



EMMAUS 90

GUIDEBOOK

ARCHDIOCESE *of* MILWAUKEE

EMMAUS 90 PRAYER GUIDE

Prepare (30 seconds–1 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.

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 (1–2 min)

Locate Yourself on the Map

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

Relate (1–2 min)

Tell Jesus Where You Are

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

Receive (5–30 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. Notice what stands out.

Respond (2–7 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 (3–5 min)

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.

Record

Write down what God seems to be showing you.

BEGIN WITH THE END IN MIND

Hungry for more? Your hunger isn't an accident. God, who created you out of love and for love, created you with deep hunger and desire meant to draw you to himself.

"You have made us for yourself, O Lord, and our hearts are restless until they rest in you." - St. Augustine, *Confessions*

"The good God could not inspire desires that would be impossible to fulfill!"
- St. Thérèse of Lisieux, *Story of a Soul*

Jesus came that you might have life and have it to the full (John 10:10), that his joy might be in you and your joy might be complete. (John 15:11) He longs to welcome you to the wedding feast of the Lamb where all your hungers will be satisfied. (Revelations 19:7-9; 21) He is able to accomplish far more than all we ask or imagine. (Ephesians 3:20)

Before you begin this concentrated season of encountering Jesus Christ, letting him fill you, and learning to love others from the overflow, consider these questions and ask for what you desire.

- What do you desire?
- What do you think God desires for you?
- What would you like your relationship with God to be like?
- What virtues and habits would you like to have established in your life?
- What do you want God to do for you, your loved ones, and the world?

Ask Jesus for this grace every day.

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



“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.**

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PRO TIPS FOR PREPARATION

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. Having a consistent place is helpful.
- 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, this 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.

FORMATION SESSIONS SCHEDULE

Thursdays | 7 p.m.

Get weekly updates with bonus content and submit questions to our livestream Formation Sessions speakers by signing up for our Emmaus 90 Brew City Catholic Flocknote. To join, **text ADVENTURE to 84576** OR connect with us online at brewcitycatholic.flocknote.com and choose our Emmaus 90 group.

JESUS DRAWS NEAR

- **Jan. 23** | Why does Jesus draw near?
- **Jan. 30** | How do I recognize him?
- **Feb. 6** | Who am I walking with?

JESUS INTERPRETS THE SCRIPTURES

- **Feb. 13** | How do Moses and the prophets refer to Jesus?
- **Feb. 20** | How do Scriptures about bread refer to Jesus?
- **Feb. 27** | How do Scriptures about weddings and wine refer to Jesus?
- **Wednesday, Mar. 5**
ASH WEDNESDAY *For this week's session, plan to participate in your parish's Ash Wednesday service with your Pilgrim Group.*

RECOGNIZE HIM IN THE BREAKING OF THE BREAD

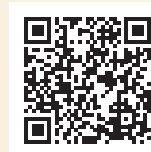
- **Mar. 13** | How does Jesus fulfill our longing that he "stay with us"?
- **Mar. 20** | How is the Mass our Source and Summit?
- **Mar. 27** | How do we enter more deeply into the Mass?

SET OUT AT ONCE ON MISSION

- **Apr. 3** | How do we show others?
- **Wednesday, Apr. 9**
Consider 12 Hours of Reconciliation archmil.org/Pray-Reconcile-Rejoice
- **Apr. 10** | How do we walk with one?

HOLY WEEK AND EASTER:

- **Apr. 17 | HOLY THURSDAY**
For tonight's session, plan to participate in your parish's Mass of the Lord's Supper with your Pilgrim Group.
- Friday, April 18 | Good Friday
- Saturday, April 19 | Holy Saturday / Easter Vigil
- Sunday, April 20 | Easter Sunday
- **Apr. 24** | Where do we go from here?



**View Formation Sessions
at [www.archmil.org/
Emmaus-pilgrim-2025](http://www.archmil.org/Emmaus-pilgrim-2025)**

EMMAUS 90 PRACTICES

Do you desire to recognize God's voice, to allow him to fill you with his love and to give from the overflow? We encourage you to commit to these spiritual practices, which make space for God to do something new in you.

