

Be Formed

A 90-DAY DISCIPLESHIP EXPERIENCE
FOR MEN & WOMEN



SEASON 8
Eucharistic Revival





Welcome to Season 8 of Be Formed!

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

Don't worry if you have missed previous seasons of Be Formed. Each season can be taken on its own. We hope that you enjoy this season and continue to journey with us through future seasons of Be Formed.

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

We invite you to use this journal to capture what Christ is putting on your heart as you experience the teachings from Be Formed and pray with the Scriptures. This journal will be a good asset to bring to your small group meeting to aid in your discussions and with conversations with your spiritual director, mentor, or guide. We are happy you are on this journey with us, and we encourage you to invite your family and friends to join us as well.

Buen Camino and God bless you,

Fr. Burke Masters

Fr. Burke Masters

Be Formed Commitment Card

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

SPIRITUAL COMMITMENTS

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

INTELLECTUAL COMMITMENTS

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

HUMAN COMMITMENTS

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

PASTORAL COMMITMENTS

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

COMMITMENT CARD CHECK-IN LOG

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

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

Be Formed

SEASON 8: EUCHARISTIC REVIVAL

- Week 1:** What's Our Story?
- Week 2:** Who is Jesus?
- Week 3:** Am I Saved?
- Week 4:** Why A Church?
- Week 5:** God is with Us
- Week 6:** The Story of the Eucharist
- Week 7:** Bread for the Journey
- Week 8:** The Eucharist and the Virgin Mary & The Eucharist, A Mystery to be Celebrated
- Week 9:** The Structure of the Eucharistic Celebration
- Week 10:** Authentic Participation
- Week 11:** Interior Participation in the Celebration & Adoration and Eucharistic Devotion
- Week 12:** The Eucharistic Form of Christian Life, Everyday Life
- Week 13:** The Eucharist and Moral Transformation, Mission & Conclusion

HOW TO USE THIS WORKBOOK

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

God bless you!

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SECTION ONE

Weekly Topic & Weekly Lectio Divina Pages

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

WEEK 1

WHAT'S OUR STORY?

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 Reflect on God's immense love for you... you are His beloved. How might accepting that you are living in God's love story help you to live out true Christian joy?

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

LECTIO DIVINA

JEREMIAH 29:11-14

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 2

WHO IS JESUS?

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

2 What touched your heart at Mass this week?

3 What struck you from this week's video?

4 What practice or habit can you foster to help make Jesus the center of your life? Consider praying the Act of Spiritual Communion found on page 149.

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

LECTIO DIVINA

MARK 4:35-41

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 3

AM I SAVED?

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

2 What touched your heart at Mass this week?

3 What struck you from this week's video?

4 How does the belief that love himself, Christ Jesus, is as present to you as he was to the people he met in the Sea of Galilee 2000 years ago, lead you to live a fuller and more abundant life?

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

LECTIO DIVINA

MARK 10:46-52

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 4

WHY A CHURCH?

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

2 What touched your heart at Mass this week?

3 What struck you from this week's video?

4 How do your Christian friends both challenge you and help build you up on your faith journey? Share an example of this with your group.

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

LECTIO DIVINA

JOHN 15:5, 7-9, 12-14

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 5

GOD IS WITH US

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

2 What touched your heart at Mass this week?

3 What struck you from this week's video?

4 How has your full and active participation in the Holy Sacrifice of the Mass made a tangible difference in your life?

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

LECTIO DIVINA

JOHN 6:32-35, 47, 51

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 6

THE STORY OF THE EUCHARIST

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

2 What touched your heart at Mass this week?

3 What struck you from this week's video?

4 How does receiving Jesus in the Eucharist help you to appreciate or look forward to the celebration of the Mass?

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

LECTIO DIVINA

LUKE 24:13-16, 27-33

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 7

BREAD FOR THE JOURNEY

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

2 What touched your heart at Mass this week?

3 What struck you from this week's video?

4 What can you do this week to prepare to receive the Eucharist? What is God asking you to bring to the altar to be transformed, like the bread and wine?

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

LECTIO DIVINA

MATTHEW 28:16-20

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 8

THE EUCHARIST AND THE VIRGIN MARY & THE EUCHARIST, A MYSTERY TO BE CELEBRATED

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 Reflect on the motherhood of Mary as both Theotokos (God-bearer) and mother of us all. Pray for her intercession and ask her to present you to her son Jesus as you receive Him in the Eucharist.

