

LENTEN PRAYER STUDY

INTO YOUR HANDS, FATHER



MIDDLES RESOURCE GUIDE

2024

This Middles Resource Guide is designed for High School and Middle Schoolers. The book is not needed to complete this guide.

This guide is written by Sara Racicot summarizing the book Into Your Hands, Father by Fr. Wilfrid Stinissen. and goes along with the Parish Lenten Study designed for adults based on the same book.

Contact Sara Racicot at dandelioneyesstudio@gmail.com with questions or for speaking requests for this study.

Prayer of Abandonment

Father, I abandon myself into Your hands; do with me what You will. For whatever You may do I thank You. I am ready for all, I accept all. Let only Your will be done in me as in all Your creatures. I wish no more than this, O Lord. Into Your hands I commend my soul. I offer it to You with all the love of my heart. For I love You, my God, and so need to give myself, to surrender myself into Your hands, without reserve, and with boundless confidence, for You are my Father.

Brother Charles of Jesus (1858-1916)



Using this Study for Varying Ages

The guide, as it is, can be used for students as low as 6th or 7th grade depending on their level of commitment, reading level, and maturity. However, here are options on how to use the guide to cater it to once a week use, for even younger use, and for a teacher's classroom use.

Option One: Once a Week Surrender Study

Week One: Ash Wednesday-Saturday:

Use Ash Wednesday's material and Saturday's Pirate Prayer.

Week Two:

Use Week Two First Sunday of Lent Material

Week Three:

Use Week Two Monday Material

Week Four:

Use Week Two Tuesday Material

Week Five:

Use Week Two Wednesday Material

Week Six:

Use Week Two Thursday Material

Week Seven:

Use Week Two Friday Material

Using this Study for Varying Ages

Option Two: Simplified Daily

Only use the “Prayer” portion of each day.

*Week 3 will require some pre-reading to decide how to approach praying through memories with younger students. One method is having younger students take a blank sheet of paper and turn it horizontal. Fold the paper in half down the middle, vertically. On the left side of the paper have students doodle a memory that was tough or they feel ashamed of when they think of it. Have them draw where they think Jesus was in this memory or in the room and what they think He was doing at that moment. When all are finished, introduce to them the Voice of God concepts found on Tuesday Week 3. Allow them to pray with the memory and imagine where God was in the room of that memory. Now, have them redraw the memory placing Jesus in the room again but this time where they found He was through prayer.

Week 1: Ash Wednesday

Surrender

The theme of this Lenten guide is surrender. **Surrender is handing your life and everything in it into the hands of the Father.** This study will help you understand what that looks like, what it means, and why we should do it.

What is something that Jesus is asking you to place in the Father's hands this Lent? Write it here:

Commit to praying with this throughout Lent. (Ask the Lord for the grace to surrender. Ask Him where He is in the situation).

What are ways you can begin to do this during Lent? Circle which ones you want to commit to or write other ideas below the list.

- Read this guide every day.
- Answer the reflection questions.
- Attend Cor Ad Cor at St. Joseph's in Lincoln
- Commit to the Pirate Prayer Method Daily (see 'appendices')
- Morning Offering, Night Offering (see 'appendices')
- Pray the prayer written by Brother Charles of Jesus daily (on the next page)
- Offering the Litany of Trust (see the 'appendices')
- Surrendering time to Jesus through a commitment of prayer, attending Mass, Adoration, a small group study, going to Confession
- Surrendering through fasting
- Surrendering time, treasure, and talent through almsgiving and acts of corporal/spiritual works of mercy
- Pray with the scripture option each day. (Pray with the passage listed each day. See "praying with scripture" in the appendices for help.)

Week 1: Thursday

Prayer of Abandonment

Father, I abandon myself into Your hands; do with me what You will. For whatever You may do I thank You. I am ready for all, I accept all. Let only Your will be done in me as in all Your creatures. I wish no more than this, O Lord. Into Your hands I commend my soul. I offer it to You with all the love of my heart. For I love You, my God, and so need to give myself, to surrender myself into Your hands, without reserve, and with boundless confidence, for You are my Father.

Brother Charles of Jesus (1858-1916)

When you pray this prayer, what parts feel difficult to say?
Notice these parts and tell Jesus.

Week 1: Friday

The Litany of Trust

Pray the Litany of Trust below and notice the parts that are harder to pray. Keep in mind the line in this prayer “That You will teach me to trust You...” and surrender any lack of trust to Jesus.

Deliver me, Jesus

From the belief that I have to earn Your love...
From the fear that I am unlovable...
From the false security that I have what it takes...
From the fear that trusting You will leave me more destitute...
From all suspicion of Your words and promises...
From the rebellion against childlike dependency on You...
From refusals and reluctances in accepting Your will...
From anxiety about the future...
From resentment or excessive preoccupation with the past...
From restless self-seeking in the present moment...
From disbelief in Your love and presence...
From the fear of being asked to give more than I have...
From the belief that my life has no meaning or worth...
From the fear of what love demands...
From discouragement...

*Written by Sister Faustina
Maria Pia, Sister of Life*

Jesus, I trust in You

That You are continually holding me sustaining me, loving me...
That Your love goes deeper than my sins and failings, and transforms me...
That not knowing what tomorrow brings is an invitation to lean on You...
That you are with me in my suffering...
That my suffering, united to Your own, will bear fruit in this life and the next...
That You will not leave me orphan, that You are present in Your Church...
That Your plan is better than anything else...
That You always hear me and in Your goodness always respond to me...
That You give me the grace to accept forgiveness and to forgive others...
That You give me all the strength I need for what is asked...
That my life is a gift...
That You will teach me to trust You...
That You are my Lord and my God...
That I am Your beloved one...

Week 1: Saturday

Reflect Back

Look back on this week. What stood out to you most this week? Bring it to Jesus and pray with the prayer method below.

Pirate Prayer Method: ARRR (Prayer Aid)

Acknowledge:

- Acknowledge He is looking at you and delights in you.
- Acknowledge what is happening in your heart at this time. Acknowledge what is coming up.
- Don't make judgements about what is there; just acknowledge it.

Relate it to Jesus:

- Jesus, I am _____ right now.
- Don't dress it up just say it to Jesus, simply give it to Him.

Receive from the Lord:

- Can be most difficult step.
- He desires to say something to you. It is unique to you. He speaks to you only how He speaks to you.
- He can speak through:
 - Thoughts
 - Interrupting a way of thinking
 - What's happening in your heart
 - Scripture passage or words that come up in your mind.

Respond back to Him in love:

- Say: Thank you for looking at me. I know you love me.
- Thank Him for what you have received.

