



OUR DEEPEST IDENTITY
VIDEO SERIES

Participant Guide

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SESSION 1:
THE GREAT ADVENTURE—BUILDING A CIVILIZATION OF LOVE
Dr. Jonathan Reyes

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURES: Matthew 16:25; I Corinthians 13:1-3

KEY POINTS

- At the heart of discipleship is the call to set out on a great adventure.
- At the center of the entire Universe is a relationship of love.
- The whole Christian life hinges on learning how to love.
- Love is not an emotion but a daily decision to empty oneself and give everything for the other.
- If we understood that at every moment we are called to give ourselves in love, we would never be bored.
- In all we do we should ask ourselves: “Is this at the service of love?”

QUESTIONS FOR DISCUSSION

1. What stood out to you in Dr. Reyes’ talk?
2. Would you describe your faith life as a great adventure, following a set of rules, or participating in certain activities? Explain why.
3. In daily life, what does it look like for you to give of yourself for the sake of love?
4. In your own life as a disciple, what challenges or hinders you from learning to love more deeply?

SAINT QUOTE

“Like Jesus we belong to the world living not for ourselves but for others. The joy of the Lord is our strength.”
- Saint Mother Teresa

PRACTICAL CHALLENGE 🕒

As we begin this video series, take time in prayer these next few weeks with a fresh openness to God’s work in your life and prepare your heart to set out on a great adventure of love.

NOTES

CLOSING PRAYER

SESSION 2:
THE HEART OF DISCIPLESHIP—TO WHOM DO I BELONG?
Dr. Jonathan Reyes

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: *“Yet not my will, but your will be done.”* Luke 22:42

KEY POINTS

- As a disciple I don’t belong to myself, I belong to God.
- The fundamental decision of every disciple is, will I take the cup that is given to me, and say, “Not my will, but thy will be done”?
- Love of God above all things is expressed through obedience in love to Christ.
- We can defeat our pride and fear by giving ourselves to others through service, especially the poor.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Dr. Reyes’ talk?
2. What do you think it means to no longer belong to yourself, but to God?
3. In what ways do pride or fear keep you from fully entrusting your life in obedience to God?
4. Can you share about a time when you experienced joy in giving of yourself in the service of love?

HELPFUL QUOTE

*“If we let Christ into our lives,
we lose nothing, absolutely nothing
of what makes life free,
beautiful and great.
No! Only in this friendship are
the doors of life opened wide.”*

- Pope Emeritus Benedict XVI

PRACTICAL CHALLENGE 

In the next few weeks, be intentional about serving the needs of another, especially if it is inconvenient or challenging.

 NOTES

CLOSING PRAYER

SESSION 3:
LOVE AND THE DANGER OF MORALISM
Dr. Dan Keating

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: *“If you love me you will keep my commandments.”* (Jn 14:15)

KEY POINTS

- Moralism says that the heart of the Christian faith is to perform well.
- We are not called to be rule-keepers; we are called to be great lovers of God.
- God the Father is never surprised by our sins nor is He impressed by our accomplishments.
- Moralism can lead to pride or discouragement.
- The Holy Spirit has come to live in us and change us from the inside.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Dr. Keating’s talk?
2. Which “symptoms” of moralism that he described can you relate to in your own life?
3. In what ways might you be trying to earn God’s love and approval?
4. Identify any ways in which you are relying more on your own strength than on God’s power to live as a disciple.

SAINT QUOTE

“If we knew the depth of our poverty, we would not be at all surprised by our falls, but rather astonished, and we would thank God, after sinning, for not allowing us to fall even deeper and still more frequently.”

- Saint Maximilian Kolbe

PRACTICAL CHALLENGE 

When you encounter your weaknesses, failures, or sin this next week, thank God for His love and mercy and ask Him for more of His Holy Spirit.

