



JUST A GUY IN THE PEW
THE NARROW ROAD.

MAY 2022 | FAITH

*In loving memory of Bill Platten.
A leader, a mentor, a friend.*



THE NARROW ROAD

THE EVERYDAY GUIDE FOR THE EVERYDAY GUY



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WELCOME

Brothers in Christ,

I am so excited to deliver this resource to you. As I look back over the years at what God has had us doing at Just a Guy in the Pew, it has become obvious that His goal for our ministry is to help men become virtuous. Jesus didn't ask us to be merely "good" men; no He called us to be great men. In order for this to happen, we need to leave vice and selfishness behind and trade it in for virtue and selflessness. That is what will help us achieve the goal that Christ has for us all. That goal is holiness. In the words of St. Gregory of Nyssa, "The goal of a virtuous life is to become like God." What is God? He is holy and that's what we should hope to become as well.

The *Catechism* defines virtue in this way: "A virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions" (CCC1803). Did you catch that? It says in order to be virtuous we need a habitual and firm disposition. This is where I think most men struggle. Most of us desire to do good. We desire to BE good. The problem is we don't have a system in place to form the necessary habits that shore up our will. Almost every man I have worked with over the years falls prey to this. We have the intention of being virtuous, but the road to hell is paved with good intentions, as they say. As men, we need structure and accountability to help us practice and live out virtue in our lives. Put pieces of wood for building a desk in front of a guy without directions or tools and the wood will soon be pushed to the side with a promise of getting to it later. Put that same wood in front of a guy with directions and a screw gun and he will build it in an hour. You see, the desire is there, we just need good directions.

That is what I hope these books can be for you every month. In them, you will be able to practice a singular virtue over 30 days in the different relationships of your life. This will help you dial your focus in on one virtue each month and will help keep you from feeling overwhelmed. Feeling overwhelmed is what makes most guys put something down. That's why we have made each day as simple as possible for you. We have even included the daily Gospel reading for you to read and reflect on what God is sharing with you personally that day. That in itself will help transform your life.

You also will have the opportunity to list out the ways in which you have practiced that month's particular virtue in the four different relationships in your life. Those are your relationship with God, your relationship with your spouse, your relationship with your children, and your relationship with your neighbor. These are the places

God wants us to grow in virtue. He uses the very people He puts in front of you each day as opportunities to grow in virtue and holiness. If you are not married and do not have children, use those two weeks to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.

The last piece we have included is the Opportunity for Grace Chart. This is not a commitment sheet but is exactly what it is called. It's an opportunity for grace. It is a list made up of simple yet powerful practices you can begin to put into place in your life. These are opportunities you can seek out throughout the month to receive God's grace or pass it along to your family or others. Most guys beat themselves up for what they don't do. This is an opportunity to shine light on the progress you are making each week in your spiritual life. It's a chance to see the positive instead of the negative.

It is my hope and prayer that you will find this simple yet powerful tool helpful. I hope that you will use this book each day to help continue on the path to holiness. If your goal is to be the man that God created you to be, then this will get you going in the right direction. I look forward to walking this journey towards becoming virtuous men beside you.

**In Christ,
John**

OPPORTUNITIES FOR GRACE

DAY	MORNING PRAYER	THE NARROW ROAD	DAILY MASS	CONFESSION	ADORATION	TIME WITH WIFE	TIME WITH KIDS	NIGHT PRAYER/ EXAMEN	SUNDAY MASS
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									

DAY	MORNING PRAYER	THE NARROW ROAD	DAILY MASS	CONFESSION	ADORATION	TIME WITH WIFE	TIME WITH KIDS	NIGHT PRAYER/ EXAMEN	SUNDAY MASS
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									

THE VIRTUE OF FAITH

My Brothers,

This month, we begin work on a virtue crucial for a man to possess if he is to become a true disciple of Jesus Christ. All the other virtues we have worked on build toward this. It is the virtue of faith. The virtue of faith is both needed and lacking in the world today. If more men possessed an amazing and unwavering faith in God, then the world would be a very different place. That is why it is so crucial a virtue for us to work on this month. We become part of the solution to the problems of the world when we become men of great faith.

Faith is one of the theological virtues alongside hope and love. To possess hope and love, we must have faith. The Catechism defines faith as “the theological virtue by which we believe in God and believe all that he has said and revealed to us, and that Holy Church proposes for our belief, because he is truth itself. By faith, a man freely commits his entire self to God. For this reason the believer seeks to know and do God’s will” (CCC 1814). I love how the Catechism defines faith as belief in “all” God has said and revealed to us. Having true faith means believing the whole story. It means accepting the whole truth. That is not a common practice today. In today’s culture, relativism reigns supreme. Many people pick and choose parts of the Faith they are willing to live and quickly discard or dismiss the parts they find hard to live or dislike. Doing that is not living with true faith. When we pick and choose parts of the Faith to live, we create our own version of Christianity that results in making ourselves the god of our version. Jesus told us that following Him would be hard. He made no bones about it. That is why it is necessary for us to have true faith. Like the Catechism says, a man that is truly living with the virtue of faith is a man that is freely giving himself entirely to God. Believing in the entire truth calls a man to give his entire self in devotion to God. This is the place that all of us need to reach in our belief.