(adapted from a prayer method developed by the Institute for Priestly Formation)

Week 1

Notes

Week 2:

1st Sunday of Lent

Surrender Suffering & Difficulty

It may not surprise you to hear that surrendering (handing over your life and everything in it to the hands of the Father) can be difficult for lots of reasons. The first thing we are asked to give God this Lent is our suffering and difficulty.

Pray: Choose a suffering, evil, or difficulty in your own life. When you call it to mind, feel the feelings that come with it. Name the suffering or difficulty and say: “Father, I surrender _____ into your hands.” Let the Holy Spirit guide your imagination and note what the Father does to this suffering or difficulty. Does He touch it? Take it? Pour light on it? Note what He does. Thank the Father for His love.

Helpful Notes:

It is important to remember when seeking to hand over suffering and difficulty that God’s goodness is contagious and nothing falls outside of His love. He can even use evil that he has permitted to work for the glory of God.

It is also important to know that Jesus has baptized your suffering with His own. This means: Suffering doesn’t ruin us or signify a lack of love from the Father. Suffering is not in vain! It has redemptive power!

Week 2:

1st Sunday of Lent

Pray with Scripture Lk 22: 41-45 OR Romans 8:28, 31-32
(use the Praying with Scripture Tips in the Appendices)

Questions: What is your natural reaction when faced with suffering? What areas of your life are difficult to believe God is going to make work for good? How does it feel to say the words with Jesus: "Not my will but yours be done."?

Week 2: Monday

Surrender Everything

Today our challenge is to surrender to God in everything. Do you agree with this statement? "Contact with God is often reduced to a few moments in our days/weeks/lives but then the rest of life is godless."

The truth is "We do not need to go long distances or buy a compass to find the right way. God is in our everyday reality: our parents, our body with its health or sickness, our gifts, our limitations, our riches, our poverty, and our high or low IQ."
(excerpts from [Into Your Hands, Father](#))

In Genesis, Jacob has a dream of a ladder with angels coming and going from Heaven to Earth and he proclaims: "Surely the Lord is in this place; and I did not know it...How awesome is this place!" Gen 28:16

Pray: Choose an aspect, part of your day, or category of your life that feels godless. Imagine yourself in that place. Pray "Surely the Lord is in this place; and I did not know it." Allow the Holy Spirit to help you imagine Jesus in this place with you or to imagine Jacob's Ladder in this place with angels and saints. Sit in this place with Jesus, the angels, and saints. Pray "How awesome is this place!" and "Father, I surrender everything, every moment, all at once, to you."

Questions: Do you recognize God's will in everything that happens? What aspects of your life are hard to believe are a part of His will? How do you reduce God to a few moments in your day or week?

Week 2: Tuesday

Surrender Others and External Factors

Today we are asked to surrender, or hand over, others and external situations to the Father. We may sometimes blame outside things for why we are not holier, happier, or better. We may blame others, no support, bad teachers, bad friends, stress, homework, etc. for our struggles with holiness. But in Romans 8:35-39 we hear that nothing, nothing at all, can separate us from the love of Christ.

Today, we are invited to see how all things and all people, especially the things and people we think hinder us from closeness to God can actually bring us closer to Him. St. John of the Cross even tells us to think of others who frustrate us, annoy us, or irritate us, as God's artisans, who, even with their faults, help to fashion us into the work of art God desires. Their habits and qualities that we find most troublesome may be what is chipping away at our impatience, or sanding down our pride, or building up our determination.

Pray: Choose a person, situation, or irritation you have in your own life. Feel the feelings this brings up. Allow the Holy Spirit to help you imagine handing it over to the Father. Speak honestly to the Father about this person, situation, or irritation. Thank the Father for accepting your surrender and make an act of trust. Pray "Nothing will separate me from you."

Pray with Scripture: Romans 8: 35-39

Questions: What do you blame when you struggle to improve in your faith? How can you see irritations forming you to become holier? What happens when you surrender your external obstacles to God?

Week 2: Wednesday

Surrender Our Faults

Today, we bring the Father our own faults. We surrender them to His love. This is often the most difficult thing to surrender. We often cling to our faults, fears, doubts, and weaknesses. We study our faults and dwell on them. Today we are asked to despise our faults and abandon ourselves, faults and all, entirely to God.

Consider manure. It's stinky and disgusting. But, manure is valuable. Manure is used and spread over fields and gardens to produce fertile soil that produces great fruits, better fruits than if no manure was used. Your faults can feel so shameful, even stinky and disgusting like manure. But, to God, even as you struggle to correct your faults, they are valuable and worthy of being surrendered to the Father. He can use even your faults. He desires all of you, the manure included.

Pray: Allow yourself to name a fault of yours of which you may be ashamed. Feel the feelings that come with calling to mind this fault. Name it and hand it to the Father. Pray, "into your hands, Father, I lay down _____." Allow the Father to see, touch, and love you as you are, faults included. Note how this feels to hand over your faults. Thank the Father for this time.

Questions: What faults of yours are most difficult to surrender? What faults of yours do you feel you need to fix yourself? How did it feel allowing God to see you, faults and all?

Week 2: Thursday

God is Active

Today, we reflect on our lives with the lens that EVERYTHING is an effort of God to try to bring us to Him. Everything is a part of this mission of His. You have a tireless, relentless God who will do ANYTHING, try ANY method, to bring you to Him. Some things in your life that He allows may seem cruel or against this idea, but everything is to help us come to Him. Sometimes God may even seem to withdraw or permit struggle so we are not more in love with our love for Him than in love with Him.

Listen to *Reckless Love* by Cory Asbury and reflect on these lyrics:

*Oh, the overwhelming, never-ending, reckless love of God
Oh, it chases me down, fights 'til I'm found, leaves the ninety-nine
I couldn't earn it, and I don't deserve it, still, You give Yourself away
Oh, the overwhelming, never-ending, reckless love of God, yeah*

*There's no shadow You won't light up
Mountain You won't climb up
Coming after me
There's no wall You won't kick down
Lie You won't tear down
Coming after me*

Pray: Ask the Holy Spirit to help you use your imagination to see Jesus as active in your life. Imagine a common moment in your life (sitting at school, driving, hanging out with your friends). Imagine Jesus in one of those moments. What is He doing? How is He active? Pray “Jesus, help me to see how hard you are always working to bring me to you. Help me to see that you never give up.”

Questions: How do you see God active in your life? What did you learn about the heart of Jesus in today’s reflection?

Week 2: Friday

Surrender and Peace

Today, we focus on the peace that is found in letting go. Read what Fr. Wilfrid Stinissen writes in his book, [Into Your Hands, Father](#) and see if you relate to the energy and stress it takes to find peace before you surrender to God.

