find a quiet spot with limited distractions and where you will not be interrupted.
- If praying at home, find a spot that you do not usually work, sleep, or lounge. If that's not possible, try to arrange your space in a new way to make it more conducive to prayer. Try to make it a space you're excited to get to.
- Get a Catholic Bible. If you don't have a Bible, you can download all scripture passages from bible.usccb.org/bible.
- Set up your prayer space with your Bible, Emmaus 90 Guidebook, and a favorite pen. Consider adorning the space with a crucifix, a favorite image of Scripture or a Saint, or a votive candle to light during prayer.

Prepare Your Household

- Let others in your household know when you are taking your prayer time and ask them to respect your time of quiet prayer – or to join you for it!
- Roommates, spouses, and children may enjoy joining you in your daily practices.

PILGRIM GROUP ESSENTIALS

Be Connected

adjective: brought together or into contact so that a real or notional link is established.

- Show up. As simple as it sounds, simply committing to be with each other for your weekly meetings is the foundation of building community and encouraging each other to grow.
- Listen deeply to the people in your pilgrim group. Attention is often the greatest gift you can give someone.
- Recognize in each other the desire for holiness. The most life-giving friendships are those based on the common goal of holiness.

Be Sincere

adjective: saying what you genuinely feel or believe; not dishonest or hypocritical.

- Be real. Trust is built through consistent honesty. Share at the level of your comfort.
- Be trustworthy. Recognize that when someone is sharing something vulnerable your response has an impact. It's an honor to be trusted with the details of someone's story. Empathize, encourage, and keep confidentiality. Do not force anyone to share if they are not ready.
- Each person is a unique, unrepeatable, deeply loved child of God. Resist any temptation to put people in boxes. Never accept a label in place of a story. Seek to know their story over their attributes/gifts/weaknesses.

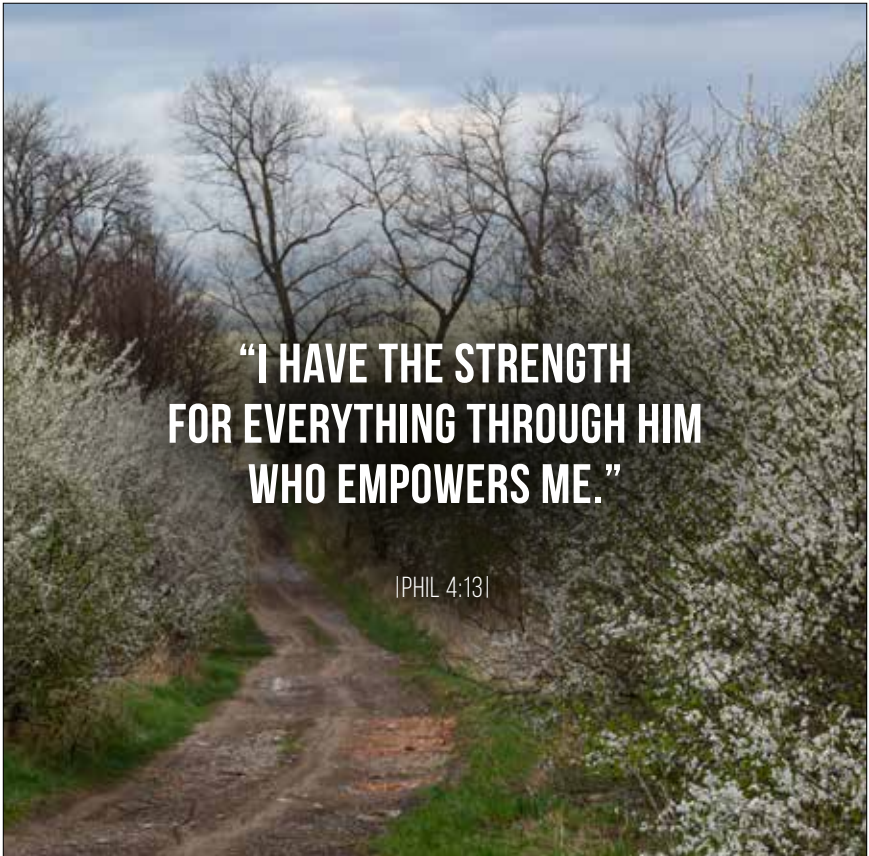
Be Accountable

adjective: required or expected to justify actions or decisions; responsible.

