

# *Be Formed*

A 90-DAY DISCIPLESHIP EXPERIENCE  
FOR MEN & WOMEN



SEASON 7  
*Eucharistic Revival*







Welcome to Be Formed!

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

We hope that this is not the only time you journey with us. We intend to offer two 90- day sessions each year.

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

We invite you to use this journal to capture what Christ is putting on your heart as you experience the teachings from Be Formed. As we walk through the readings of the day, we encourage you to use *Lectio Divina* to open your heart and let God speak to you. Then capture what has struck you, where you have noticed God’s presence throughout the day and how you will put what you have learned into practice. This journal will be a good asset to bring to your small group meeting to aid in your discussions and with conversations with your spiritual director, mentor, or guide. We are happy you are on this journey with us, and we encourage you to invite your family and friends.

*Fr. Burke Masters*

Fr. Burke Masters

# Be Formed Commitment Card

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

## SPIRITUAL COMMITMENTS

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

## INTELLECTUAL COMMITMENTS

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

## HUMAN COMMITMENTS

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

## PASTORAL COMMITMENTS

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



# COMMITMENT CARD CHECK-IN LOG

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

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

# Be Formed

## SEASON 7: EUCHARISTIC REVIVAL

### First Night of Reflection

- Week 1:** The Eucharist, Mystery of Faith
- Week 2:** The Eucharist Builds the Church
- Week 3:** The Eucharist is Apostolic
- Week 4:** The Eucharist is Communion
- Week 5:** The Dignity of the Eucharistic Celebration
- Week 6:** At the School of Mary
- Week 7:** The Sacrament of Charity
- Week 8:** The Holy Eucharist, Gift of the Holy Trinity
- Week 9:** The Holy Eucharist and the Sacraments of Initiation
- Week 10:** The Holy Eucharist and the Sacraments of Healing
- Week 11:** The Holy Eucharist and Holy Orders
- Week 12:** The Holy Eucharist and the Sacrament of Holy Matrimony
- Week 13:** The Holy Eucharist and Eschatology

### Second Night of Reflection

### Third Night of Reflection

### Final Night of Reflection

**HOW TO USE THIS WORKBOOK**

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

God bless you!

<b>Section One:</b>	Weekly Topic Pages & Weekly Lectio Divina Pages	9
<b>Section Two:</b>	Weekend Pages	37
<b>Section Three:</b>	Daily Pages	51
<b>Section Four:</b>	Night of Reflection Pages	143
<b>Section Five:</b>	Pages for Prayer Intentions or Notes	149



## SECTION ONE

### Weekly Topic & Weekly Lectio Divina Pages

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

# WEEK 1

## THE EUCHARIST, MYSTERY OF FAITH

**1** Where did you recognize God's presence in your life this week?

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**2** What touched your heart at Mass this week?

---

**3** What struck you from this week's video?

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**4** Pope Paul VI explained that the term Real Presence underlines that the Eucharistic Presence "is a presence in the fullest sense: a substantial presence whereby Christ, the God-Man, is wholly and entirely present." How might reflecting on this reality deepen your participation in the Mass?

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

# LECTIO DIVINA

JOHN 13:1-15

## LECTIO

The word, phrase, or image that stands out to me is:

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## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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## **WEEK 2**

### **THE EUCHARIST BUILDS THE CHURCH**

**1**     Where did you recognize God's presence in your life this week?

---

**2**     What touched your heart at Mass this week?

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**3**     What struck you from this week's video?

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**4**     Reflect on time you spent with Jesus in the Blessed Sacrament. How did you sense the inexhaustible love of the glorious Sacred Heart of Jesus pouring His grace upon you?

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



# LECTIO DIVINA

JOHN 17:18-23

## LECTIO

The word, phrase, or image that stands out to me is:

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## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

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## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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## **WEEK 3**

### **THE EUCHARIST IS APOSTOLIC**

**1**     Where did you recognize God's presence in your life this week?

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**2**     What touched your heart at Mass this week?

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**3**     What struck you from this week's video?

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**4**     Reflect on a time at Mass when the priest led you to appreciate the gift of the Mass by praying so reverently that it struck your heart. How did Christ's presence through the priest touch your heart?

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

# LECTIO DIVINA

LUKE 22:19-20

## LECTIO

The word, phrase, or image that stands out to me is:

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## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

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## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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## WEEK 4

### THE EUCHARISTIC IS COMMUNION

- 1 Where did you recognize God's presence in your life this week?