The one who willingly lets himself be led by God walks on a very straight path. He saves an infinite amount of time and trouble. Most Christians invest a great deal of their energy resisting God. As soon as we stop struggling, an unbelievable amount of energy is released. We suddenly move at a much quicker pace and are much happier. Resistance to life and its circumstances creates an inner cramp, which is the main and most significant reason for people's unhappiness. If this cramp disappears, everything becomes much easier. There is no longer any possibility of frustration. Frustration comes when we do not get what we think we need, when what we expect does not happen. Those who trust that God is guiding everything can never be frustrated. If they do not get a certain thing, they know they do not need it. If something they have waited for does not happen, they conclude that it is not meant for them. They are not disappointed, because everything is just as it should be; not in itself; far from it, but as the environment they are to live in, "a divine environment."

St. Therese tells us: "Yes, all is well when one seeks only the will of Jesus." She used to walk with her father looking at the stars as she went. Because she held his hand and trusted her father to lead her, she could look at the stars freely, walk steadily, and be led on an extraordinary adventure without a care in the world. We are called to be like this with God the Father so that we can live freely, walk steadily, and be led on an extraordinary adventure. St. John Paul II even tells us: "Life with Christ is an adventure."

Week 2: Friday

We end this day's reflection with an important question: "If we dare not walk hand in hand with God, whose hand shall we choose?"

Pray: Imagine you are on an adventure, walking hand in hand with the Father, able to look at the mountains, the stars, the scene all around you, as you walk guided by the hand of the Father who leads you. Now, imagine you let go of His hand. Feel the feelings that come with that. Look to see how He offers His hand back. Take it and feel the feelings that come with it. Thank Him for leading you.

Pray with Scripture: Deuteronomy 31:8

Questions: In what ways do you create frustration or disappointment for yourself with expectations outside of your control? Do you feel like you lead God or let God lead you more? When you do not walk hand in hand with God whose hand do you choose to walk with instead?

Week 2: Saturday

Reflect Back

Look back on this week. What stood out to you most this week? Bring it to Jesus and pray with the prayer method below.

Pirate Prayer Method: ARRR (Prayer Aid)

Acknowledge:

- Acknowledge He is looking at you and delights in you.
- Acknowledge what is happening in your heart at this time. Acknowledge what is coming up.
- Don't make judgements about what is there; just acknowledge it.

Relate it to Jesus:

- Jesus, I am _____ right now.
- Don't dress it up just say it to Jesus, simply give it to Him.

Receive from the Lord:

- Can be most difficult step.
- He desires to say something to you. It is unique to you. He speaks to you only how He speaks to you.
- He can speak through:
 - Thoughts
 - Interrupting a way of thinking
 - What's happening in your heart
 - Scripture passage or words that come up in your mind.

Respond back to Him in love:

- Say: Thank you for looking at me. I know you love me.
- Thank Him for what you have received.

Week 2

Notes

Week 3:

2nd Sunday of Lent

Surrendering Our Past and Memory

This week, we are surrendering the things in our past we often call wounds. Our wounds are moments from our past that still hurt when remembered and that still cause reactions when we are reminded of them.

It can be challenging, and scary to go back in our memories and surrender our wounds. Prepare for this week by praying again the Litany of Trust.

Deliver me, Jesus

From the belief that I have to earn Your love...
From the fear that I am unlovable...
From the false security that I have what it takes...
From the fear that trusting You will leave me more destitute...
From all suspicion of Your words and promises...
From the rebellion against childlike dependency on You...
From refusals and reluctances in accepting Your will...
From anxiety about the future...
From resentment or excessive preoccupation with the past...
From restless self-seeking in the present moment...
From disbelief in Your love and presence...
From the fear of being asked to give more than I have...
From the belief that my life has no meaning or worth...
From the fear of what love demands...
From discouragement...

Jesus, I trust in You

That You are continually holding me sustaining me, loving me...
That Your love goes deeper than my sins and failings, and transforms me...
That not knowing what tomorrow brings is an invitation to lean on You...
That you are with me in my suffering...
That my suffering, united to Your own, will bear fruit in this life and the next...
That You will not leave me orphan, that You are present in Your Church...
That Your plan is better than anything else...
That You always hear me and in Your goodness always respond to me...
That You give me the grace to accept forgiveness and to forgive others...
That You give me all the strength I need for what is asked...
That my life is a gift...
That You will teach me to trust You...
That You are my Lord and my God...
That I am Your beloved one...

*Written by Sister Faustina
Maria Pia, Sister of Life*

Week 3: Monday

Surrendering our Past to the Holy Spirit

When we surrender our pasts, wounds and all, to the Holy Spirit, He will do things that may feel impossible right now. Read below and notice which points excite you that the Holy Spirit could do in your own memory. Bring these to the Holy Spirit, saying, "Spirit, I trust You."

The Holy Spirit will

Reveal that He was always with you.

- Reveal that the Father was present in all that you have experienced and help you to believe that.
- Show you God was carrying you when you thought you were faltering.
- Show you that the Father surrounded you with His love when you thought you were abandoned.
- Help you to see the reality and not just the fragment.
- Show you that Jesus can truly say "I am with you."
 - He has experienced and suffered all of it with you. "Everything that wounds you has wounded him first."
 - He suffers it SO THAT you can never think that He doesn't know.
- Give you power so that "every time a painful memory comes back, you can, so to speak, welcome it in Jesus' name. All your memories are also his memories, and your wounds are his wounds."
- Remind you of the words He says to you in Isaiah 43:1-2,5

Heal your past.

- Create your past anew. Receive a completely new past.
- Go back in time and transform the very moment you were hurt into a moment of grace.
- Heal all wounds and transform sorrow to joy.
- Enable us to show Him our wounds and pray: "In your wounds hide me" and eventually we will say "by his wounds you have been healed" (1 Pet 2:24).
- Give us a healthy memory that does not forget the past but remembers it as God remembers it and know it is more His past than ours.

Week 3: Tuesday

Becoming Familiar with God's Voice

Before praying through a wound or memory, become familiar with God's voice by reading through the chart below.

Pray: Thank God for His voice. Bring Him any relief you feel as you realize what His voice is NOT. Notice any times in your life where you believed His voice was one of the qualities on the right hand side of the chart. Allow yourself to listen to God's voice in whatever quality stands out to you the most today from the left hand side of the chart. Example: Pray, "Thank you for reassuring me. Free me from the belief that you will condemn me."

Listening and Hearing the Voice of God

God's Voice	Satan's Voice
Stills you	Rushes you
Leads you	Pushes you
Reassures you	Frightens you
Enlightens you	Confuses you
Encourages you	Discourages you
Comforts you	Worries you
Calms you	Obsesses you
Convicts you	Condemns you
God is never early and He is never late. He is always right on time and His plans for you are good. God is a God of love and order.	If the voice you are hearing doesn't sound like goodness, love, and order, then it is not from God.