 **NOTES**

CLOSING PRAYER

SESSION 4:
MAKING IT REAL—TIME, TALENT, AND TREASURE
Bishop Michael Byrnes

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: 2 Corinthians 9:8

KEY POINTS

- Love of God and love of neighbor don't become real until they turn into decisions that lead to actions.
- We love God with our time through daily personal prayer, weekly Mass, and authentic conversation and fellowship with brothers and sisters in Christ.
- We love God with our money through giving to the poor and other evangelistic efforts.
- How much we give should be more than what is comfortable or convenient.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Bishop Byrnes' talk?
2. "When faith does not reach one's pockets, it is not true faith." (Pope Francis) In what ways does sacrificial giving express faith and trust in God?
3. What demands on your life keep you from giving of yourself freely and investing your resources (time, talent, \$) in God's kingdom?
4. Do you have regularly scheduled, committed time for prayer, fellowship, Mass, and giving? If so, describe. If not, why?

SAINT QUOTES

"It would be considered a theft on our part if we didn't give to someone in greater need than we are."

- Saint Francis of Assisi

"If there is no sacrifice, there is no love."

- Saint Mother Teresa

PRACTICAL CHALLENGE 

If you do not have a consistent time for prayer, Mass, fellowship and financial giving, develop a plan to make it happen. If you already do these things, take time this week to review how it is going.

 **NOTES**

CLOSING PRAYER

SESSION 5: IN WHOSE IMAGE? *Dr. Mary Healy*

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: Luke 20:20-26

KEY POINTS

- The secret to human life is discovering our true identity as a son or daughter of God.
- So many are pursuing a false identity built up by past experiences, their idols, and the ideals of the world.
- God has created each person with a totally unique way of reflecting His divine character, with a unique mission that no one else can carry out.
- The past does not matter. You are just one decision away from discovering your true identity by surrendering your life to God.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Dr. Healy's talk?
2. "The secret to human life is discovering who we are—our true identity as a son or daughter of God." Can you share about a time like Dr. Healy described in her own life, when you could say, "Now I truly know who I am"?
3. What false identities have you been pursuing (past experiences, the world's values, others' expectations of you)?

SAINT QUOTES

"Be who God meant you to be and you will set the world on fire."

- Saint Catherine of Siena

"Jesus, help me to simplify my life by learning what You want me to be and becoming that person."

- Saint Thérèse of Lisieux

PRACTICAL CHALLENGE

Take time this week in prayer and reflect on Psalm 139 and what it means to you that God says you are "fearfully and wonderfully made".

NOTES

CLOSING PRAYER

SESSION 6A:
A MAN'S BATTLE FOR IDENTITY
Peter Herbeck

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURES: Mt 3:17; Romans 8:17

KEY POINTS

- As men we receive our identity from what we do, we possess, and accomplish; yet all of this is never enough to give us a clear, stable identity.
- The ground of our identity is that God made us, He loves us, and we belong to Him.
- Every man is called to be a warrior, a lover, and a monk.
- As brothers in Christ we are meant to help one another find our identity.
- Your history doesn't determine your destiny, Jesus Christ does!

QUESTIONS FOR DISCUSSION

1. What stood out to you in Peter's talk?
2. What masks do you wear that keep others from seeing who you really are?
3. As men, how can you help each other be more firmly grounded in your identity as sons of God?
4. "Every man is called to be a warrior, a lover, and a monk." Which of these do you most identify with and why? Which element of this identity is most challenging for you and why?

SAINT QUOTES

"I die the king's good servant, and God's first.

- Saint Thomas More

"Do not forget your purpose and destiny as God's creature. What you are in his sight is what you are and nothing more."

- Saint Francis of Assisi

PRACTICAL CHALLENGE

In your interactions with other brothers in Christ in these next few weeks, be aware of how you can affirm them in their identity as sons of God.

NOTES

CLOSING PRAYER

SESSION 6B:
A WOMAN'S BATTLE FOR IDENTITY
Debbie Herbeck

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: *"This is my beloved Son, with whom I am well pleased."* (Matthew 3:17)

KEY POINTS

- In the heart of every woman are these questions: Am I really beautiful? Am I valuable? Will anyone love me for who I am?
- Every day, voices around and within us tell us as women that we will never be enough.
- You matter and your life is important; God created you with dignity and value because you are made in His image and likeness.
- We need to learn to distinguish the voice of the Lord from the lies of the Enemy and to fight for ourselves and each other.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Debbie's talk?
2. What are some consistent lies that you hear about yourself that make it difficult for you to walk confidently in your identity as a beloved daughter of God?
3. What are some practical ways you can more effectively shut out the voice of the Enemy and better hear the Lord?
4. How have your relationships with other women been a source of encouragement and support for you?