We know. Commitments can be tricky. "Is this too much?" "Will I fall short?" "Do I have what it takes?" 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 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. 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**.

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 review 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 13-133)

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 and Sunday daily prayer & journal), arrive early to prepare yourself, and pray the Mass with all your heart.

Regular Confession – Receive the Sacrament of Reconciliation at least once a month. (See *How to Sacrament of Reconciliation* on page 144.)

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 at church or in a Eucharistic

Adoration Chapel. Others commit to come to Mass early to pray for a few minutes in the presence of the tabernacle. Discern how the Lord is inviting you and what will work for your life circumstances.

TIME FOR CONNECTION.

Weekly Pilgrim Group – We encourage each Emmaus 90 Pilgrim to find a group of 2-3 friends, family members, or fellow parishioners who commit to connect with each other weekly (in-person or online) for encouragement, accountability, and community in a 30 to 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 on page 12 for a discussion guide for your time together.

Weekly Formation – Emmaus 90 offers weekly Formation Sessions by Livestream that connect you to Catholic Church teaching and all the pilgrims from across the Archdiocese of Milwaukee taking this journey together. See archmil.org/Emmaus-pilgrim-2025 for weekly livestream and recordings.

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.

Walk With One – Discern who God wants you to accompany, pray for them and for the grace to accompany them well, connect with them, and invite them to take a concrete next step toward deeper relationship with Jesus and his Church. On most days, this will simply mean praying for them. See page 137 for details.

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. See Catechism 1803-1845 for ideas.

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)

PILGRIM GROUP ESSENTIALS

Be Connected

Adjective: brought together or into contact so that a real 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 each other. Your attention is a gift.
- Recognize in each other the desire for holiness and build friendship on this common goal.

Be Sincere

Adjective: saying what you genuinely feel or believe.

- Be real. Trust is built through consistent honesty.
- 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 temptation to put people in boxes. Never accept a label in place of a story.

Be Accountable

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

- Be very explicit about your commitments. Talk through the commitments you're each making even if you think they are clear.
- Clarity about why you are committing 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. Accountability fails when you stop giving each other the specific opportunity to "account" for commitments. If it fails, seek to reestablish through honest conversation.
- Be creative. Come up with creative and fun ways to encourage accountability.
- 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.

Small Group Discussion Guidelines

Here are basic expectations we agree upon as a Pilgrim Group to help make our discussions more fruitful.

- **Purpose** — Our pilgrim group exists to encourage one another in our mutual commitment to grow in relationship with Jesus Christ and His Church.
- **Priority** — This group is not the same when you're not here. In order for everyone to have the best experience possible, we make participating every week a priority.
- **Participation** — Every person in our group brings unique gifts and experience to our group. Everyone is encouraged to share at their comfort level.
- **Respect** — Group members honor each other by listening attentively and sharing honestly.
- **Silence** — We allow silence to reflect before sharing and between individual sharing. We know some members may need more silence than others, and try to balance our own participation and attentiveness to the participation of others.
- **Confidentiality** — Anything of a personal nature that is shared in small group stays in the group. Breaking this trust seriously damages the experience not only of our own group but future groups as well.
- **Timeliness** — In order to respect the time of all present, we begin and end on time. Some group members may choose to continue the discussion after the scheduled end time, but only after closing in prayer to honor those who need to leave on time.
- **Tangents** — Good discussion can easily slide in directions which are not in line with our purpose. All group members are empowered to ask if we have gotten off track.
- **Holy Spirit** — We recognize that the Holy Spirit is present, desiring to direct and speak through our discussion. We strive to be attentive to where the Spirit may be moving our discussion.

PILGRIM GROUP ITINERARY

Weekly Pilgrim Group Discussion Guide

Like the disciples experienced on the road to Emmaus, discipleship and holiness grow in community. During Emmaus 90, we encourage you to gather weekly with the same group of 2-3 friends or family for a discipleship conversation. You might agree to watch the Formation Session together or on your own before you meet. In either case, a discipleship conversation includes the following:

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?
- How would you answer the question(s) the speaker proposed?
- What’s your “take home” from this session? Or in other words, what will you do or think about differently after participating in this Formation 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.