Week 3: Wednesday

Pray Through Past Memories

Use the method below to pray through a past memory. Remember the Lord is gentle and loving. As you pray, revisit points about what the Holy Spirit can do as you pray through these memories and what the voice of God really sounds like. Remember, all condemnation, fear, and discouragement is not from God.

Pray through Past Memories Surrender your past to the Holy Spirit.

- Choose a memory you want to surrender to God OR ask the Holy Spirit to reveal a memory you need to surrender.
- Invite the Holy Spirit to move and work in you.
- Imagine yourself back in the moment. Use your senses and be detailed.
- Call to mind that Jesus was present in that moment. Acknowledge Him next to you.
- Pay attention to how Jesus seems. What is He doing? What is He saying? How is He looking at you? (See appendices for how God speaks and how we can listen.)
- Ask Him to transform your experience of pain into an experience of grace; tell Him you want to remember your past as He remembers it.
- Conclude your prayer with gratitude for His presence and His faithfulness.
- Go back to this memory as often as you feel called to or if it stays on your mind. God often heals slowly and over time. Be patient and persevere.

Other Resources

- "Be Healed" by Dr. Bob Schuchts
- John Paul Healing Center: <https://jpiihealingcenter.org>
- "Interior Freedom" by Fr. Jacques Philippe
- **Counseling and therapy can help heal, especially these local Catholic Counselors:**

www.restorationpsych.com, www.immaculateheartcounseling.org, Evan Divis at Revelations Psychotherapy, www.holyfamilycounseling.org

Week 3: Thursday

Pray Through Past Memories

Revisit your prayer from yesterday. Enter back into prayer and surrender your memory to Him once again.

Pray with Scripture: Isaiah 43:1-2,5

Questions: Where is Jesus in the room in your memory? What is He doing? How does he interact with you?

Week 3: Friday

Pray Through Past Memories

Revisit your prayer from yesterday. Enter back into prayer and surrender your memory to Him once again.

Pray with Scripture: 1 Pet 2:24

Questions: Where is Jesus in the room in your memory? What is He doing? How does he interact with you?

Week 3: Saturday

Reflect Back

Look back on this week. What stood out to you most this week? Bring it to Jesus and pray with the prayer method below.

Pirate Prayer Method: ARRR (Prayer Aid)

Acknowledge:

- Acknowledge He is looking at you and delights in you.
- Acknowledge what is happening in your heart at this time. Acknowledge what is coming up.
- Don't make judgements about what is there; just acknowledge it.

Relate it to Jesus:

- Jesus, I am _____ right now.
- Don't dress it up just say it to Jesus, simply give it to Him.

Receive from the Lord:

- Can be most difficult step.
- He desires to say something to you. It is unique to you. He speaks to you only how He speaks to you.
- He can speak through:
 - Thoughts
 - Interrupting a way of thinking
 - What's happening in your heart
 - Scripture passage or words that come up in your mind.

Respond back to Him in love:

- Say: Thank you for looking at me. I know you love me.
- Thank Him for what you have received.

Week 3

Notes

Week 4:

3rd Sunday of Lent

Jesus' surrender on the cross

"Into your hands, Father, I commend my spirit." This came as a fruit of obedience "obedient unto death, death on a cross." Obedience is a hard word for most of us. It brings up a lot of thoughts and feelings, and even groans. But, obedience is necessary in order to live totally surrendered to God and His goodness.

Pray: Take the feelings and thoughts you have about obedience to the hands of the Father. Tell Him your hesitations about being obedient. Show Him the things you may be afraid of losing if you are obedient to Him. Notice how He seems as you discuss this with Him. Even with hesitation you can hand over your obedience to Him. Pray: "Father, I give you my obedience." Trust that He will help you become more obedient to Him.

Scripture to Pray with: Philippians 2:5-8

Questions: What does the word obedience make you feel or think? How can you be obedient to God daily? Why does God need our obedience?

Week 4: Monday

Obedience in Every Moment

As we read yesterday, obedience is required for surrender. While obedience can be difficult, we have a perfect model of obedience in Mary. Mary was completely in sync with the Holy Spirit at all times and always responded to God with a 'yes'. We can seek to have this attitude as well, knowing that all moments are holy, and no moments are empty or forgotten by God.

To do this, practice today repeating, "Let it be done to me according to your word" or "do whatever He tells you" as moments come up that you have to do something you don't want to do (homework, listening to a teacher or parent, doing a chore, being kind to someone that annoys you). Ask Mary to help you, be with you, or say the words into your ear throughout the day.

Pray with Scripture: Lk 1:38 "Behold, I am the handmaid of the Lord, let it be done to me according to your word." Jn 2:5 "Do whatever He tells you."

Questions: How does obedience in moments like those mentioned above result in a change of your response to them? How does obedience make life easier?

Week 4: Tuesday

Obedience in Three Duties

Today we can examine how we must surrender our obedience to three duties:

1. What we must do: the commands of God and the Church
2. What providence allows and we accept
3. All the Holy Spirit inspires us to do

Pray with Scripture: 1 John 5:3

Questions: Which of these three duties are easiest for you to obey? Which are most difficult? What is one teaching or commandment that you most struggle with and how can you surrender that to the Father's hands? In what ways does obedience to these three duties make life more peaceful?

Week 4: Wednesday

Obedience to the Fire Within

“Yes, truly out of the fire. The Spirit is a fire within us. If we have never experienced or at least suspected that we have a fire in us, it will not surprise us that we do not hear his voice.”

As a baptized Christian, you have God living within your soul. You can seek Him, speak to Him, and be with Him there. St. Teresa of Avila calls this your Interior Castle, I call it the Chapel within, some call it their Heart Room.

Pray: Find a comfortable place where you are relaxed, free from distractions, and able to focus. Practice being silent. Ask the Holy Spirit to help you to enter into your Chapel within. Imagine what yours looks like. Imagine how it feels to be in a room inside of your soul with Jesus. How does He seem? Does He say anything to you? Revisit this chapel within often.

Pray with Scripture: Deuteronomy 30:10-14

Questions: Is it difficult for you to be silent or to experience silence? What do you feel yourself grasping for when you try to be silent? (Phone, anxiety, distraction?) Have you ever met Jesus inside of your soul before? Where do you usually meet Jesus?

Week 4: Thursday

Obedience Without and Within

Yesterday, we practiced visiting Jesus within our soul. Today, we examine how God speaks to us from within ourselves as well as from the Bible and the Church's guidance.