SAINT QUOTES

"You are a thought of God. You are a heartbeat of God. To say this is like saying that you have value which in a sense is infinite, that you matter to God in your complete unique individuality."

– Saint Pope John Paul II

"Each of us has a soul, but we forget to value it. We don't remember that we are creatures made in the image of God. We don't understand the great secrets hidden inside of us."

– Saint Teresa of Avila

PRACTICAL CHALLENGE 🕒

In quiet prayer this week, take time to listen to God and ask Him to show you what He sees when He looks at you. Write it down so you remember these important truths!

📝 NOTES

SESSION 7A: THE ROLE OF EMOTIONS FOR WOMEN

Debbie Herbeck

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: 2 Corinthians 10:5

KEY POINTS

- As disciples' of Jesus Christ, our emotions must be our servants, not our masters.
- The mind is often a gateway to our emotions; our thought life can have a powerful effect on how our emotional life works.
- When we put our Faith in the Facts, Feelings will follow.
- Just because we feel something strongly doesn't give us the right to express it, especially if it means our words will hurt another.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Debbie's talk?
2. Can you describe a time when you experienced an "emotional chain reaction"?
3. How would you describe your thought life? Are you prone to be critical, negative, or judgmental toward others or yourself?
4. What types of environments, relationships, and activities do you engage in and do they lead you to health or disorder in your emotional life?

SAINT QUOTES

"If certain thoughts bother you, it is the devil who causes you to worry, and not God, Who, being the spirit of peace, grants you tranquility."

– Saint Padre Pio

"Let nothing disturb you, let nothing frighten you, All things are passing; God only is changeless. Patience gains all things. Who has God wants nothing. God alone suffices."

– Saint Teresa of Avila

PRACTICAL CHALLENGE

Take time in these next few weeks to pay more attention to your thought life and emotions. Can you detect a pattern of thinking that leads to unhealthy emotions?

NOTES

CLOSING PRAYER

SESSION 7B:
THE ROLE OF EMOTIONS FOR MEN
Dr. Dan Keating

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: Romans 6:13

KEY POINTS

- We are meant to be a harmony of our minds, wills, emotions, and senses.
- Our culture says we are what we feel, but who we are is not in what we feel, but in what we will.
- Our emotions are very good companions and servants, but they do not make good masters.
- Emotional maturity is characterized by emotions that are present and active, serving what we know to be true and the good we are seeking.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Dr. Keating's talk?
2. Is your general pattern of life orderly or chaotic and how does this affect your emotional life?
3. How do you handle difficult emotions?
4. Can you share about a recent decision you made and what role your emotions played in that decision?

HELPFUL QUOTE

“Emotions and feelings can be taken up into the virtues or perverted by the vices.”

– Catechism of the Catholic Church 1768

PRACTICAL CHALLENGE 

Take time in prayer this week and ask the Holy Spirit to show you where you need to grow in maturity in your emotional life and ask Him for His help.

 **NOTES**

CLOSING PRAYER

SESSION 8: SEXUALITY IN THE SERVICE OF LOVE

Dr. Jonathan Reyes

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: Genesis 2:24

KEY POINTS

- The Church reserves sexuality for the deepest expression of human love, which is the exclusive, permanent commitment of one man and one woman to another.
- Recreational sex is a very modern notion. There is no such thing as “non important” sexual activity.
- The road to true freedom in the area of sexuality is self-mastery.
- One of great tools of the Enemy is discouragement and he will use it in this area of your life to get you to stop fighting.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Dr. Reyes’ talk?
2. How have you been influenced in your thinking and/or behavior by the propaganda of our current “hook-up” culture?
3. How can you be more vigilant against the images and pervasive lies surrounding the area of sexuality?
4. How has the road to chastity brought you greater joy and happiness?