- Be very explicit with what your commitments are. Talk through the commitments you're each making even if you think they are clear.
- Make sure you are clear on the why of each commitment, this is what drives your motivation.
- Be responsible for one another. Decide how you are going to keep track of commitments and when you are going to ask each other about them. (Some pilgrims use the app HabitShare) Accountability fails when you stop

giving each other the specific opportunity to “account” for commitments. If it fails, seek to re-establish through honest conversation.

- Be creative. Come up with creative and fun ways to encourage accountability. For example, if you decide that washing dishes immediately after dinner is a way you can do small things with great love, turn on some jams and do it as a family.
- Celebrate growth: If you complete a daily commitment 3 days a week that you previously were doing 0 days a week, celebrate the 3 wins rather than dismiss the week because of the 4 misses. The process of growth often involves failure.



PILGRIM GROUP ITINERARY

Weekly Pilgrim Group Discussion Guide

Open in prayer (1-2 minutes)

Ask God to bless and guide your time together.

How are you? (4-10 minutes)

Each pilgrim shares how you are doing, really. Beyond the simple “good” answer we might give in passing.

How are you and God? (4-10 minutes)

Each pilgrim shares how your relationship with God has been this week in your daily prayer with the Scriptures, Examen, and daily life?

How are you doing with Emmaus 90? (15-25 minutes)

- How are you doing with your Emmaus 90 Practices?
- What did the Lord continue to show you from what we discussed last week?
- What stands out for you from this week’s Emmaus 90 Formation Session?
- What do you think God is trying to show you by highlighting that for you?
- What’s your “take-home” from this session?

How can we pray for you? (4-8 minutes)

Not only for others in your life, but also for you?

Let’s pray for each other right now. (2-5 minutes)

Pray together in your own words for the prayer requests you just shared. Close with the Lord’s Prayer.

Let’s look ahead. (Less than 1 minute)

Confirm our next meeting day/time and anything else we need to remember for next week.

THURSDAY, JANUARY 4
Daily Prayer with Luke 15:1-7

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, JANUARY 5

Daily Prayer with Luke 15:11-32

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, JANUARY 6

Daily Prayer with Isaiah 60:1-6 (Sun. Mass Reading)

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, JANUARY 7

Repetition & Review (Or Emmaus Luke 24: 13-35)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . . _____

WEEKLY EXAMEN

Thank you, God, for . . . _____

Over this week God seemed to be showing me _____

God, I resolve to strive tomorrow / this week to _____

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

MONDAY, JANUARY 8

Daily Prayer with Luke 10:38-42

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

THURSDAY, JANUARY 11

Daily Prayer with Mark 10:46-52

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, JANUARY 12

Daily Prayer with Isaiah 43:1-7

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, JANUARY 13

Daily Prayer with John 1: 35-42 (Sunday Gospel)

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, JANUARY 14

Repetition & Review (Or Emmaus Luke 24: 13-35)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . . _____

WEEKLY EXAMEN

Thank you, God, for . . . _____

Over this week God seemed to be showing me _____

God, I resolve to strive tomorrow / this week to _____

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

MONDAY, JANUARY 15

Daily Prayer with Acts 2:40-47

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

TUESDAY, JANUARY 16
Daily Prayer with Romans 12:1-8

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

WEDNESDAY, JANUARY 17

Daily Prayer with Romans 12:9-21

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, JANUARY 19

Daily Prayer with Luke 10: 25-37

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, JANUARY 20

Daily Prayer with Mark 1:14-20 (Sunday Gospel)

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, JANUARY 21

Repetition & Review (Or Emmaus Luke 24: 13-35)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . . _____

WEEKLY EXAMEN

Thank you, God, for . . . _____

Over this week God seemed to be showing me _____

God, I resolve to strive tomorrow / this week to _____

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

MONDAY, JANUARY 22

Daily Prayer with Genesis 2:4-25

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

TUESDAY, JANUARY 23

Daily Prayer with Genesis 3:1-20

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

WEDNESDAY, JANUARY 24

Daily Prayer with Genesis 15:1-21

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

THURSDAY, JANUARY 25
Daily Prayer with Genesis 22:1-19

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, JANUARY 26

Daily Prayer with Genesis 28:10-22

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, JANUARY 27

Daily Prayer with Mark 1:21-28 (Sunday Gospel)

In this time of prayer, God seemed to be showing me. . .