We also look at how when we surrender to things that are not from God, that serve our own selfishness and our own agendas, they lead to disappointment and emptiness. For example, when we seek happiness away from God, perhaps through cheating on an assignment, or treating another rudely, we eventually experience the results of this choice in forms of emptiness, disappointment, broken relationships, etc. Noting what an action will bring us helps us to get better at discerning for ourselves what influences us.

When we follow the voice of God we find peace.

Pray: Note what other voices you follow in your life. (Following looks like: imitation, influences on how we view ourselves, and what we do and view.) Do these other voices positively affect how you act, live, feel, and bring you closer to God? Or do they do the opposite. Bring these to the Father and place them in His hands. Ask Him to help you hear His voice louder than other voices in your life. Ask Him if you need to separate from any of these other influences in your life. Thank Him for the peace and wholeness He offers you.

Questions: What other voices do you follow? Do you need to separate from any voices you have been following? How can you do that?

Week 4: Friday

Obedience in Openness

Today, we seek to be totally open to God.

When you approach God, how do you feel? Do you experience confidence and joy or is there some fear of what He will do? Do you feel yourself closing parts of yourself off or hiding parts of yourself so as to protect them?

Sometimes, we fear God will ask too much of us. That He will demand things from us that we cannot possibly do. The truth is that if we can place ourselves totally in God's hands, without holding anything back, He will say to us "You can do more than you realize" and He will awaken within us new strength. Even more, He will give us new powers or do everything Himself through us!

Pray: Read the quote on the following page from Pope Benedict XVI and notice which parts you relate to, which parts excite you, and make an act of openness to God today. Say, "I open wide the doors of my heart to you, God. I trust you."

Week 4: Friday

“Are we not perhaps all afraid in some way? If we let Christ enter fully into our lives, if we open ourselves totally to him, are we not afraid that He might take something away from us? Are we not perhaps afraid to give up something significant, something unique, something that makes life so beautiful? Do we not then risk ending up diminished and deprived of our freedom? . . . No! If we let Christ into our lives, we lose nothing, nothing, absolutely nothing of what makes life free, beautiful and great. No! Only in this friendship are the doors of life opened wide. Only in this friendship is the great potential of human existence truly revealed. Only in this friendship do we experience beauty and liberation. And so, today, with great strength and great conviction, on the basis of long personal experience of life, I say to you, dear young people: Do not be afraid of Christ! He takes nothing away, and he gives you everything. When we give ourselves to him, we receive a hundredfold in return. Yes, open, open wide the doors to Christ – and you will find true life. Amen.”

— Pope Benedict XVI

Questions: Use the questions from the first paragraph today to reflect. Notice how your answers may change after the prayer.

Week 4: Saturday

Reflect Back

Look back on this week. What stood out to you most this week? Bring it to Jesus and pray with the prayer method below.

Pirate Prayer Method: ARRR (Prayer Aid)

Acknowledge:

- Acknowledge He is looking at you and delights in you.
- Acknowledge what is happening in your heart at this time. Acknowledge what is coming up.
- Don't make judgements about what is there; just acknowledge it.

Relate it to Jesus:

- Jesus, I am _____ right now.
- Don't dress it up just say it to Jesus, simply give it to Him.

Receive from the Lord:

- Can be most difficult step.
- He desires to say something to you. It is unique to you. He speaks to you only how He speaks to you.
- He can speak through:
 - Thoughts
 - Interrupting a way of thinking
 - What's happening in your heart
 - Scripture passage or words that come up in your mind.

Respond back to Him in love:

- Say: Thank you for looking at me. I know you love me.
- Thank Him for what you have received.

Week 4

Notes

Week 5:

4th Sunday of Lent

Obedience Through Detachment

Today, we seek to be totally free and detached from our own insistences that things must go our way, or a certain way. We seek to be able to want one thing—that God’s will be done on earth as it is in Heaven. This doesn’t mean we turn into a lifeless puppet or a holiness machine. Instead, we become fully alive and free of the things that drag us down—vices, impatience, struggles, selfishness—the things that make us frustrated and irritable. Instead, we become, fully alive with all of our distinct personality, strengths, temperaments, and gift. We are finally able to love God with all our strength.

To do this we pray, God help me to want what you want. This means that we want God to orient our desires to only desire His will and to not be so attached to what we want. Realize, this is a good deal. If you only want what God wants, you will always get what you want! This is a very peaceful and satisfying way to live.

Pray: To practice this today, look throughout your day and offer moments, work, and interactions to God as His will. Thank Him for everything today, in particular a moment that didn’t go your way. Pray, “God, help me to want what you want.”

Questions: What fears do you have when you say, “God, help me to want what you want.”? What unmet desires do you have that cause you the most frustration? How can you hand those into the Father’s hand today?

Week 5: Monday

Obedience in the Present Moment

Today, we learn the secret of living in the present moment. Doing God's will can seem so daunting and intimidating. We hear lives of the saints and may jump to the idea that doing God's will requires humongous acts of courage and sacrifice. The truth is that these saints didn't live just for the grand, story-worthy moment. Instead, they lived in the present moment, understanding that God's will is in the ordinary work of little moments, in the work He gives a person to do right now, whether that be homework, eating a meal with a friend, family time, driving, etc. It seems so simple, but consider the Eucharist. A host is so tiny, but God's whole presence is there.

Read the following two passages from [Into Your Hands, Father](#) by Fr. Wilfid Stinissen and note what stands out to you.

Every person comes into the world with a dream of doing something great with his life, something that will make an imprint and bear fruit. God himself inspires this dream. He is, of course, the one who makes the human person great. "You have made him little less than the angels, and you have crowned him with glory and honor" (Ps 8:6). If only we could understand that we can only realize our dream by being totally present to the little insignificant things we have to do at the moment. We encounter the infinity of God only in the present moment. The more we are recollected in the moment, the more clearly does the eternal now of God reveal itself.

Week 5: Monday

The infinity of God comes to us through a funnel. It becomes so little and so narrow that it is difficult for us to recognize it. It comes only drop by drop through the small opening. The funnel is the present moment. When I put my mouth to the funnel, I am nourished by infinity. Even this is something we can experience. The more concentrated we are and the more we live moment to moment, the more space opens up to us and we feel we are living in a kind of boundlessness. The present moment is the incarnation of God's eternity. Those who live in the present moment drink unceasingly of eternity.

Pray: Throughout your day today, hear the voice of God saying, "Well done, with you I am well pleased," as you go about your simplest activities.

Questions: How does understanding that doing God's will means living the present moment change how you feel about becoming a Saint and living God's will?