MONDAY, JANUARY 20

Daily Prayer with Luke 24:13-35

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, JANUARY 21

Daily Prayer with Luke 19:1-10

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEDNESDAY, JANUARY 22

Daily Prayer with Mark 10:42-45

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Fasting and Prayer
- _____
- _____

THURSDAY, JANUARY 23

Daily Prayer with 1 Peter 2:21-25

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FORMATION SESSION NOTES
THURSDAY, JANUARY 23

Notes:

What question(s) did the speaker share for you to discuss?

What did you learn from this Formation Session? What inspired you?

What will you do or think about differently after this session?

FRIDAY, JANUARY 24

Daily Prayer with John 12:44-50

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Friday Fast
- _____
- _____

SATURDAY, JANUARY 25

Daily Prayer with Sun. Gospel Luke 4:14-21

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

S M T W R F S

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Daily Prayer
 Daily Examen
 Walk with One
 Yesterday's Resolution
 Small Things with
Great Love

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

SUNDAY, JANUARY 26

Daily Prayer with Sun. Reading 1 Corinthians 12:12-30

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, JANUARY 27

Daily Prayer with Psalm 139

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, JANUARY 28

Daily Prayer with John 10:1-15

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEDNESDAY, JANUARY 29

Daily Prayer with John 10:27-30

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

THURSDAY, JANUARY 30

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FORMATION SESSION NOTES

THURSDAY, JANUARY 30

Notes:

What question(s) did the speaker share for you to discuss?

What did you learn from this Formation Session? What inspired you?

What will you do or think about differently after this session?

FRIDAY, JANUARY 31

Daily Prayer with Isaiah 30:18-21

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Friday Fast
- _____
- _____

SATURDAY, FEBRUARY 1

Daily Prayer with Sun. Gospel Luke 2:22-40

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

S M T W R F S

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Daily Prayer
 Daily Examen
 Walk with One
 Yesterday's Resolution
 Small Things with
Great Love

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

SUNDAY, FEBRUARY 2

Daily Prayer with Sun. Reading Hebrews 2:14-18

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, FEBRUARY 3

Daily Prayer with John 1:43-51

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, FEBRUARY 4

Daily Prayer with Matthew 9:9-13

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEDNESDAY, FEBRUARY 5

Daily Prayer with Mark 6:7-13

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

THURSDAY, FEBRUARY 6

Daily Prayer with Acts 2:42-47

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FRIDAY, FEBRUARY 7

Daily Prayer with Galatians 5:22-6:10

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Friday Fast
- _____
- _____

SATURDAY, FEBRUARY 8

Daily Prayer with Sun. Gospel 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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

S M T W R F S

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Daily Prayer
Daily Examen
Walk with One
Yesterday's Resolution
Small Things with
Great Love

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

SUNDAY, FEBRUARY 9

Daily Prayer with Sun. Reading 1 Corinthians 15:1-11

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, FEBRUARY 10

Daily Prayer with Exodus 32:30-33

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, FEBRUARY 11

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEDNESDAY, FEBRUARY 12

Daily Prayer with Deuteronomy 18:15-19

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

THURSDAY, FEBRUARY 13

Daily Prayer with Isaiah 53

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FORMATION SESSION NOTES

THURSDAY, FEBRUARY 13

Notes:

What question(s) did the speaker share for you to discuss?

What did you learn from this Formation Session? What inspired you?

What will you do or think about differently after this session?

FRIDAY, FEBRUARY 14

Daily Prayer with Jeremiah 31:31-34

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Friday Fast
- _____
- _____

SATURDAY, FEBRUARY 15

Daily Prayer with Sun. Gospel Luke 6:17-26

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

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Daily Prayer
Daily Examen
Walk with One
Yesterday's Resolution
Small Things with
Great Love

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

SUNDAY, FEBRUARY 16

Daily Prayer with Sun. Reading Jeremiah 17:5-8

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, FEBRUARY 17

Daily Prayer with Genesis 14:17 - 15:6

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, FEBRUARY 18

Daily Prayer with Exodus 12:1-28

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEDNESDAY, FEBRUARY 19

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

THURSDAY, FEBRUARY 20

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FORMATION SESSION NOTES

THURSDAY, FEBRUARY 20

Notes:

What question(s) did the speaker share for you to discuss?