Lined area for writing reflections.

DAILY EXAMEN

Thank you, God, for . . .

Lined area for writing thanks to God.

I resolve to take this specific action tomorrow

Lined area for writing a resolution.

PRACTICE TRACKER

- Checkboxes for Daily Prayer, Daily Examen, Small Things with Great Love, Today's Resolution, and two blank lines.

SUNDAY, JANUARY 28

Repetition & Review (Or Emmaus Luke 24: 13-35)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . . _____

WEEKLY EXAMEN

Thank you, God, for . . . _____

Over this week God seemed to be showing me _____

God, I resolve to strive tomorrow / this week to _____

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

MONDAY, JANUARY 29

Daily Prayer with Exodus 3:1-14

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

TUESDAY, JANUARY 30

Daily Prayer with Exodus 14:1-31

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

WEDNESDAY, JANUARY 31

Daily Prayer with Exodus 24: 1-18

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

THURSDAY, FEBRUARY 1
Daily Prayer with Joshua 24:1-18

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, FEBRUARY 2

Daily Prayer with 1 Samuel 16:1-13

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, FEBRUARY 3

Daily Prayer with Mark 1:29-39 (Sunday Gospel)

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, FEBRUARY 4

Repetition & Review (Or Emmaus Luke 24: 13-35)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . .

WEEKLY EXAMEN

Thank you, God, for . . .

Over this week God seemed to be showing me

God, I resolve to strive tomorrow / this week to

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

MONDAY, FEBRUARY 5

Daily Prayer with 2 Samuel 11:1-13; 12:1-10

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

TUESDAY, FEBRUARY 6

Daily Prayer with Psalm 51

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

WEDNESDAY, FEBRUARY 7
Daily Prayer with Isaiah 5:1-7

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

THURSDAY, FEBRUARY 8
Daily Prayer with Baruch 1:15-2:10

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, FEBRUARY 9

Daily Prayer with Jeremiah 31:31-40 OR Ezekiel 34:11-16

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, FEBRUARY 10

Daily Prayer with Mark 1:40-45 (Sunday Gospel)

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, FEBRUARY 11

Repetition & Review (Or Emmaus Luke 24: 13-35)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . . _____

WEEKLY EXAMEN

Thank you, God, for . . . _____

Over this week God seemed to be showing me _____

God, I resolve to strive tomorrow / this week to _____

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

MONDAY, FEBRUARY 12

Daily Prayer with Mark 1:1-15

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

TUESDAY, FEBRUARY 13

Daily Prayer with Matthew 16:13-28

In this time of prayer, God seemed to be showing me. . .

Lined area for reflection on prayer.

DAILY EXAMEN

Thank you, God, for . . .

Lined area for gratitude.

I resolve to take this specific action tomorrow

Lined area for resolution.

PRACTICE TRACKER

- Practice Tracker items: Daily Prayer, Daily Examen, Small Things with Great Love, Today's Resolution, and two blank checkboxes.

WEDNESDAY, FEBRUARY 14 — ASH WEDNESDAY

Daily Prayer with John 19:17-42

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

THURSDAY, FEBRUARY 15

Daily Prayer with John 20:1-18

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, FEBRUARY 16

Daily Prayer with Matthew 5:1-16

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, FEBRUARY 17

Daily Prayer with Mark 1:12-15 (Sunday Gospel)

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, FEBRUARY 18

Repetition & Review (Or Emmaus Luke 24: 13-35)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . .

WEEKLY EXAMEN

Thank you, God, for . . .

Over this week God seemed to be showing me

God, I resolve to strive tomorrow / this week to

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

MONDAY, FEBRUARY 19

Daily Prayer with John 1:19-34

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

TUESDAY, FEBRUARY 20
Daily Prayer with Exodus 12:1-14

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

WEDNESDAY, FEBRUARY 21

Daily Prayer with Isaiah 52:13-53:12

In this time of prayer, God seemed to be showing me...

Lined area for writing reflections.

DAILY EXAMEN

Thank you, God, for ...

Lined area for writing gratitude.

I resolve to take this specific action tomorrow

Lined area for writing resolutions.