Week 5: Tuesday

Obedience in the Present Moment Part II

Today, we continue to speak of living in the present moment. Read the excerpts from Into Your Hands, Father by Fr. Wilfrid Stinissen below:

Living in the present moment produces flexibility which allows us to be pliant, light as a feather, liquid as water, simple as a child.

We ordinarily get stuck in what once was God's will or what will be. Inner division and weariness comes from living in the past and future at the same time. Often, we haven't surrendered our past so we carry it like a heavy burden. We also don't dare surrender our future because we are afraid he will take advantage of us. This drains us of energy to be open to the present moment. We prefer to eat old leftovers or food not fully cooked and ready rather than the feast that God serves.

Living in the present is an exercise: Never do two things at once, always one thing after the other.

Pray: Note what is weighing you down or stressing you out right now that can take away from your present moment. Name these things and tell them to the Father. Give them to His hands and allow Him to speak to you. Listen for His encouragement. Thank Him for receiving your concerns.

Pray with Scripture: John 3:8

Questions: How can you begin to practice doing one thing after the other rather than worrying about what is coming or stressing about the past or future?

Week 5: Wednesday

Obedience Through Attachment to God

Today, we learn that if we do our own will we run into lots of walls, limitations that are guided by our own selfishness. But if we are attached to God's will, we live without borders.

When we completely surrender to God, we get attached not to things but to the hand of God.

Pray: Listen to the song *Oceans* by Hillsong and especially pray with these lyrics:

Spirit lead me where my trust is without borders
Let me walk upon the waters
Wherever You would call me
Take me deeper than my feet could ever wander
And my faith will be made stronger
In the presence of my Saviour

My soul will rest in Your embrace
I am Yours and You are mine

Questions: In what ways can you see that you limit God? In what ways would you like to live without borders? How would life look if you had no limitations placed on what God can do with you and through you?

Week 5: Thursday

Freedom Through Obedience

Today, let's learn about the difference between our superficial will vs. deep will:

- **Superficial will:** follows what I like or what I don't like.
- **Deep will:** wants God, moves toward God, finds satisfaction in God

We can seem to feel free when we follow our superficial will and get what we like but we can actually experience a slavery to our superficial will when it stifles the deep freedom we are called to and causes a struggle against wanting God, moving toward God, and finding satisfaction in God. If we are principally focused on living our lives in a way that avoids anything we don't like and is always seeking what we want we can struggle to be open to our deep will and struggle to follow it to God in all things.

Freedom is being able to follow our deep will at all times and at all costs. To get to that point we have to examine what attachments we have to having things our way, to habits we don't want to let go of, and to things that we prioritize above God.

When all of our attachments are clipped, God can finally fill us and lead us exactly as He wills. Saint John of the Cross says, "When all windows and curtains are opened, the sunlight streams into the room of the heart and completely illuminates it."

Week 5: Thursday

Pray: Ask the Holy Spirit to help you note where you are most attached to other things that get in your way of being totally open and obedient to God. Invite Jesus to see your desire for those things and receive them. Next time you are in a moment where your superficial will is struggling against your deep will, invite Jesus into the moment and acknowledge He is with you.

Pray with Scripture: Galatians 5:17

Questions: What are attachments you have, that may be good in themselves, that can get in the way of following God's will or staying in the present moment?

Week 5: Friday

Our Obedience Gives God Freedom

When we are totally surrendered to God and His will surprising things happen! Our surrender, our permission, gives God freedom to work through us as He wills. What he does with us is always new and original. Look at the lives of the saints who were totally surrendered to Him in the small moments. Their lives are full of amazingly unique people, calls, stories, joys, and sacrifices.

Remember, God doesn't need you to look for extraordinary things to make you unique, just obedience to your ordinary duties. In order to imitate the lives of the saints, look not to their great deeds while skipping over their surrender to the will of God in everyday moments! They were pros at receiving grace moment by moment, so when their big moments came they were well practiced and open to say 'yes' to God's grace.

'How monotonously alike all the great tyrants and conquerors have been; how gloriously different are the saints.' -CS Lewis

Pray: Call to mind several of your favorite saints. Ask them to accompany you today to be totally surrendered to the present moment. Write down your "Saint Dream Team" that you want to accompany you on the rest of your Lenten journey of surrender.

Questions: Do you believe that everyday moments lead to amazing sainthood? What is an everyday moment that causes you to struggle? How can you practice surrender when this moment comes up each day?

Week 5: Saturday

Reflect Back

Look back on this week. What stood out to you most this week? Bring it to Jesus and pray with the prayer method below.

Pirate Prayer Method: ARRR (Prayer Aid)

Acknowledge:

- Acknowledge He is looking at you and delights in you.
- Acknowledge what is happening in your heart at this time. Acknowledge what is coming up.
- Don't make judgements about what is there; just acknowledge it.

Relate it to Jesus:

- Jesus, I am _____ right now.
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- He can speak through:
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 - What's happening in your heart
 - Scripture passage or words that come up in your mind.

Respond back to Him in love:

- Say: Thank you for looking at me. I know you love me.
- Thank Him for what you have received.

Week 5

Notes

Week 6:

5th Sunday of Lent

Being God's Instrument

In the second stage of surrender you strive to do God's will. Now, in the third stage God works through you and accomplishes His will through you. This is the difference between playing the violin for God vs. being the violin. God plays more beautifully, touching you and transforming you, only when you hand him yourself as the instrument. The music is beyond beautiful and more than you alone could ever play.

Saint Mother Teresa illustrates this third stage when she said, *"I am like a little pencil in his hand. That is all. He does the thinking. He does the writing. The pencil has nothing to do with it. The pencil has only to be allowed to be used."*

Pray with Scripture: Galatians 2:20

Pray: Ask the Holy Spirit to help you take one step at a time, never fearing, never stressing, toward such surrender that God can use you as His instrument. Pray the *Litany of Trust* again from the Appendices.

Questions: How do you feel about reaching the third stage of surrender and letting God work through you? What amazing things can you free God to do in you if you become His instrument?

Week 6: Monday

Give Oneself Completely

Dare to pray this prayer today. This prayer is called the Suscipe by Saint Ignatius of Loyola:

Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O lord, I return it. All is Thine, dispose of it wholly according to Thy will. Give me Thy love and thy grace, for this is sufficient for me.

This prayer can be very difficult to say and live but it is very helpful to say it and offer all to God using it. St. Therese sums up what we do in this prayer by saying: "One can't love without surrender. To love is to give everything and to give oneself."

When you go to Mass, notice that the Eucharist is Christ's total surrender to us and a call to surrender from us to Him. He shows us how to be poured out and given to the Father.

Pray: Pray the Suscipe slowly and with the awareness that you are in the hands of God the Father.