What did you learn from this Formation Session? What inspired you?

What will you do or think about differently after this session?

FRIDAY, FEBRUARY 21

Daily Prayer with John 6:26-35

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Friday Fast
- _____
- _____

SATURDAY, FEBRUARY 22

Daily Prayer with Sun. Gospel Luke 6:27-38

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

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Daily Prayer
 Daily Examen
 Walk with One
 Yesterday's Resolution
 Small Things with
Great Love

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

SUNDAY, FEBRUARY 23

Daily Prayer with Sun. Reading Psalm 103

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, FEBRUARY 24

Daily Prayer with Isaiah 25:6-10

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, FEBRUARY 25

Daily Prayer with Hosea 2:16-25

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEDNESDAY, FEBRUARY 26

Daily Prayer with Song of Songs 4:7-5:1

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

THURSDAY, FEBRUARY 27

Daily Prayer with Revelations 19:5-16

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FORMATION SESSION NOTES

THURSDAY, FEBRUARY 27

Notes:

What question(s) did the speaker share for you to discuss?

What did you learn from this Formation Session? What inspired you?

What will you do or think about differently after this session?

FRIDAY, FEBRUARY 28

Daily Prayer with Matthew 9:14-17

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Friday Fast
- _____
- _____

SATURDAY, MARCH 1

Daily Prayer with Sun. Gospel Luke 6:39-45

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

This coming Wednesday is Ash Wednesday which marks the beginning of Lent and the half-way point of our Emmaus 90 Journey. In what ways will you commit to live your Lent this year? You might consider what Prayer, Fasting, and Almsgiving could look like for you. See page 69 for more.

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

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Daily Prayer
 Daily Examen
 Walk with One
 Yesterday's Resolution
 Small Things with
 Great Love

Formation Session
 Pilgrim Group
 Friday Fast
 Live Sunday Well
 Full Active Concious Mass
 Time in the Real Presence
 Virtue Stretch Goal
 Sacrament of Reconciliation

SUNDAY, MARCH 2

Daily Prayer with Sun. Reading 1 Corinthians 15:54-58

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, MARCH 3

Daily Prayer with Mark 10:17-27

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, MARCH 4

Daily Prayer with Mark 10:28-34

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

LENT 2025

Thinking back over the past 6 weeks, in what ways have you grown?

What in your life, would you like to look different this Easter 6 weeks from now?

What do you plan to “give up” and “take up” for Lent this year?

What is your plan for Prayer, Fasting, and Almsgiving this Lent?

WEDNESDAY, MARCH 5

Daily Prayer with Joel 2:12-18

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Ash Wednesday Fast
- _____
- _____

THURSDAY, MARCH 6

Daily Prayer with Luke 9:22-25

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FRIDAY, MARCH 7

Daily Prayer with Matthew 9:14-17

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Friday Fast
- _____
- _____

SATURDAY, MARCH 8

Daily Prayer with Sun. Gospel Luke 4:1-13

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

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- Daily Prayer
- Daily Examen
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

SUNDAY, MARCH 9

Daily Prayer with Sun. Reading Romans 10:8-13

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, MARCH 10

Daily Prayer with Luke 24:27-32

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, MARCH 11

Daily Prayer with John 14:1-14

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEDNESDAY, MARCH 12

Daily Prayer with John 14:15-27

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

THURSDAY, MARCH 13

Daily Prayer with John 17:17-26

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FORMATION SESSION NOTES

THURSDAY, MARCH 13

Notes:

What question(s) did the speaker share for you to discuss?

What did you learn from this Formation Session? What inspired you?

What will you do or think about differently after this session?