PRACTICE TRACKER

- Checkboxes for Daily Prayer, Daily Examen, Small Things with Great Love, Today's Resolution, and two blank lines.

THURSDAY, FEBRUARY 22
Daily Prayer with Revelation 5:6-14

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, FEBRUARY 23
Daily Prayer with 1 Peter 1:13-25

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, FEBRUARY 24

Daily Prayer with Mark 9:2-10 (Sunday Gospel)

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, FEBRUARY 25

Repetition & Review (Or Emmaus Luke 24: 13-35)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . . _____

WEEKLY EXAMEN

Thank you, God, for . . . _____

Over this week God seemed to be showing me _____

God, I resolve to strive tomorrow / this week to _____

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

MONDAY, FEBRUARY 26

Daily Prayer with Exodus 16:9-18

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

TUESDAY, FEBRUARY 27
Daily Prayer with John 6:1-15

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

WEDNESDAY, FEBRUARY 28

Daily Prayer with John 6:16-34

In this time of prayer, God seemed to be showing me...

DAILY EXAMEN

Thank you, God, for...

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

THURSDAY, FEBRUARY 29

Daily Prayer with John 6:35-51

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, MARCH 1

Daily Prayer with John 6:52-71

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, MARCH 2

Daily Prayer with John 2:13-25 (Sunday Gospel)

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, MARCH 3

Repetition & Review (Or Emmaus Luke 24: 13-35)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . .

WEEKLY EXAMEN

Thank you, God, for . . .

Over this week God seemed to be showing me

God, I resolve to strive tomorrow / this week to

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

MONDAY, MARCH 4

Daily Prayer with 1 Corinthians 11:23-32

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

TUESDAY, MARCH 5

Daily Prayer with Luke 2:8-20

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

WEDNESDAY, MARCH 6

Daily Prayer with Numbers 21:4-9

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

THURSDAY, MARCH 7

Daily Prayer with John 3:1-21

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, MARCH 8

Daily Prayer with Psalm 146

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, MARCH 9

Daily Prayer with John 3:14-21 (Sunday Gospel)

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, MARCH 10

Repetition & Review (Or Emmaus Luke 24: 13-35)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . . _____

WEEKLY EXAMEN

Thank you, God, for . . . _____

Over this week God seemed to be showing me _____

God, I resolve to strive tomorrow / this week to _____

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

MONDAY, MARCH 11

Daily Prayer with Genesis 14:17-24

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

TUESDAY, MARCH 12

Daily Prayer with Isaiah 6:1-8

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

THURSDAY, MARCH 14

Daily Prayer with Matthew 8:13

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, MARCH 15

Daily Prayer with John 15:4-17

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, MARCH 16

Daily Prayer with John 12:20-33 (Sunday Gospel)

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, MARCH 17

Repetition & Review (Or Emmaus Luke 24: 13-35)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . . _____

WEEKLY EXAMEN

Thank you, God, for . . . _____

Over this week God seemed to be showing me _____

God, I resolve to strive tomorrow / this week to _____

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

MONDAY, MARCH 18

Daily Prayer with Matthew 28:16-20

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

TUESDAY, MARCH 19

Daily Prayer with Matthew 9:35-38

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

WEDNESDAY, MARCH 20

Daily Prayer with Romans 8:14-27

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

THURSDAY, MARCH 21

Daily Prayer with Luke 5:1-11

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, MARCH 22

Daily Prayer with John 4:5-42

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, MARCH 23

Daily Prayer with Mark 11:1-10 (Palm Sunday Gospel)

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, MARCH 24

Repetition & Review (Or Palm Sunday Mark 15:1-39)

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . . _____

WEEKLY EXAMEN

Thank you, God, for . . . _____

Over this week God seemed to be showing me _____

God, I resolve to strive tomorrow / this week to _____

**THIS WEEK'S
PRACTICE TRACKER**

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Friday Fast
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____

MONDAY, MARCH 25

Daily Prayer with John 12:1-10

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

TUESDAY, MARCH 26

Daily Prayer with John 13:1-15

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

WEDNESDAY, MARCH 27

Daily Prayer with John 14:12-29

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

THURSDAY, MARCH 28 — HOLY THURSDAY

Daily Prayer with John 15:1-17

In this time of prayer, God seemed to be showing me . . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

FRIDAY, MARCH 29 — GOOD FRIDAY

Daily Prayer with John 17

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- Friday Fast
- _____
- _____

SATURDAY, MARCH 30 — HOLY SATURDAY

Daily Prayer with Romans 5:1-15

In this time of prayer, God seemed to be showing me. . .

DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow

PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Today's Resolution
- _____
- _____

SUNDAY, MARCH 31 — EASTER SUNDAY

John 20:1-9 & Review Emmaus 90

The Scripture from this week that I chose to pray with was _____

In this time of prayer, God seemed to be showing me. . . _____

WEEKLY EXAMEN

Thank you, God, for . . . _____

Over this week God seemed to be showing me _____

God, I resolve to strive tomorrow / this week to _____

THIS WEEK'S PRACTICE TRACKER

- Daily Prayer
- Daily Examen
- Small Things with Great Love
- Full Active Conscious Mass
- Pilgrim Group
- Formation Session
- Live Sunday Well
- Virtue Stretch Goal
- Time in the Real Presence in the Eucharist
- Sacrament of Reconciliation
- _____
- _____

CELEBRATE EASTER AND THE BLESSINGS OF YOUR EMMAUS 90 JOURNEY!

We encourage you to continue your daily prayer with the daily Mass Gospels during this Octave of Easter (8 days from Easter Sunday to Divine Mercy Sunday) and the Solemnity of the Annunciation of the Lord. The daily Mass readings from the Acts of the Apostles are also great passages to pray with through the Easter Season. You can find the daily Mass Readings at: bible.usccb.org/readings/calendar

We also invite you to take some time this week to reflect on your Emmaus 90 Journey, to give thanks, and ask the Lord to show you where he's inviting you to go from here:

Thank you, God, for these blessings I received during Emmaus 90:

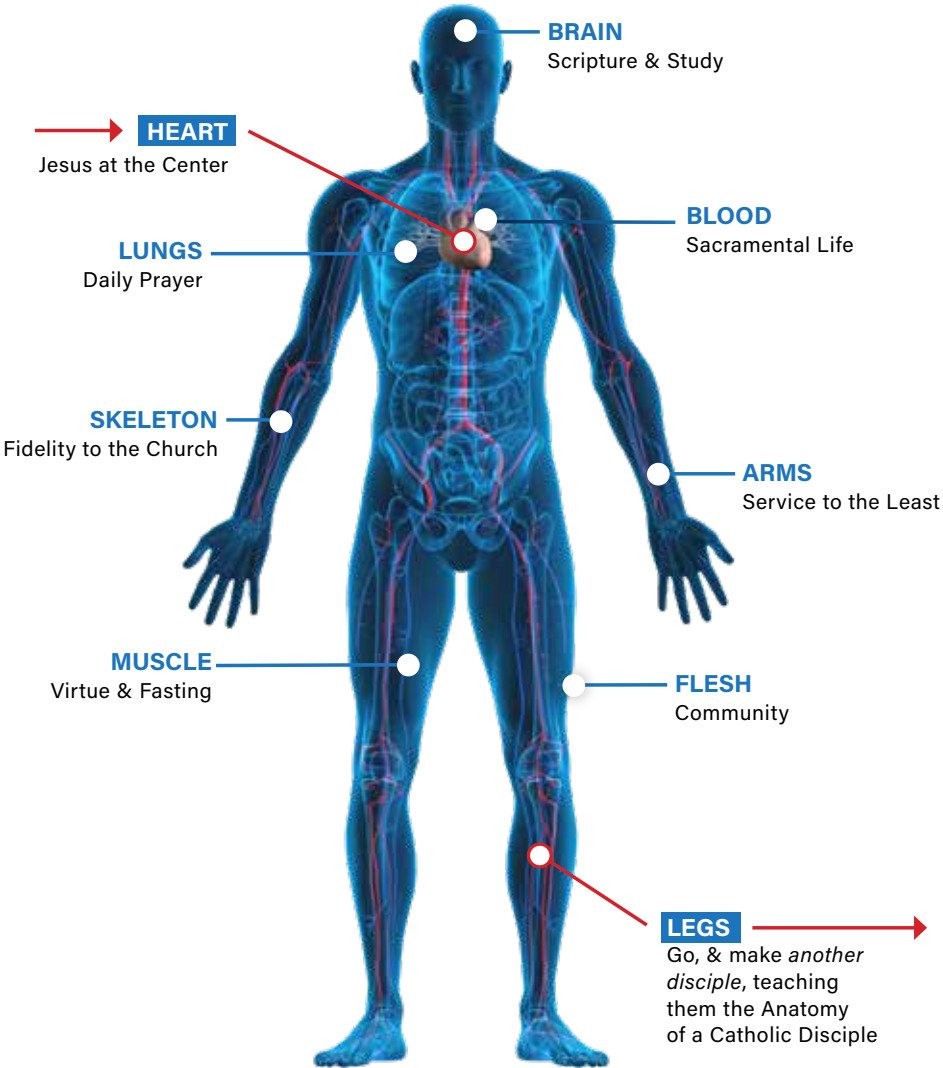
Thank you, God, for these things you seemed to be showing me through my Emmaus 90 journey:

Some ways God may be inviting me to continue growing as his disciple on mission include:

Ways I am celebrating Easter this week include:

Practices I would like to continue include:

THE ANATOMY OF A CATHOLIC DISCIPLE



HOW TO SHARE YOUR STORY

Conversion or “Metanoia” is a change of heart that happens through the Holy Spirit. It is the beginning of a continual, on-going conversion. We participate in this conversion when we are effective witnesses to the workings of God in our own lives, sharing stories of God acting in our lives.

An Effective Witness is an account of a *specific* encounter with the Lord in one's life

- We see in our lives the places God has become incarnate and we make Him known by proclaiming the story.
- We personalize the Gospel to help others understand that God is at work *today* in our lives.
- Our story gives others something to connect to – the personal experience of truth lived out.
- It can be used anywhere: retreats, small groups, one-on-one conversations, in the grocery store line, etc.
- Three to four minutes is succinct and memorable.
- A witness always glorifies God. He is the main character.
- The focus of your witness is to share what God has done in *your* life.
- Tell the truth.

The Three Main Parts to an Effective Witness

1) Part One: Before ‘Metanoia’ or Conversion

- What was your life like before your encounter with God and conversion?
- Try to be concise and leave out unnecessary details – too many details distract from your main point.
- Avoid glorifying the sin that was in your life – there is no need to speak specifically about sinfulness (keep it general like, “I was in an impure relationship,” “I was struggling with an addiction,” etc.).
- Own your mistakes, resist temptation to blame someone else.

2) Part Two: Conversion Point

- How did you encounter God? Paint a picture of the scene; be very detailed.
- What were the circumstances?

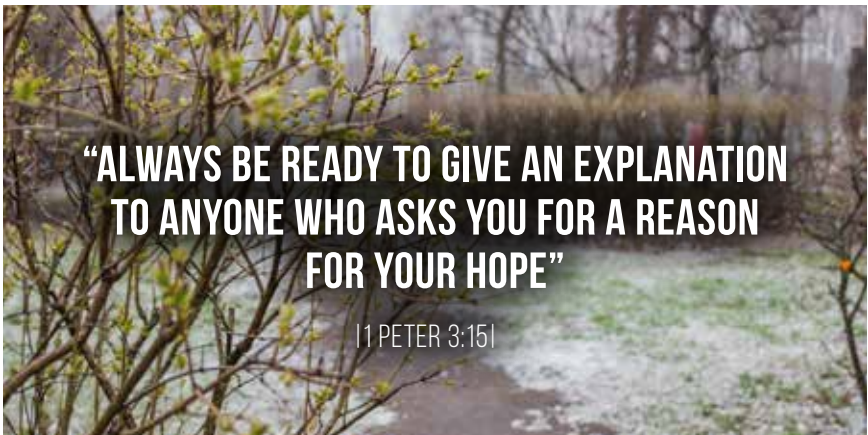
- What happened that helped you turn to the Lord? What did the Lord do?
- What was the crux of why you said “yes” to the Lord?