Questions: Which parts of the Suscipe are most difficult to say?

Week 6: Tuesday

Let God Act

Letting go and letting God act is always a relief, it is always more aligned with reality. We must say with John the Baptist: "He must increase but I must decrease." Jn 3:30

Letting God act helps us to go from moving toward God to moving from God acting in us from front to back. In this way, you can't see where you may be going you just allow yourself to be pushed along.

Pray: Close your eyes and imagine walking hand in hand with God. Take note of how it feels, where you are, etc. Now, in your imagination, close your eyes and let God lead you. Feel what it takes to trust Him. Notice if there is fear, anxiety, confusion, powerlessness, and take it to Jesus. Say, "Jesus, I trust in You."

Pray with Scripture: John 3:30

Questions: How could letting go and letting God lead you to relief? What does it mean to decrease? (Hint: it doesn't mean you lose what is good and wonderful about you and life.) How did it feel to pray the prayer today?

Week 6: Wednesday

Apart From Me You Can Do Nothing

We hear from Jesus in the Gospel of John that “apart from Me you can do nothing.” Let that truth settle in. The parts of our life that we have not yet opened, shown, or surrendered to Jesus are “apart from Him” and cannot be loved, healed, activated, or used.

Trying to become holy, happy, healed, or improved apart from Jesus is impossible and can lead to great frustration, distress, and disappointment.

Pray: Acknowledge that Jesus is with you, looking at you, and loving you. He is seeing you, all of you. Ask the Holy Spirit to search you and help you identify anything you still hold back from Jesus’ gaze. Name what you hold back. Don’t try to explain it. Reveal it to Him now. Notice what He does. Take time to rest in His presence and His gaze noticing what He does or says to you. Thank Him for whatever happens.

Pray with Scripture: John 15:5

Questions: What do you still try to do alone, independent from Jesus? How did it feel to show Jesus parts of yourself that you hide, protect, or neglect to show Him?

Week 6: Thursday

Let the Peace of Christ Control Your Heart

God should never be a stress factor. Surrender leads to peace. When we give God everything and no longer have to rely on ourselves we should experience peace, relief, and joy.

If you are experiencing frustration, anxiety, self-condemnation in your journey to surrender, bring that to Jesus.

Pray: Pray again the *Litany of Trust* found in the Appendices. Also, review the *Voice of God Discernment Tool* found in the appendices. Allow these two tools to cast out any frustration, anxiety, self-condemnation or self-reliance you are struggling with on this journey to surrender.

Pray with Scripture: 1 Corinthians 3:15

Questions: Have you experienced peace as you have surrendered more and more to Christ? If not, what have you experienced? How can you bring that to Jesus?

Week 6: Friday

Prayer and Surrender

Prayer is an opportunity to practice surrender. Today, we will practice, using St. John of the Cross's advice.

1. Find a place you can be still, silent, and focused. Close your eyes and make your only concern to "find yourself in the flood of God's light, so that He can reach you."
2. Pay no attention to trying to discuss or converse because this is not the time for it.
3. Allow your soul to remain in rest and silence even as you feel you are doing nothing and wasting time.
4. Be content with a loving and peaceful attentiveness to God without the effort, concern, or desire to taste, hear, or feel Him.
5. It can be dry and dull! This is because of self-love and self-love must become so bored and desperate that it finally dies.
6. During this time you may "remain like a block of wood and you will see later the marvels that God will have worked during that silent night of inaction." Father de Caussade

Questions: How did your prayer experience go using this method? What did you struggle with most? Did you notice any work that God has done through this time of prayer within you?

Week 6: Saturday

Reflect Back

Look back on this week. What stood out to you most this week? Bring it to Jesus and pray with the prayer method below.

Pirate Prayer Method: ARRR (Prayer Aid)

Acknowledge:

- Acknowledge He is looking at you and delights in you.
- Acknowledge what is happening in your heart at this time. Acknowledge what is coming up.
- Don't make judgements about what is there; just acknowledge it.

Relate it to Jesus:

- Jesus, I am _____ right now.
- Don't dress it up just say it to Jesus, simply give it to Him.

Receive from the Lord:

- Can be most difficult step.
- He desires to say something to you. It is unique to you. He speaks to you only how He speaks to you.
- He can speak through:
 - Thoughts
 - Interrupting a way of thinking
 - What's happening in your heart
 - Scripture passage or words that come up in your mind.

Respond back to Him in love:

- Say: Thank you for looking at me. I know you love me.
- Thank Him for what you have received.

Week 6

Notes

Holy Week: Palm Sunday

Jesus' Journey to Surrender on the Cross

This Lent, you have begun the great journey to hand over your entire life to God through surrender. Today, marks the journey Jesus takes into Jerusalem in order to complete His total surrender to the Father for us on the Cross.

Pray with Scripture: Matthew 21:1-11

Read slowly through the verses above, keeping in mind that Jesus is aware that He is on His way to His passion, and allowing the Holy Spirit to speak through the text. Meditate on how Jesus speaks and acts in the moment.

Pray: Go back to the *Prayer of Abandonment, The Litany of Trust, or the Suscipe Prayer* today.

Questions: What gives evidence of Jesus' state of perfect surrender? Pay attention to your soul's response or reaction.

Holy Week: Holy Monday

A Grain of Wheat

After Jesus enters Jerusalem on Palm Sunday, He speaks of His hour coming. He speaks of a grain of wheat and how it is necessary that it must die to bear fruit. This is all about surrender. To surrender His life, Jesus pours it out, empties it, and dies on the Cross. To surrender ourselves we must do the same.

Pray with Scripture: John 12:23-28

Read slowly through the verses above, keeping in mind that Jesus is aware that He is on His way to His passion, and allowing the Holy Spirit to speak through the text. Meditate on how Jesus speaks and acts in the moment.

Pray: Go back to the *Prayer of Abandonment*, *The Litany of Trust*, or the *Suscipe Prayer* today.

Questions: What gives evidence to Jesus' state of perfect surrender? How are you called to imitate Him? Pay attention to your soul's response or reaction.

Holy Week:

Fig Tuesday

Being God's Instrument

Today, after Jesus' entry into Jerusalem, and His telling that His hour has come, Jesus makes a lesson out of a fig tree, illustrating what marvels can be done with total faith and surrender.

Pray with Scripture: Matthew 21:18-22

Read slowly through the verses above, keeping in mind that Jesus is aware that He is on His way to His passion, and allowing the Holy Spirit to speak through the text. Meditate on how Jesus speaks and acts in the moment.

Pray: Go back to the *Prayer of Abandonment*, *The Litany of Trust*, or the *Suscipe Prayer* today.