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

LECTIO DIVINA

1 CORINTHIANS 11:23-25

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 9

THE STRUCTURE OF THE EUCHARISTIC CELEBRATION

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 Pope Benedict XVI notes that during Mass, the presentation of the gifts "is not to be viewed simply as a kind of interval between the liturgy of the word and liturgy of the Eucharist." Reflect on what it means to bring to the altar all the pain and suffering of the world. What are you bringing to the altar each time you participate in the Holy Sacrifice of the Mass?

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

LECTIO DIVINA

JOHN 1:14-16

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 10

AUTHENTIC PARTICIPATION

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 Active participation requires that our inner disposition fosters a heart reconciled to God. What are some ways that you can live in a spirit of constant conversion?

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

LECTIO DIVINA

GALATIANS 4:1-7

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 11

INTERIOR PARTICIPATION IN THE CELEBRATION & ADORATION AND EUCHARISTIC DEVOTION

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

2 What touched your heart at Mass this week?

3 What struck you from this week's video?

4 How might the act of adoration of the Blessed Sacrament in the monstrance extend the supreme act of adoration which is receiving Jesus in His Body, Blood, Soul and Divinity in the Eucharist? Consider praying the Anima Christi, found on page 150, with your group or in the Lord's presence in adoration.

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

LECTIO DIVINA

EPHESIANS 1:7-12

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 12

THE EUCHARISTIC FORM OF CHRISTIAN LIFE, EVERYDAY LIFE

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 To receive Christ in the Eucharist brings us radical newness. Take some time to reflect on the blessing of being able to take part in the celebration of the Holy Mass and pray for those communities that lack the presence of a Catholic priest.

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

LECTIO DIVINA

JOHN 6:54-58

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

WEEK 13

THE EUCHARIST AND MORAL TRANSFORMATION, MISSION & CONCLUSION

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 Christ's love that we receive in the Eucharist is not something that we can keep to ourselves. How are you being called today to offer witness to God's love?

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

LECTIO DIVINA

REVELATION 21:1-7

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

SECTION TWO

Weekend Pages

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

WEEKEND 1

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 2

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 3

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 4

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 5

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 6

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 7

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 8

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 9

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 10

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 11

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 12

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

WEEKEND 13

LITURGICAL DATE

LITURGICAL SEASON

LITURGICAL COLOR

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

Points that struck me from today's homily:

How I will take action this week:

SECTION THREE

Daily Pages

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

DAY 1

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 2

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 3

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 4

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 5

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 6

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 7

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 8

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 9

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 10

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 11

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 12

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 13

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 14

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 15

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 16

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 17

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 18

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 19

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 20

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 21

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 22

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 23

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 24

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 25

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 26

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 27

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 28

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 29

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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REMINDER: Log progress in the Commitment Card (pg. 4)

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 31

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 32

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 33

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 34

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 35

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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DAY 36

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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DAY 37

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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DAY 38

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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DAY 39

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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DAY 40

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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

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DAY 41

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 42

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 43

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 44

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 45

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 46

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 47

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 48

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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DAY 49

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 50

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 51

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 52

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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DAY 53

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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DAY 54

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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DAY 55

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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DAY 56

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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DAY 57

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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DAY 58

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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

DAY 59

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 61

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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

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DAY 62

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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DAY 63

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 64

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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DAY 65

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 66

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 67

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 68

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 69

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 70

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 71

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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DAY 72

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 73

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 74

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 75

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

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DAY 76

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

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DAY 77

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LECTIO

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DAY 78

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

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DAY 79

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

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DAY 80

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

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LECTIO

MEDITATIO

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CONTEMPLATIO

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DAY 82

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

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DAY 83

TODAY'S SCRIPTURE

LECTIO

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ORATIO

CONTEMPLATIO

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DAY 84

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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DAY 85

TODAY'S SCRIPTURE

LECTIO

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ORATIO

CONTEMPLATIO

VIDEO Points that struck me from Father Burke's Scripture video:

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DAY 86

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LECTIO

MEDITATIO

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DAY 87

TODAY'S SCRIPTURE

LECTIO

MEDITATIO

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CONTEMPLATIO

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DAY 88

TODAY'S SCRIPTURE

LECTIO

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DAY 89

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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

PRAYER INTENTIONS & NOTES

PRAYER INTENTIONS & NOTES

PRAYERS FOR USE WITH SMALL GROUPS

PRAYER TO BEGIN A *Be Formed* MEETING

Heavenly Father, we thank you and praise you for the graces and blessings of this day.