3) Part Three: Life in Christ

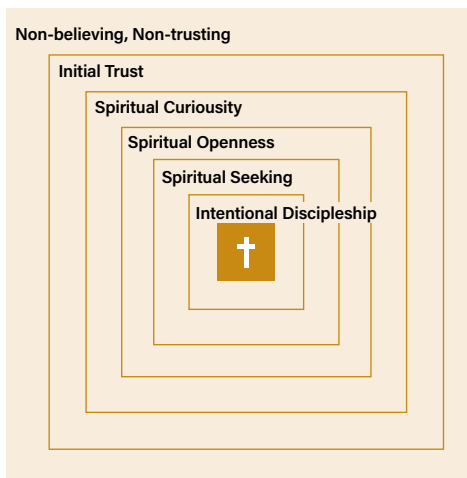
- How has your life been since that encounter/conversion? You are still human, so do not make it sound like everything is perfect now. Share that you are still growing and learning.
- Give concrete differences in your life (try to connect something from Part One)
- Offer an invitation, rather than a command (for example: I invite you to give Jesus a chance, if it's been a while consider receiving the Sacrament of Reconciliation, if you want to join the adventure you can choose to follow Jesus with your life, can you let God love you?)
- End with a strong conclusion.

Write out your personal witness. Read it. Ask yourself (or a fellow pilgrim):

- Does my witness have Jesus as the main character?
- Does my witness glorify sin?
- Is there a main ‘theme’ throughout my story?
- Do I use too many ‘buzz’ words? Or insider language others would not understand?
- Is it concise?
- Does my main point come across?
- Is it relatable?
- Does it paint a picture?
- Do I have a closing invitation or call to action?



OVERVIEW OF THRESHOLDS OF CONVERSION



Non-believing, Non-trusting:

"I don't believe in God. I don't trust what the Church says about God"

How to help people cross the next threshold: Pray for them. Love them. Be a good friend who happens to be Catholic.

Initial Trust: "I've had a few positive experiences with the Church, a Catholic or a Christian, but I'm not sure I believe what they say about God"

How to help people cross the next threshold: Continue praying for them and being a loving friend. Let God use your life as bait. Love and live in a way that awakens their curiosity. When appropriate, share stories of how God has acted in your life.

Spiritual Curiosity: "Why do you do that Catholic thing you do? Why do you believe ___? Could it be possible that God loves me and wants me to know Him like you seem to know Him? I'm not really open to changing, but I am interested in your experience."

How to help people cross the next threshold: Continue praying, being a loving friend, and sharing stories. Answer their questions simply (don't drown a teaspoon of curiosity with a gallon of answers). If you don't know answers, find them. Do not assume their questions mean they're seeking and do not push them. When appropriate, invite them to "come and see" your faith, community, service, prayer, etc.

Spiritual Openness: "If you're out there God, show me. If you want to have a relationship with me, I'm here, I'm open to it."

How to help people cross the next threshold: Continue praying, being a loving friend, sharing stories, answering questions, and inviting them to "come and see." Affirm their openness and invite them to "come closer" to God. Gently help them

to understand that if they want to know God, they need to actively look for Him and His answers to their questions.

Spiritual Seeking: "I want to get to know God if I can. I'm looking for God and His answers to my life questions. How do I pray? How do I get to know God?"

How to help people cross the next threshold: Continue praying, being a loving friend, sharing stories, answering questions, inviting them to "come and see" and "come closer." Help them to understand the gospel message, wrestle with personal sin, find God's healing for wounds, and choose to have faith and follow Jesus. Encourage them to enter RCIA if not Catholic or make a good confession to return to their Catholic faith.

Intentional Discipleship: "I'm all in. I believe Jesus is with me and I choose to follow Him in His Church. I'm willing to drop things which separate me from Him and I want to grow in relationship with Him, live my purpose, and take up my part in God's mission."

How to help people continue growing as a disciple (because there's always more):

Continue praying, being a loving friend, sharing stories, answering questions, inviting them to "come and see," "come closer," wrestle with personal sin, find healing, and choose to live their faith. Accompany them as they learn and live the anatomy of a Catholic Disciple.

Listening Evangelism: Having Threshold Conversations

1. Do you believe in God? or Where is God for you in that? or What has been your experience of God?
2. What kind of God do you believe in? (Personal or impersonal)
3. Do you believe in the possibility of a relationship with this God?
4. Do you have a relationship with this God? What kind of relationship?
5. Are you a part of a religious tradition? Which tradition? Are you Christian?
6. Do you have a positive association with Jesus or the Faith?
7. Do you have a relationship with Jesus Christ? Do you pray? How do you pray?
8. Is your faith something that causes you to change how you live your life?
9. If you could ask God one question and know the answer, what would it be?