SAINT QUOTES

*“Do everything you can not to sin,
but if you sin one hundred times in the day,
repent one hundred times a day.”*

- Saint Alphonsus Liguori

*“To love is to cherish one thought, to live for the
person loved, not to belong to oneself, happily and
freely with one’s heart and soul to be subjected to
another will... and at the same time to one’s own.”*

- Saint JoseMaria Escriva

PRACTICAL CHALLENGE 🕒

If you are struggling with sexual sin, take time this week to go to Confession and seek accountability from other brothers and sisters in Christ.

NOTES

CLOSING PRAYER

SESSION 9: AUTHENTIC FRIENDSHIP

Joey McCoy

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: John 13:35

KEY POINTS

- Growing as a disciple means learning how to love others better.
- When you love someone, especially as a friend, you want to express through your words and actions: “It is wonderful that you exist!”
- A genuine ability to love others begins in the context of a living relationship with God where you ask Him for the grace and power to love as He loves.
- Our time is an age of loneliness, which is why authentic friendship is vitally important.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Joey’s talk?
2. Who are the people currently in your life that God has given you to love and in what ways can you love them that will help them encounter Jesus?
3. What do you think it means to invest in relationships?
4. In what practical ways can you be a better friend in this age of loneliness and isolation?

SAINT QUOTES

“There is nothing on this earth more to be prized than true friendship.”

- Saint Thomas Aquinas

“On the question of relating to our fellowman – our neighbor’s spiritual need transcends every commandment. Everything else we do is a means to an end. But love is an end already, since God is love.”

- Saint Teresa Benedicta of the Cross

PRACTICAL CHALLENGE

Ask the Lord this next week, “Who needs me to reach out to them today?” and then listen and follow the Spirit’s leading.

NOTES

CLOSING PRAYER

SESSION 10: THE CALL TO FORGIVENESS

Peter Herbeck

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURES: Ephesians 4:3; Matthew 18:21-22

KEY POINTS

- At the heart of discipleship is our willingness to extend and receive forgiveness in order to preserve our unity and the bond of peace.
- Our ability to forgive is not a feeling but a decision to love, to will the good of another.
- Four practical steps to extending and receiving forgiveness in our lives:
 1. Honesty: Admit the objective wrong you have done to another.
 2. Renunciation: Decide to truly change, to cultivate a genuine sorrow for our sin.
 3. Reconciliation: "I'm sorry for _____. What I did was wrong. I don't want to do it again. Will you please forgive me?"
 4. Restitution: Restore what is broken.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Peter's talk?
2. In what ways do you rationalize sin in your own life and how does that make it harder for you to seek forgiveness?
3. Can you describe an example from your own life where you executed the four practical steps to extending and receiving forgiveness that Peter mentions?

SAINT QUOTES

"He who knows how to forgive prepares for himself many graces from God. As often as I look upon the cross, so often will I forgive with all my heart."

- Saint Faustina

"Confession heals, confession justifies, confession grants pardon of sin. All hope consists in confession. In confession there is a chance for mercy. Believe it firmly. Do not doubt, do not hesitate, never despair of the mercy of God. Hope and have confidence in confession."

- Saint Isidore of Seville

PRACTICAL CHALLENGES

This week, ask the Lord to show you if there is any unforgiveness in your own life. Is there someone you have been unwilling to forgive or someone you need to ask for forgiveness?

Take time in a church or chapel and meditate on the crucifix and the mercy of God. Ask Jesus to show you His heart for you as a sinner, and to give you a genuine sorrow for your sins. If you haven't been to Confession in the last month, make time to go.

CLOSING PRAYER

SESSION 11:
LOVING COMMUNICATION
Pete Burak

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURES: Ephesians 4:25; 4:29

KEY POINTS

- Good communication begins with the truth.
- Many interpersonal problems are the result of ineffective communication.
- We are called to positive, edifying language that imparts grace.
- Five Keys to Effective Communication:
 1. Ask questions and seek to understand others.
 2. Communicate face to face when possible.
 3. Always show honor and respect.
 4. Be intentional, strategic, and direct.
 5. Be positive and affirming in our words.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Pete’s talk?
2. Talk about a time when you experienced good communication and ineffective communication.
3. Describe a situation in your life right now in which you can put into practice one or more of the five keys to effective communication that Pete mentioned.