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- 2 What touched your heart at Mass this week?

---

- 3 What struck you from this week's video?

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- 4 Meditate on the words of *Adoro Te Devote*, found on page 154:  
How does it connect to this week's content?

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

# LECTIO DIVINA

MATTHEW 5:23-24

## LECTIO

The word, phrase, or image that stands out to me is:

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## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

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## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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# WEEK 5

## THE DIGNITY OF THE EUCHARISTIC CELEBRATION

- 1** Where did you recognize God's presence in your life this week?

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- 2** What touched your heart at Mass this week?

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- 3** What struck you from this week's video?

---

- 4** Pay attention to the purification of the sacred vessels after Holy Communion at Mass. What did you notice? What do you conclude about the dignity of the Eucharistic Celebration in the way the priest purified the sacred vessels?

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

# LECTIO DIVINA

MATTHEW 8: 5-13

## LECTIO

The word, phrase, or image that stands out to me is:

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## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

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## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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## WEEK 6

### AT THE SCHOOL OF MARY

- 1 Where did you recognize God's presence in your life this week?

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- 2 What touched your heart at Mass this week?

---

- 3 What struck you from this week's video?

---

- 4 How is Mary's *Magnificat* a prayer of thanksgiving?

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



# LECTIO DIVINA

LUKE 1:46-56

## LECTIO

The word, phrase, or image that stands out to me is:

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## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

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## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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## **WEEK 7**

### **THE SACRAMENT OF CHARITY**

- 1**     Where did you recognize God's presence in your life this week?

---

- 2**     What touched your heart at Mass this week?

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- 3**     What struck you from this week's video?

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- 4**     Pope Benedict XVI reminds us that God expresses His love for us through the Eucharist so that He may spread His love "in us and through us". How is God calling you to be a vessel of His love this week?

---

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

# LECTIO DIVINA

JOHN 15:12-17

## LECTIO

The word, phrase, or image that stands out to me is:

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## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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## **WEEK 8**

### **THE HOLY EUCHARIST, GIFT OF THE HOLY TRINITY**

- 1**     Where did you recognize God's presence in your life this week?

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- 2**     What touched your heart at Mass this week?

---

- 3**     What struck you from this week's video?

---

- 4**     Reflect on the Works of Mercy, found on page 155. How is the Church a sacrament to the world? Who feeds us so we can be a sacrament to the world?

---

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

# LECTIO DIVINA

JOHN 6:32-33, 51

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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## **WEEK 9**

### **THE HOLY EUCHARIST AND THE SACRAMENTS OF INITIATION**

- 1**     Where did you recognize God's presence in your life this week?

---

- 2**     What touched your heart at Mass this week?

---

- 3**     What struck you from this week's video?

---

- 4**     Do you recall your Baptism, Confirmation, and/or First Eucharist? Share a story of how your family's involvement impacted you.

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

# LECTIO DIVINA

MATTHEW 28:16-20

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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## **WEEK 10**

### **THE HOLY EUCHARIST AND THE SACRAMENTS OF HEALING**

- 1**     Where did you recognize God's presence in your life this week?
- 

- 2**     What touched your heart at Mass this week?
- 

- 3**     What struck you from this week's video?
- 

- 4**     This week we learned that the more we contemplate the reality of the true presence of Christ in the Eucharist, the more we realize our need for the Sacrament of Reconciliation. Discuss this with your group.
- 

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



# LECTIO DIVINA

LUKE 5:31-32

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

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## BEFORE BED

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

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# WEEK 11

## THE HOLY EUCHARIST AND HOLY ORDERS

- 1** Where did you recognize God's presence in your life this week?

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- 2** What touched your heart at Mass this week?

---

- 3** What struck you from this week's video?

---

- 4** Pray a Glory Be together in thanksgiving to God for all priests who have passed on the faith to God's people and for all young people as they discern their vocations.

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

# LECTIO DIVINA

1 SAMUEL 3:1-10

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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## WEEK 12

### THE HOLY EUCHARIST & THE SACRAMENT OF HOLY MATRIMONY

**1** Where did you recognize God's presence in your life this week?

---

**2** What touched your heart at Mass this week?

---

**3** What struck you from this week's video?

---

**4** Participation in the Eucharistic Sacrifice allows married couples to be immersed in the love to which they are called. How does this connect to the image of the Church as bride and Christ as the bridegroom?