SATURDAY, MARCH 15

Daily Prayer with Sun. Gospel Luke 9:28-36

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

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S M T W R F S

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Daily Prayer
 Daily Examen
 Walk with One
 Yesterday's Resolution
 Small Things with Great Love

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

SUNDAY, MARCH 16

Daily Prayer with Sun. Reading Psalm 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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, MARCH 17

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, MARCH 18

Daily Prayer with Colossians 1:13-23

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEDNESDAY, MARCH 19

Daily Prayer with Matthew 1:18-25

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

THURSDAY, MARCH 20

Daily Prayer with Revelations 21:1-6

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FORMATION SESSION NOTES

THURSDAY, MARCH 20

Notes:

What question(s) did the speaker share for you to discuss?

What did you learn from this Formation Session? What inspired you?

What will you do or think about differently after this session?

FRIDAY, MARCH 21

Daily Prayer with Ephesians 1:3-14

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Friday Fast
- _____
- _____

SATURDAY, MARCH 22

Daily Prayer with Sun. Gospel Luke 13:1-9

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

S M T W R F S

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Daily Prayer
 Daily Examen
 Walk with One
 Yesterday's Resolution
 Small Things with Great Love

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

THIRD SUNDAY OF LENT

SUNDAY, MARCH 23

Daily Prayer with Sun. Reading Psalm 103

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, MARCH 24

Daily Prayer with 1 Peter 2:1-6

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, MARCH 25

Daily Prayer with Luke 1:26-38

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

THURSDAY, MARCH 27

Daily Prayer with Hebrews 10:19-25

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FORMATION SESSION NOTES

THURSDAY, MARCH 27

Notes:

What question(s) did the speaker share for you to discuss?

What did you learn from this Formation Session? What inspired you?

What will you do or think about differently after this session?

FRIDAY, MARCH 28

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Friday Fast
- _____
- _____

SATURDAY, MARCH 29

Daily Prayer with Sun. Gospel Luke 15:1-3, 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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

S M T W R F S

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Daily Prayer
Daily Examen
Walk with One
Yesterday's Resolution
Small Things with
Great Love

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

SUNDAY, MARCH 30

Daily Prayer with Sun. Reading 2 Corinthians 5:17-21

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, MARCH 31

Daily Prayer with Matthew 9:35-10:1

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, APRIL 1

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEDNESDAY, APRIL 2

Daily Prayer with John 4:4-29

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FORMATION SESSION NOTES

THURSDAY, APRIL 3

Notes:

What question(s) did the speaker share for you to discuss?

What did you learn from this Formation Session? What inspired you?

What will you do or think about differently after this session?

FRIDAY, APRIL 4

Daily Prayer with 1 Peter 3:13-18

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Friday Fast
- _____
- _____

SATURDAY, APRIL 5

Daily Prayer with Sun. Gospel John 8:1-11

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

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Daily Prayer
Daily Examen
Walk with One
Yesterday's Resolution
Small Things with
Great Love

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

SUNDAY, APRIL 6

Daily Prayer with Sun. Reading Isaiah 43:16-21

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, APRIL 7

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, APRIL 8

Daily Prayer with Luke 13:10-17

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEDNESDAY, APRIL 9

Daily Prayer with Luke 19:1-10

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

THURSDAY, APRIL 10

Daily Prayer with John 1:35-51

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FRIDAY, APRIL 11

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Friday Fast
- _____
- _____

SATURDAY, APRIL 12

Daily Prayer with Sun. Gospel Luke 19:28-40

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

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Daily Prayer
Daily Examen
Walk with One
Yesterday's Resolution
Small Things with
Great Love

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

SUNDAY, APRIL 13

Daily Prayer with Sun. Reading Philippians 2:6-11

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, APRIL 14

Daily Prayer with John 12:1-11

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

TUESDAY, APRIL 15

Daily Prayer with John 13:21-38

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

WEDNESDAY, APRIL 16

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

THURSDAY, APRIL 17

Daily Prayer with Luke 22:14-20

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

FRIDAY, APRIL 18

Daily Prayer with Luke 23:33-56

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Good Friday Fast
- _____
- _____

WEEK REVIEW

Over this past week, God seemed to be showing me . . .

Thank you God for . . . (celebrate wins and growth this week)

God, please help me in this next week to . . .

Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

WEEKLY PRACTICE TRACKER

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Daily Prayer
 Daily Examen
 Walk with One
 Yesterday's Resolution
 Small Things with
Great Love

- Formation Session
- Pilgrim Group
- Friday Fast
- Live Sunday Well
- Full Active Concious Mass
- Time in the Real Presence
- Virtue Stretch Goal
- Sacrament of Reconciliation

SUNDAY, APRIL 20

Daily Prayer with Sun. Gospel John 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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- Full Active Conscious Mass
- Live Sunday Well
- _____
- _____

MONDAY, APRIL 21

Daily Prayer with Acts 2:14, 22-33

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

THURSDAY, APRIL 24

Daily Prayer with Acts 3:11-26

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
- Walk with One
- Yesterday's Resolution
- Small Things with Great Love
- _____
- _____

CELEBRATE BLESSINGS AND DISCERN WHERE TO GO FROM HERE

We encourage you to continue your daily prayer practice with the daily Mass readings. You can find the daily Mass readings at: bible.usccb.org/readings

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:

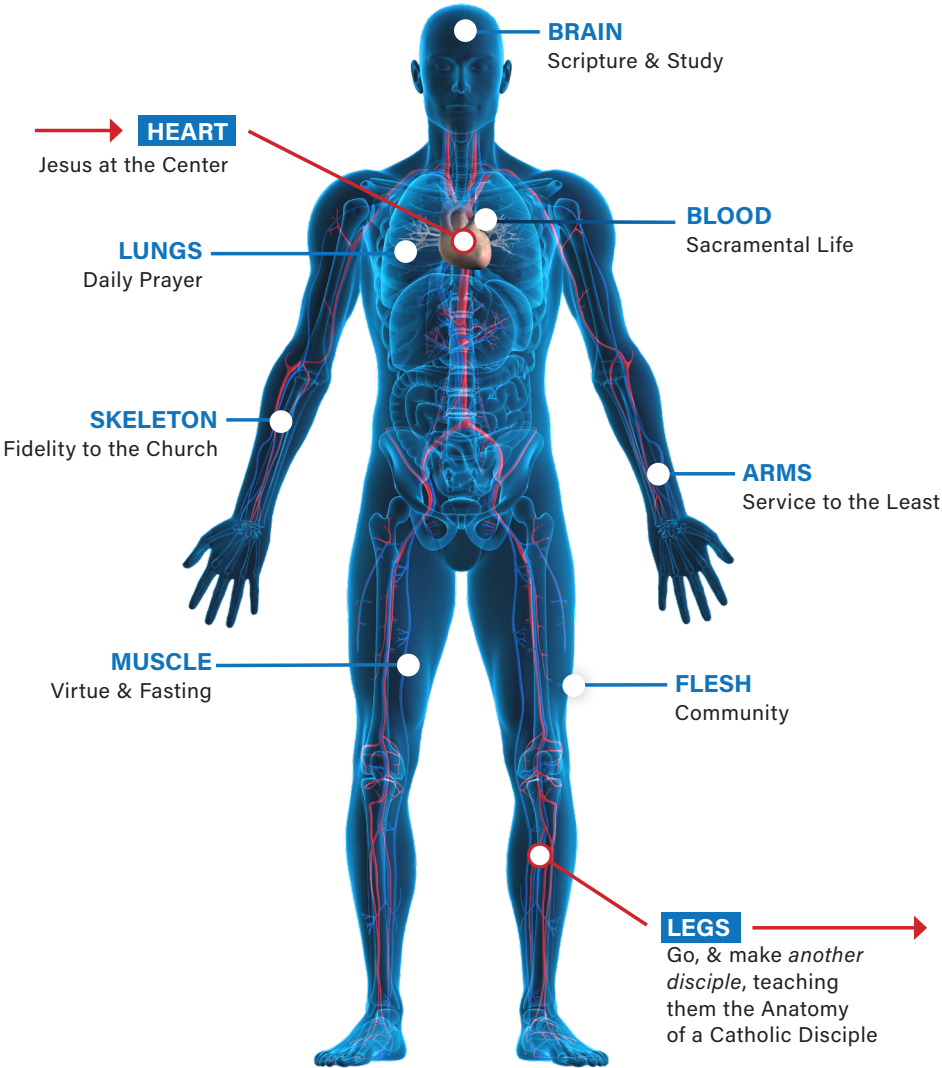
Ways I am celebrating Easter this week include:

Practices I would like to continue include:

What Scriptures will I pray with daily?