Adapted from Forming Intentional Disciples by Sherry Weddell

PREPARE FOR THE SACRAMENT OF RECONCILIATION: EXAMINATION OF CONSCIENCE

A necessary preparation for our encounter with Christ in the Sacrament of Penance and Reconciliation is the Examination of Our Conscience in light of the Ten Commandments to see what we have done (*sins of commission*) and what we have failed to do (*sins of omission*) in relation to our call to love God, others, and ourselves. Ask the Holy Spirit to open your eyes to the truth as you look at yourself in light of the following questions.



THE TEN COMMANDMENTS

- 1. I, The Lord, am your God; you shall not have other gods besides me.**
What thoughts, habits, desires, and possessions have become false gods in your life?
- 2. You shall not take the Name of the Lord your God in vain.**
How have you fallen short of living in deep reverence to God's Holy Name and Majesty?
- 3. Remember to keep holy the Lord's Day.**
Are you worshiping God at Mass and honoring God through your activities on Sunday?
- 4. Honor your father and your mother.**
How can you commit more quality time to build and enhance your family relationships?
- 5. You shall not kill.**
How are you actively promoting the sanctity of life from conception until natural death?
- 6. You shall not commit adultery.**
How are you tempted to use God's sacred design for sex and sexuality in selfish ways?
- 7. You shall not steal.**
How are you working to ensure that all people have the necessities to live and grow?
- 8. You shall not bear false witness against your neighbor.**
How can you promote honesty, goodness, and truth in your daily words and actions?
- 9. You shall not covet your neighbor's wife.**
How has your heart been tempted toward impure thoughts and desires?
- 10. You shall not covet your neighbor's goods.**
How have you replaced dependence upon God with the attachment to material goods?

HOW TO SACRAMENT OF RECONCILIATION

1. Preparation

Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession.

2. Greeting

The priest will welcome you; he may say a short blessing or read a Scripture passage.

3. The Sign of the Cross

Together, you and the priest will make the Sign of the Cross. You may then begin your confession by saying: "Bless me, Father, for I have sinned. It has been [give days, months or years] since my last confession."

4. Confession

Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: "I am sorry for these and all my sins."

5. Penance

The priest will propose an act of penance. He might also counsel you on how to better live a Christian life.

6. Act of Contrition

After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more: "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."

7. Absolution

The priest will extend his hands over your head and pronounce the words of absolution. You respond, "Amen."

8. Praise

The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest might say, "Give thanks to the Lord for he is good." Your response would be, "His mercy endures forever."

9. Dismissal

The priest will conclude, often saying, "Go in peace."

EMMAUS 90 DAILY EXAMEN

Jesus is the perfect guide. He cares about you and wants you to thrive. He wants to teach you the habits and skills you need to grow into the person He's created you to be. He's at your side in every moment, encouraging you and strengthening you for your journey. Let Him guide you by taking time to examine your day with Him.

Return to the Fundamentals (~1-2 min)

Begin by taking a moment to breathe calmly, be present to the current moment, and become aware that Jesus is here, looking on you with love.

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

Jesus, I believe that you are the perfect guide, that you are good, faithful, and merciful, that You love me, You like me, and You have good plans for my life. Please give me the grace to see this past day through Your eyes.

Celebrate Your Progress (~1-5 min)

Jesus, help me to remember and thank you for the gifts of this day, places where I saw You working, things that went well, the habits and practices I lived well...

Thank You for these blessings and for all the ways you helped me today.

Review Your Missteps (~1-5 min)

Jesus, help me to see where I may have missed you working, where I fell, where I was weak, missed a good habit or practice, or missed an opportunity to love You or others well...

Please forgive me and help me to do better tomorrow.

Plot Your Course (~1 min)

*What is one specific action I can take tomorrow to strengthen one area where I was weak today...
Jesus, help me to do this.*

Entrust Yourself to Your Guide (~1 min)

Thank you, Jesus, for the many blessings of this day. Please forgive me for those ways I missed the opportunity to live a better life with You. As the Saints who have gone before me, please help me to follow the course we have set and come back to you tomorrow so I can keep growing in holiness. Our Father... Amen.



EMMAUS 90



**Eucharistic
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