---

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

# LECTIO DIVINA

EPHESIANS 5:21-33

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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# WEEK 13

## THE HOLY EUCHARIST AND ESCHATOLOGY

**1** Where did you recognize God's presence in your life this week?

---

**2** What touched your heart at Mass this week?

---

**3** What struck you from this week's video?

---

**4** As Catholics, we believe in an eternal tomorrow which we experience each time we participate in the Holy Mass and pray in the presence of the Blessed Sacrament. How does this sacramental world view influence how you live each day?

---

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

# LECTIO DIVINA

EPHESIANS 2:19-22

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

## BEFORE BED

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

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## **SECTION TWO**

### **Weekend Pages**

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

# WEEKEND 1

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LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from the homily today:

---

This week, I will put into action what I have learned from God today by:

---

## WEEKEND 2

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

### CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from the homily today:

This week, I will put into action what I have learned from God today by:

## WEEKEND 3

---

LITURGICAL DATE

---

LITURGICAL SEASON

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LITURGICAL COLOR

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

### CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from  
the homily today:

---

This week, I will put into action what  
I have learned from God today by:

---

# WEEKEND 4

---

LITURGICAL DATE

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LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from the homily today:

This week, I will put into action what I have learned from God today by:

# WEEKEND 5

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from  
the homily today:

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This week, I will put into action what  
I have learned from God today by:

---

# WEEKEND 6

---

LITURGICAL DATE

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LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

The word, phrase, or image that stands out to me is:

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## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

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## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from the homily today:

This week, I will put into action what I have learned from God today by:

# WEEKEND 7

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from the homily today:

This week, I will put into action what I have learned from God today by:



## WEEKEND 8

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LITURGICAL DATE

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LITURGICAL SEASON

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LITURGICAL COLOR

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

### CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from the homily today:

This week, I will put into action what I have learned from God today by:

# WEEKEND 9

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from  
the homily today:

This week, I will put into action what  
I have learned from God today by:

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# WEEKEND 10

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LITURGICAL DATE

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LITURGICAL SEASON

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LITURGICAL COLOR

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from the homily today:

This week, I will put into action what I have learned from God today by:

# WEEKEND 11

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from  
the homily today:

This week, I will put into action what  
I have learned from God today by:

---

# WEEKEND 12

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from the homily today:

This week, I will put into action what I have learned from God today by:

# WEEKEND 13

---

LITURGICAL DATE

---

LITURGICAL SEASON

---

LITURGICAL COLOR

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

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## ORATIO

What does God say in return? Maybe another word, phrase, or image from this Scripture stands out. Maybe it's a different Scripture verse that God places on your heart. Remain in a listening posture even if you do not hear anything yet. God speaks to the heart. If something comes, write it down along with a word of thanksgiving. If nothing came quite yet, write a word of thanksgiving for this time of listening to God.

---

## CONTEMPLATIO

Now simply rest in God's presence. Close your eyes and imagine God looking upon you with great love. Maybe place your head on Jesus' Sacred Heart and listen to the rhythm. Allow yourself to be loved by God. Remain in this posture for the amount of time that seems right for you.

The points that struck me from the homily today:

This week, I will put into action what I have learned from God today by:

## **SECTION THREE**

### Daily Pages

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

# DAY 1

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---



## DAY 2

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 3

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 4

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 5

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 6

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 7

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 8

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 9

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---



## DAY 10

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 11

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 12

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 13

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 14

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 15

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 16

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 17

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---



# DAY 18

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 19

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 20

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 21

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 22

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 23

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 24

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 25

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---



# DAY 26

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 27

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 28

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 29

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

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

**LECTIO**

The word, phrase, or image that stands out to me is:

---

**MEDITATIO**

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

**ORATIO**

Pray the Scripture again. What is God saying to you in response?

---

**CONTEMPLATIO**

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 31

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 32

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 33

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---



# DAY 34

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 35

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 36

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 37

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 38

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 39

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 40

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 41

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---



# DAY 42

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

## DAY 43

---

TODAY'S SCRIPTURE

### LECTIO

The word, phrase, or image that stands out to me is:

---

### MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

### ORATIO

Pray the Scripture again. What is God saying to you in response?

---

### CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 44

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 45

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 46

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 47

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 48

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 49

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---



# DAY 50

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 51

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 52

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 53

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 54

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 55

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 56

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 57

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---



# DAY 58

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 59

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

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

**LECTIO**

The word, phrase, or image that stands out to me is:

---

**MEDITATIO**

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

**ORATIO**

Pray the Scripture again. What is God saying to you in response?

