

GOD'S CALL AND OUT RESPONSE
Questions & Missions- 10/17/15

TABLE QUESTIONS

- I. Have you ever formulated a spiritual plan of life and followed it? If not, why not? If so, what fruits, both within you and outside of you, came from this response to God in prayer?
- II. Which do you find more difficult: fasting and abstinence, or humble and grateful acceptance of suffering and trials? Offer an explanation for your answer.
- III. How often do you go to the Sacrament of Reconciliation? How often do you believe that you should go?

WEEKLY MISSION:

I- Morning Prayer: Prayer for the Gift of the Holy Spirit

*Holy Spirit, I ask You For the gift of WISDOM—
to better know You and Your divine perfections,
For the gift of UNDERSTANDING—
to clearly discern the Spirit of the mysteries of the holy faith
For the gift of COUNSEL—
that I may live according to the principles of this faith,
For the gift of KNOWLEDGE—
that I may look for counsel in You and that I may always
find it in You,
For the gift of FORTITUDE—
that no fear or earthly preoccupation would ever separate me from You,
For the gift of PIETY—
that I may always serve Your Majesty with filial love,
For the gift of FEAR OF THE LORD—
that I may dread sin, which offends You, O my God.*

II. 30 Minutes of mental prayer:

III. Spiritual Plan of Life (see example on following page):

- A. Develop a spiritual plan of life, or consider how you might revise you present one.
- B. Begin to practice this plan of life.
- C. Reflect upon the spiritual plan of life:
 1. Is it a prudent plan the enable me to fulfill my true responsibilities of life and love?
 2. Am I experiencing interior fruits (peace, self-control, chastity, etc.)?
 3. Do I observe fruits outside of myself?
 4. Does right reason or God's word call me to subtract, add, or change my plan?

IV. Examination of Conscience: Freedom

A. Was my mind:

- 1) *freed for receiving, remembering, and sharing the Gospel in its beautiful truth and goodness, or*
- 2) *enslaved to receive, remember, and share the anti-Gospel in its ugly lies and evil?*

B. Was my heart:

- 1) *freed for holy and loving decisions and actions, or*
- 2) *enslaved for impure and malicious decisions and actions?*

C. Was I in control of my emotions, or my emotions in control of me?

D. Did I take care of my body and treat it as sacred? Did I, instead, idolize my body through vanity, or desecrate it through impurity or unhealthy actions?

ILLUSTRATION: FATHER JACK'S CURRENT DAILY PLAN OF LIFE

I. MORNING:

A. Devotions and Personal Prayers:

1. Angelus/Glory Be
2. Apostleship of Prayer Daily Offering with Pope's Intentions
3. Invocation of Angels:
 - a. Prayer to Guardian Angel
 - b. Prayer to Saint Michael the Archangel
 - c. Petition for protection from Gabriel and Raphael
4. Prayer to Saint John Vianney and Saint Rose of Lima:
(I can't remember the origin of this prayer.)

*My God, grant the conversion of my parish of Saint Monica.
In accordance with you Divine Plan, I am willing to suffer all my life
Whatever it may please you to lay upon me.
May any increase in my suffering, Dear Lord,
Increase Your love in my heart.
Jean Marie, my Patron, and Sweet Rose, my oldest Sister,
Assist your weakest brother. Amen.*

5. Prayer of Saint Therese and prayers to her
6. Saint Monica Prayer
7. Efficacious Novena to the Sacred Heart of Jesus (my intercessions for others)
8. Prayer for Saint Padre Pio's Intercession

B. The Liturgy of the Hours:

1. Invitatory/Office of Reading
2. Morning Prayer

C. Half hour of mental prayer before the Blessed Sacrament focusing on the Scripture readings from Mass of the day

D. Holy Mass (usually either morning or evening):

1. Preparation Prayers
2. Offering of the Holy Sacrifice of the Mass
3. Prayer of Thanksgiving after Holy Mass

E. Rosary (usually while exercising)

II. DURING THE DAY:

A. The Liturgy of the Hours: Daytime Prayer

- B. Angelus at noon
- C. Post-meridian half hour of mental prayer before the Blessed Sacrament focusing on doctrine and in dialogue with Mother Mary
- D. Divine Mercy Chaplet
- E. Liturgy of the Hours: Evening Prayer
- F. Angelus at six

III. AT NIGHT:

- A. Liturgy of the Hours: Night Prayer (Includes examination of conscience)
- B. Night "Word" taken from the Scripture of tomorrow's Holy Mass

Note: Blessing before and after each meal;
weekly reception of Sacrament of Reconciliation