SAINT QUOTES

“Be slow to speak and only after having first listened quietly so you may understand... when to speak and when to be silent.”

- Saint Ignatius of Loyola

“No one heals himself by wounding another.”

- Saint Ambrose

PRACTICAL CHALLENGE 

Practice effective communication using the five keys mentioned in Key Points and report back to your group on how it went.

 NOTES

CLOSING PRAYER

SESSION 12:
THE MEDIA AND COMMUNICATING IN LOVE
Teresa Tomeo

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: 1 Peter 3:15

KEY POINTS

- The media can be used for great good or great harm.
- We need to know how the media work so they don't work on us.
- Having God always in the back of your mind will effect everything you do—how you treat others, how you communicate, and how you give and receive messages.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Teresa's talk?
2. How much does the media consume your time and energy?
3. How comfortable are you with silence? Can you hear God?
4. Can you share some positive ways you utilize media in your life?

HELPFUL QUOTES

"We are no longer able to hear God—there are too many different frequencies filling our ears."

- Pope Emeritus Benedict XVI

"When it's God who is speaking . . . the proper way to behave is to imitate someone who has an irresistible curiosity and who listens at keyholes.

You must listen to everything God says at the keyhole of your heart."

- Saint John Vianney

PRACTICAL CHALLENGE ▶

This week when you are in conversation with someone, put away your phone and give the person your full attention!

✍️ NOTES

CLOSING PRAYER

SESSION 13:
DISCOVERING CHRIST IN THE POOR AND NEEDY
Jim "Butch" Murphy

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: Matthew 25:32-40

KEY POINTS

- Serving the poor is foundational to the life of a Christian.
- To serve the poor is to serve Christ Himself.
- The whole reason we serve the poor is to proclaim and manifest the love of God.
- Entering into the world of poverty allows us to see our own poverty.
- We don't have to go to the other side of the world to serve the poor.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Butch's talk?
2. Share about opportunities you've had to serve the poor and needy. How did you encounter Christ in the poor?
3. Who are the poor in your own life that God is calling you to serve?
4. What attitudes, obstacles, or hindrances in your own life keep you from serving the poor?

SAINT QUOTES

"The poor and the sick are our owners and they represent the very person of Jesus Christ."

- Saint Luigi Scrosoppi

"Love the poor tenderly, regarding them as your masters and yourselves as their servants."

- Saint John of God

"Do not wait for leaders, do it alone, person to person."

- Saint Mother Teresa of Calcutta

PRACTICAL CHALLENGE ▶

Pray and seriously consider who and how God is calling you to serve the poor and make a plan to fit this into your life.

NOTES

CLOSING PRAYER

SESSION 14: GO BE LOVE! *Pete Burak*

OPENING PRAYER (see optional prayer resources in back of guide)

KEY SCRIPTURE: Matthew 28:19-20

KEY POINTS

- One of the key marks of a disciple is growth in holiness and love.
- We are called to be ambassadors of love, to go be God's love in the world.
- Making disciples is simply inviting someone into a loving relationship with Jesus by witnessing what God has done in your own life.
- Four Simple Keys to Help Us Be Love in Our Daily Lives:
 1. Spend time in daily prayer and Scripture reading.
 2. Frequent the sacraments often.
 3. Be part of a community of missionary disciples.
 4. Ask for more of the Holy Spirit.

QUESTIONS FOR DISCUSSION

1. What stood out to you in Pete's talk?
2. What makes it difficult for you to spread God's love to others?
3. Can you share about a time when you experienced God's personal love for you?
How would you articulate this to someone who you want to know His love too?
4. How do you know if you are growing in love?
5. Which one of these four simple keys to growing in love can you practice more consistently?

PRACTICAL CHALLENGE

Ask the Holy Spirit to show you who He wants you to reach out to as an ambassador of Christ, then make a plan to do it. Come back and report to your group.

CLOSING PRAYER

HELPFUL QUOTES

"Every Christian is challenged, here and now, to be actively engaged in evangelization; indeed, anyone who has truly experienced God's saving love does not need much time or lengthy training to go out and proclaim that love."