---

**CONTEMPLATIO**

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 61

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 62

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 63

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

---

## ORATIO

Pray the Scripture again. What is God saying to you in response?

---

## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

---

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

---

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

---

# DAY 64

---

TODAY'S SCRIPTURE

## LECTIO

The word, phrase, or image that stands out to me is:

---

## MEDITATIO

Pray the Scripture again. This word, phrase, or image reminds me of, or connects to:

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## ORATIO

Pray the Scripture again. What is God saying to you in response?

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## CONTEMPLATIO

Pray the Scripture again. Sit in God's presence and allow Him to love you.

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

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

---

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

---

# DAY 65

---

TODAY'S SCRIPTURE

## LECTIO

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

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

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

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# DAY 66

---

TODAY'S SCRIPTURE

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

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

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# DAY 67

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TODAY'S SCRIPTURE

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

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

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# DAY 68

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TODAY'S SCRIPTURE

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

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

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

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# DAY 69

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TODAY'S SCRIPTURE

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

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# DAY 70

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TODAY'S SCRIPTURE

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

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

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# DAY 71

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TODAY'S SCRIPTURE

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

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

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# DAY 72

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TODAY'S SCRIPTURE

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

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# DAY 73

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

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# DAY 74

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TODAY'S SCRIPTURE

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

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

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# DAY 75

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TODAY'S SCRIPTURE

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

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

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# DAY 76

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

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

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# DAY 77

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TODAY'S SCRIPTURE

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

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

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# DAY 78

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

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# DAY 79

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

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

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

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# DAY 80

---

TODAY'S SCRIPTURE

## LECTIO

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

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# DAY 81

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

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# DAY 82

---

TODAY'S SCRIPTURE

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

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

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

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# DAY 83

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TODAY'S SCRIPTURE

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

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# DAY 84

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# DAY 85

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# DAY 86

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TODAY'S SCRIPTURE

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

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

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# DAY 87

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

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# DAY 88

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TODAY'S SCRIPTURE

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

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# DAY 89

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TODAY'S SCRIPTURE

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

**LECTIO**

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

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## **SECTION FOUR**

### Night of Reflection Pages

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

## FIRST NIGHT OF REFLECTION

## SECOND NIGHT OF REFLECTION

## THIRD NIGHT OF REFLECTION

## **FOURTH NIGHT OF REFLECTION**





## **SECTION FIVE**

### **Pages for Prayers and Notes**

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

## PRAYER INTENTIONS & NOTES

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## PRAYER INTENTIONS & NOTES

# ADORO TE DEVOTE

ST. THOMAS AQUINAS

O Godhead hid, devoutly I adore Thee,  
Who truly art within the forms before me;  
To Thee my heart I bow with bended knee,  
As failing quite in contemplating Thee.

Sight, touch, and taste in Thee are each deceived;  
The ear alone most safely is believed:  
I believe all the Son of God has spoken,  
Than Truth's own word there is no truer token.

God only on the Cross lay hid from view;  
But here lies hid at once the Manhood too:  
And I, in both professing my belief,  
Make the same prayer as the repentant thief.

Thy wounds, as Thomas saw, I do not see;  
Yet Thee confess my Lord and God to be:  
Make me believe Thee ever more and more;  
In Thee my hope, in Thee my love to store.

O thou Memorial of our Lord's own dying!  
O Bread that living art and vivifying!  
Make ever Thou my soul on Thee to live;  
Ever a taste of Heavenly sweetness give.

O loving Pelican! O Jesu, Lord!  
Unclean I am, but cleanse me in Thy Blood;  
Of which a single drop, for sinners spilt,  
Is ransom for a world's entire guilt.

Jesu! Whom for the present veil'd I see,  
What I so thirst for, O vouchsafe to me:  
That I may see Thy countenance unfolding,  
And may be blest Thy glory in beholding. Amen.

# THE WORKS OF MERCY

## SPIRITUAL WORKS OF MERCY

Instruct the ignorant.  
Counsel the doubtful.  
Admonish sinners.  
Bear wrongs patiently.  
Forgive offenses willingly.  
Comfort the sorrowful.  
Pray for the living and the dead.

## CORPORAL WORKS OF MERCY

Feed the hungry.  
Give drink to the thirsty.  
Shelter the homeless.  
Visit the sick.  
Visit the imprisoned.  
Bury the dead.  
Give alms to the poor.