We thank you for each member of this small group.

Open our hearts that we may know your infinite love for us.

Open our minds that we may learn something new about you.

Help us to remember the graces of this week.

Help us to listen attentively to one another.

Help us take one step closer to You today.

We ask this through Christ our Lord.

Amen.

PRAYER TO END A *Be Formed* MEETING

Heavenly Father, we thank you for the graces of this meeting.

You have heard the petitions we've voiced out loud,
and you know those we hold in the silence of our hearts.

We entrust them to your providential care.

Mother Mary, please wrap your mantle of protection around us and our families.

Pray for us, that we may stay close to your Son Jesus.

We ask all this through Christ our Lord.

Amen.

ACT OF SPIRITUAL COMMUNION

SAINT ALPHONSUS LIGUORI

My Jesus, I believe that You are present in the Most Blessed Sacrament.

I love You above all things,

and I desire to receive You into my soul.

Since I cannot now receive you sacramentally,

come at least spiritually into my heart.

I embrace You as if you were already there,

and I unite myself wholly to You.

Never permit me to be separated from You.

ANIMA CHRISTI

SAINT IGNATIUS OF LOYOLA

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
That with your saints I may praise you
For ever and ever.
Amen.

*Anima Christi, sanctifica me.
Corpus Christi, salva me.
Sanguis Christi, inebria me.
Aqua lateris Christi, lava me.
Passio Christi, conforta me.
O bone Jesu, exaudi me.
Intra tua vulnera absconde me.
Ne permittas me separari a te.
Ab hoste maligno defende me.
In hora mortis meae voca me.
Et iube me venire ad te,
Ut cum Sanctis tuis laudem te.
In saecula saeculorum.
Amen.*

HOW TO PRAY THE ROSARY

1. Make the *Sign of the Cross*.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*.
6. For each of the five decades, announce the Mystery on the first bead...

Sunday & Wednesday: Glorious Mysteries

Monday & Saturday: Joyful Mysteries

Tuesday & Friday: Sorrowful Mysteries,

Thursday: Luminous Mysteries)

...then say the *Our Father*.

7. On each of the following ten beads, say a *Hail Mary* while meditating on the Mystery. Then say a *Glory Be*.

(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*)

8. After saying the five decades, say the *Hail, Holy Queen*, followed by this dialogue and prayer:

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

9. Conclude the Rosary with the *Sign of the Cross*.

There are many resources available online to help guide you through praying the Mysteries of the Rosary such as: <https://www.usccb.org/how-to-pray-the-rosary>

HOW TO PRAY THE DIVINE MERCY CHAPLET

1. Make the *Sign of the Cross*.

2. Pray the opening prayer:

*You expired, Jesus, but the source of life gushed forth for souls,
and the ocean of mercy opened up for the whole world.*

*O Fount of Life, unfathomable Divine Mercy,
envelop the whole world and empty yourself out upon us.*

3. Repeat three times:

*O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy
for us, I trust in you!*

4. Say a *Hail Mary*.

5. Say the *Apostles Creed*.

6. For each of the five decades:

On each “Our Father” bead of the rosary, pray:

*V. Eternal Father, I offer you the Body and Blood, soul and divinity of your
dearly beloved Son, our Lord Jesus Christ,*

R. in atonement for our sins and those of the whole world.

On each of the 10 “Hail Mary” beads, pray:

V. For the sake of his sorrowful Passion,

R. have mercy on us and on the whole world.

7. Repeat three times:

*Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole
world.*

8. Pray the Closing Prayer:

*Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible,
look kindly upon us and increase your mercy in us, that in difficult moments we might
not despair nor become despondent, but with great confidence submit ourselves to
your holy will, which is Love and Mercy itself. Amen.*

9. Conclude with the *Sign of the Cross*.

Contact Us

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beformed2020@gmail.com

JIM ELLIAS

Lifelong Lay Formation Lead

(815) 221-6134

jelias@dioceseofjoliet.org

BE FORMED ADVISORY TEAM

Fr. Burke Masters

Mary Buddig

Rick Erwin

Peggy Smego

Marta Spiezio

Kyle Stern

Pathway of Missionary Discipleship