Faith is belief lived out. Our beliefs call us to action and that is how we begin to live out the virtue of faith in our lives. That is what the Catechism alludes to when it says, “For this reason the believer seeks to know and do God’s will” (CCC1814). When we start to utilize the virtue of faith, it becomes an outward sign of our beliefs. Our faith drives us to look beyond ourselves and our own desires. It calls us to seek God and the lives that He desires us to live. The world needs men of faith now more than ever. Faith is a virtue with the potential to change the world we live in, but it is up to us to decide to live it in action. This month, let’s make the commitment to look for opportunities to live our faith in every part of our lives. If we want the world to be a different place, it starts with us. Let us begin brothers.

VIRTUE PLAN FOR THE MONTH

VIRTUE: FAITH

MOTTO:

“For we walk by faith, not by sight.”

— 2 Corinthians 5:7

ROOT SINS:

Incredulity, Voluntary doubt

WHERE DO I SEE THESE SINS IN MY LIFE?

1. _____
2. _____
3. _____
4. _____

PLAN TO FORM FAITH

WEEK 1: Faith and God

WEEK 2: Faith and My Wife

WEEK 3: Faith and My Children

WEEK 4: Faith and My Neighbor

PRAYER FOR FAITH

O My God, I firmly believe
That Thou art one God in three Divine
Persons,
Father, Son, and Holy Spirit;
I believe that Thy Divine Son became
man,
And died for our sins,

And that He will come to judge the living
and the dead.

I believe these and all the truths
Which the Holy Catholic Church teaches,
Because Thou has revealed them.
Who canst neither deceive nor be deceived.

- Amen

WEEK 1 REFLECTION:

FAITH AND GOD

There are a lot of folks out there who claim to be fans of Jesus. You might be one of them yourself. However, we are not called to be fans of Christ. We are called to be followers of Christ. The difference between the two is true faith. It is boldly living out that which you believe through the virtue of faith. Faith is where the rubber meets the road. It is the virtue that helps us begin to make a difference in our lives and the lives of others. It is about believing that God is who He says He is, and we are who He says we are. It is about believing that Jesus can do all things and that He is the Lord of your life. People's lives change when they start to live out the virtue of faith. It changes them, and it changes those who come after them. Let me give you some examples.

The Gospels are full of everyday people who exemplified faith in Jesus. I am not just talking about the ones closest to Jesus either. I am talking about the ones who came to know Jesus because they exhibited great faith. I am talking about people like the centurion. The centurion wasn't a follower of Christ, but he showed great faith in Jesus – so much so, that he told Jesus that there was no need to travel to his home. He knew Jesus needed only say the word and his servant would be healed. The scriptures say that Jesus was amazed at the response of the centurion and said, "Amen, I say to you, in no one in Israel have I found such faith" (Matt. 8:10). Jesus then heals the centurion's servant by saying, "You may go; as you have believed, let it be done for you." This man's great faith saved the life of his servant and testified to the divinity of Jesus.

Another example of someone from the Bible exemplifying the virtue of faith in Jesus is the woman with a hemorrhage. This woman had been suffering with constant hemorrhaging for twelve straight years. She most likely had tried everything she could to heal on her own. Finally, she decided to put her faith in Jesus. The scriptures tell us that she said to herself, "If only I touch his cloak I shall be cured" (Matt. 9:21). She then touched the tassel of Jesus' cloak, and she was healed instantly. Jesus turned to her and said, "Courage daughter! Your faith has saved you" (Matt. 9:22). This woman's faith in Christ was so great that she believed all she had to do was touch His clothes to be healed. That, my friends, is turning belief into faith. This is what we must do in our lives.

Jesus healed many others and attributed their healing to the great faith they had in Him. Many others came to believe in Jesus because of these people and their willingness to believe in Him. They had faith that Jesus was who He claimed to be. This not only transformed their lives but the lives of those around them. Even now, these people of great faith draw you and me closer to Jesus. That is the power of the virtue of faith. When lived out, it transforms not only our lives but the lives of others. This week, let's focus on growing our faith in Jesus. Let it transform you and then go be an example to others.

THOUGHTS FROM THE CHURCH

“Faith is the theological virtue by which we believe in God and believe all that he has said and revealed to us, and that Holy Church proposes for our belief, because he is truth itself.”