- Pope Francis, *Evangelii Gaudium*

"Many, many people hereabouts are not becoming Christians for one reason only: there is nobody to make them Christians."

- Saint Francis Xavier

"We must carry Jesus in our hearts to wherever He wants to go, and there are many places to which He may never go unless we take Him to them. None of us knows when the loveliest hour of our life is striking. It may be when we take Christ for the first time to that grey office in the city where we work, to the wretched lodging of that poor man who is an outcast, to the nursery of that pampered child, to that battleship, airfield, or camp..."

- Caryll Houselander

PRAYER RESOURCES



COME HOLY SPIRIT

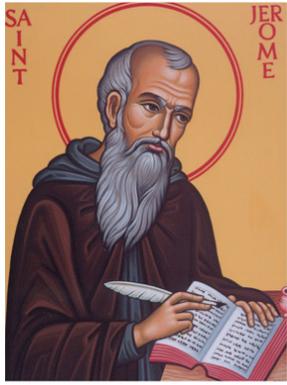
Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created and you shall renew the face of the earth. O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations. Through Christ, Our Lord. Amen.

PRAYER TO THE HOLY SPIRIT

Holy Spirit,
Inspire in me
What I should think,
What I should say,
What I should leave unsaid,
What I should write,
What I should do
And how I should act
To bring about the good of souls,
The fulfillment of my mission,
And the triumph of the Kingdom of Christ. Amen

ST. IGNATIUS OF LOYOLA

Take, Lord, and receive all my liberty, my understanding, my whole will, all I have and all I possess. You gave it all to me; To you, Lord, I return it all. It is all yours. Do with me entirely as you will. Give me your love and your grace: This is enough for me. Amen.



ST. JEROME

O Lord, show your mercy to me and gladden my heart. I am like the man on the way to Jericho who was overtaken by robbers, wounded and left for dead. O Good Samaritan, come to my aid, I am like the sheep that went astray. O Good Shepherd, seek me out and bring me home in accord with your will. Let me dwell in your house all the days of my life and praise you for ever and ever with those who are there.

OUR LADY OF GOOD COUNSEL

God of wisdom and love, you have sent your Son Jesus to be the light of the world, and continue to send your Holy Spirit among us to guide us into the way of truth.

Open our hearts to your word and let us ponder your actions among us. Give us your Spirit of wisdom and knowledge, of understanding and counsel. With Mary, may we rejoice in your gifts, and walk in the way of truth and love.

With all your people on earth and in eternity, we ask this prayer through our Lord Jesus Christ, in the unity of your loving Spirit, one holy God, for ever and ever. Amen!



ST. MICHAEL THE ARCHANGEL

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do Thou, O Prince of the Heavenly Host, by the power of God, cast into hell, Satan and all the evil spirits who roam throughout the world seeking the ruin of souls. Amen.

A PRAYER TO BE MERCIFUL

Help me, O Lord, that my eyes may be merciful, so that I may never suspect or judge from appearances, but look for what is beautiful in my neighbor's soul.

Help me, O Lord, that my ears may be merciful, so that I may give heed to my neighbor's needs.

Help me, O Lord, that my tongue may be merciful, so that I should never speak negatively of my neighbor.

Help me, O Lord, that my hands may be merciful and filled with good deeds, so that I may do only good to my neighbor.

Help me, O Lord, that my feet may be merciful, so that I may hurry to assist my neighbor.

Help me, O Lord, that my heart may be merciful, so that I myself may feel all the sufferings of my neighbor.

May Your mercy, O Lord, rest upon me. Amen.

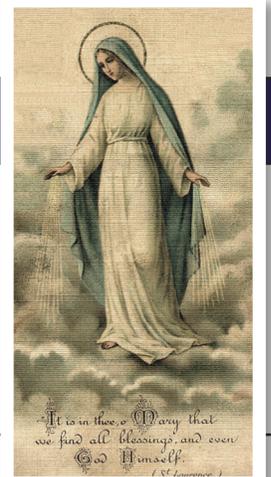


PRAYER TO THE SACRED HEART OF JESUS

O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. Amen.

THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my mother; to you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen.





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