Questions: What gives evidence to Jesus' state of perfect surrender? Pay attention to your soul's response or reaction. Pay attention to any promptings from the Holy Spirit to act today.

Holy Week: Spy Wednesday

The Journey Continues

Today, after Jesus' entry into Jerusalem, and His telling that His hour has come, and His lesson with the fig tree, Jesus visits the house of a leper and is anointed by a woman while the disciples complain it is a waste. Jesus says this is all to prepare Him for burial. Immediately after, Judas seeks to hand Jesus over. Evil seems to be growing, but Jesus remains totally surrendered to His Father.

Pray with Scripture: Matthew 26:6-16

Read slowly through the verses above, keeping in mind that Jesus is aware that He is on His way to His passion, and allowing the Holy Spirit to speak through the text. Meditate on how Jesus speaks and acts in the moment.

Pray: Go back to the *Prayer of Abandonment*, *The Litany of Trust*, or the *Suscipe Prayer* today.

Questions: What gives evidence to Jesus' state of perfect surrender? How can you imitate Jesus when difficulties seem to grow? Pay attention to your soul's response or reaction.

Holy Week:

Holy Thursday

Not My Will But Yours Be Done

Tonight marks the night that Jesus completely offers us everything in the Last Supper, and then prays in the Garden, suffering great mental and emotional anguish. This is the night we hear Him say, "Father, if you are willing, take this cup away from me; still, not my will but yours be done."

Pray with Scripture: Luke 22:39-46

Read slowly through the verses above, place yourself with Jesus, allowing the Holy Spirit to speak through the text. Meditate on how Jesus speaks and acts in the moment.

Pray: Go back to the *Prayer of Abandonment*, *The Litany of Trust*, or the *Suscipe Prayer* today.

Questions: What gives evidence to His state of perfect surrender? Pay attention to your soul's response or reaction.

Holy Week: Good Friday

Into Your Hands, Father

Today is the day. The day He has given us all. He holds nothing back. Spend time today looking at a crucifix. Look at the crucifix and study it. See what it teaches you about Jesus, His love, and the extent of His surrender to the Father, for us.

Pray with Scripture: Luke 23:46

Read slowly through the verses above, allowing the Holy Spirit to speak through the text. Hear Jesus say the words. Meditate on how Jesus speaks and acts in the moment.

Pray: Go back to the *Prayer of Abandonment*, *The Litany of Trust*, or the *Suscipe Prayer* today.

Questions: What gives evidence to His state of perfect surrender? Pay attention to your soul's response or reaction.

Holy Saturday

Reflect Back

Look back on this Lent and your progress in Surrendering. What stood out to you most? Go back to Week One Day One and view how you started this Lent. Bring it to Jesus and pray with the prayer method below.

Pirate Prayer Method: ARRR (Prayer Aid)

Acknowledge:

- Acknowledge He is looking at you and delights in you.
- Acknowledge what is happening in your heart at this time. Acknowledge what is coming up. .
- Don't make judgements about what is there. Just acknowledge it.

Relate it to Jesus:

- Jesus, I am _____ right now.
- Don't dress it up just say it to Jesus, give it to Him.

Receive from the Lord:

- Can be most difficult step.
- He desires to say something to you. It is unique to you. He speaks to you only how He speaks to you.
- He can speak through:
 - Thoughts
 - Interrupting a way of thinking
 - What's happening in your heart
 - Scripture passage or words that come up in your mind.

Respond back to Him in love:

- Say thank you for looking at me. I know you love me.
- Thank Him for what you have received.

Holy Week

Notes

Appendices:

Small Group Meetings

(Discussion Tips)

- Begin with prayer. It can be spontaneous, Brother Charles of Jesus' prayer, the Litany of Trust, or another prayer.
- Invite the Holy Spirit into your discussion.
- Take a moment of silence to review the reflection questions from that particular week.
- Discuss:
 - Any of the reflection questions
 - What is Christ revealing to you in prayer?
 - What is something that struck you in the passages or meditations?
- Remember, be selective in the questions that you ask. Resist the urge to cover all the provided questions, but rather aim for deep conversation on one or two questions. Focus on honesty, depth, and a chance for everyone to share.
- Close your conversation with prayer, interceding for each other, and those you love. Express your gratitude for God's goodness.

Appendices:

Prayer Examples

Morning Offering (Example)

Father, I surrender to You my day. I give You my mind, my body, my heart, and my life. I give it all back to You for it is You who freely gave them to me. In great need and affection, I ask You for Your protection, Your strength, and all the graces necessary to walk the path You lay at my feet. Amen.

Night Offering (Example)

Father, thank You for the gift of this day. Thank You for Your graces, Your guidance, and Your mercy. Please accept today as a gift, as imperfect as it is. I unite it to the perfect gift that is Your Son, Jesus. As I go to sleep, I surrender to You all my cares. Watch over me, Father, and grant me a restful night. Amen.

Appendices:

Listening and Hearing the Voice of God (Discernment Tool)

God's Voice	Satan's Voice
Stills you	Rushes you
Leads you	Pushes you
Reassures you	Frightens you
Enlightens you	Confuses you
Encourages you	Discourages you
Comforts you	Worries you
Calms you	Obsesses you
Convicts you	Condemns you
God is never early and He is never late. He is always right on time and His plans for you are good. God is a God of love and order.	If the voice you are hearing doesn't sound like goodness, love, and order, then it is not from God.

Appendices:

Ways God Speaks to Us

(Prayer Aid)

- Hearing (“Thought” voice)
 - Sensing words in response to your thoughts
 - Words and phrases that stand out in Sacred Scripture
 - Messages that come from other people (someone saying something that connects directly to a prayer)
- Seeing (Imagination)
 - Images coming to mind and developing during meditation
- Feeling
 - Small movement of the heart (sense of calm or peace, feeling of being loved, feeling of being safe/protected, feeling like a weight has been lifted off your shoulders)
 - Sensing a loving Presence within your heart
 - ex: that feeling in the pit of your stomach
- Knowing (Graced knowledge in a moment)
 - Strengthening of a deep, interior conviction or truth (I am not alone, I am loved just as I am, I am completely forgiven, etc.)

Appendices:

Praying with Scripture

1. Settle your mind and invite the Holy Spirit to guide you.
2. Spend a few moments resting in the Father's presence.
3. Read the passage/verse slowly, pausing when a word or phrase stands out.
4. Be still in what He is revealing to you.
5. Read the passage again, pausing when a word or phrase stands out.
6. Be still in what He is revealing to you.
7. Conclude with gratitude for His presence and His goodness.
8. Write down any revelations.

Appendices:

Pirate Prayer Method: ARRR

(Prayer Aid)

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Notes