What formation will I seek out to continue growing?

THE ANATOMY OF A CATHOLIC DISCIPLE



WALK WITH ONE

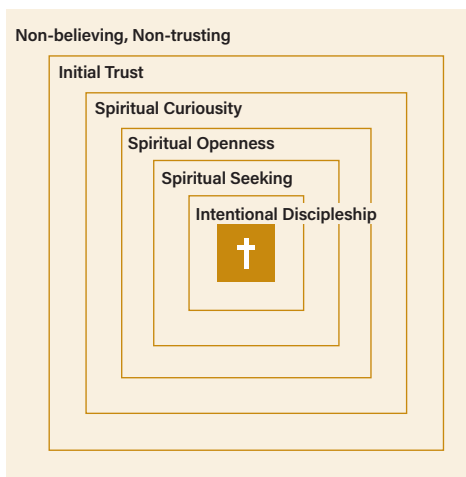
As a daily practice, on most days “Walk with One” looks like praying about and for those you will walk with and “keeping an eye out” for opportunities to love and accompany them well. Here’s how it works:

1. Discern — Ask God to help you know who to walk with.
2. Pray — Pray for this person or family and for the grace to be able to love them well and invite them to the next step on their journey
3. Connect — Be a good friend to this person or family and love them with Christ’s love (You can’t fake this! Ask God to help you love them well.)
4. Invite — When God opens the door, invite them to take their next concrete step toward a deeper relationship with Jesus and the Church. You might invite them to Mass, another event at your parish or a small group.

For more information about Walk With One see eucharisticrevival.org/walk-with-one.



OVERVIEW OF THRESHOLDS OF CONVERSION



Nonbelieving, Nontrusting: "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. If they were Catholic encourage them to make a good confession and return to practicing their faith. If they are not Catholic, encourage them to join your parish's Initiation Ministry (OCIA).

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

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, ongoing 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?

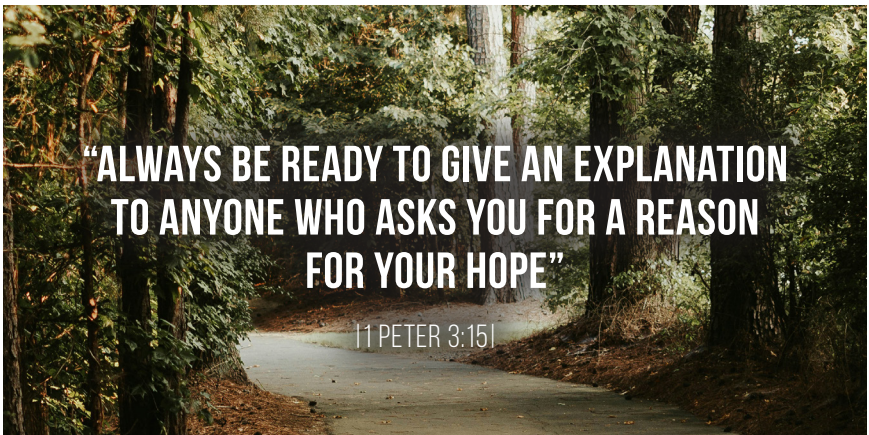
- What happened that helped you turn to the Lord? What did the Lord do?
- What was the crux of why you said “yes” to the Lord?

3) Part Three: Life in Christ

- How has your life been since that encounter/conversion? You are still human, so try not to 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? etc.)
- 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?



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 honoring and protecting 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?



For additional tools to prepare for the Sacrament of Reconciliation, including examinations of conscience for children, teens, and more in-depth examinations for adults see www.archmil.org/Emmaus-pilgrim-2025

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 review 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 in this next day 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 love you more and keep growing in holiness. Our Father... Amen.

Record Your Resolution

Write down in your journal the specific action you resolve to take in the next day.



EMMAUS 90



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