— **Catechism of the Catholic Church, 1814**

SAY THE PRAYER FOR FAITH

GOSPEL

JN 21:1-19

THIRD SUNDAY OF EASTER

After this Jesus revealed himself again to the disciples by the Sea of Tibe'ri-as; and he revealed himself in this way. Simon Peter, Thomas called the Twin, Nathan'a-el of Cana in Galilee, the sons of Zeb'edee, and two others of his disciples were together. Simon Peter said to them, “I am going fishing.” They said to him, “We will go with you.” They went out and got into the boat; but that night they caught nothing. Just as day was breaking, Jesus stood on the beach; yet the disciples did not know that it was Jesus. Jesus said to them, “Children, have you any fish?” They answered him, “No.” He said to them, “Cast the net on the right side of the boat, and you will find some.” So they cast it, and now they were not able to haul it in, for the quantity of fish. That disciple whom Jesus loved said to Peter, “It is the Lord!” When Simon Peter heard that it was the Lord, he put on his clothes, for he was stripped for work, and sprang into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off. When they got out on land, they saw a charcoal fire there, with fish lying on it, and bread. Jesus said to them, “Bring some of the fish that you have just caught.” So Simon Peter went aboard

and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and although there were so many, the net was not torn. Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask him, "Who are you?" They knew it was the Lord. Jesus came and took the bread and gave it to them, and so with the fish. This was now the third time that Jesus was revealed to the disciples after he was raised from the dead. When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs." A second time he said to him, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Tend my sheep." He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep. Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go." (This he said to show by what death he was to glorify God.) And after this he said to him, "Follow me."

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF FAITH

HOW HAVE I SHOWN MY FAITH TO GOD TODAY?

THOUGHTS FROM THE CHURCH

“The holy and inspired Scriptures are sufficient of themselves for the preaching of the truth.”

— St. Athanasius



GOSPEL

JN 6:22-29

MEMORIAL OF SAINT ATHANASIUS, BISHOP AND DOCTOR OF THE CHURCH

On the next day the people who remained on the other side of the sea saw that there had been only one boat there, and that Jesus had not entered the boat with his disciples, but that his disciples had gone away alone. However, boats from Tibe'ri-as came near the place where they ate the bread after the Lord had given thanks. So when the people saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Caper'na-um, seeking Jesus. When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” Jesus answered them, “Truly, truly, I say to you, you seek me, not because you saw signs, but because you ate your fill of the loaves. Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you; for on him has God the Father set his seal.” Then they said to him, “What must we do, to be doing the works of God?” Jesus answered them, “This is the work of God, that you believe in him whom he has sent.”

THOUGHTS FROM THE CHURCH

“So faith by itself, if it has no works, is dead.”

— James 2:17



SAY THE PRAYER FOR FAITH

GOSPEL

JN 14:6-14

FEAST OF SAINTS PHILIP AND JAMES, APOSTLES

Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father, but by me. If you had known me, you would have known my Father also; henceforth you know him and have seen him.” Philip said to him, “Lord, show us the Father, and we shall be satisfied.” Jesus said to him, “Have I been with you so long, and yet you do not know me, Philip? He who has seen me has seen the Father; how can you say, ‘Show us the Father’? Do you not believe that I am in the Father and the Father in me? The words that I say to you I do not speak on my own authority; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father in me; or else believe me for the sake of the works themselves. “Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do, because I go to the Father. Whatever you ask in my name, I will do it, that the Father may be glorified in the Son; if you ask anything in my name, I will do it.”

THOUGHTS FROM THE CHURCH

“Faith is to believe what you do not see; the reward of this faith is to see what you believe.”

— **St. Augustine**



GOSPEL

JN 6:35-40

WEDNESDAY OF THE SECOND WEEK OF EASTER

Jesus said to them, “I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst. But I said to you that you have seen me and yet do not believe. All that the Father gives me will come to me; and him who comes to me I will not cast out. For I have come down from heaven, not to do my own will, but the will of him who sent me; and this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up at the last day. For this is the will of my Father, that every one who sees the Son and believes in him should have eternal life; and I will raise him up at the last day.”

THOUGHTS FROM THE CHURCH

“Those whose hearts are enlarged by confidence in God run swiftly on the path of perfection. They not only run, they fly; because, having placed all their hope in the Lord, they are no longer weak as they once were. They become strong with the strength of God, which is given to all who put their trust in Him.”

— St. Alphonsus Liguori

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 6:44-51

THURSDAY OF THE THIRD WEEK OF EASTER

No one can come to me unless the Father who sent me draws him; and I will raise him up at the last day. It is written in the prophets, ‘And they shall all be taught by God.’ Every one who has heard and learned from the Father comes to me. Not that any one has seen the Father except him who is from God; he has seen the Father. Truly, truly, I say to you, he who believes has eternal life. I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.”

THOUGHTS FROM THE CHURCH

“The disciple of Christ must not only keep the faith and live on it, but also profess it, confidently bear witness to it, and spread it: ‘All however must be prepared to confess Christ before men and to follow him along the way of the Cross, amidst the persecutions which the Church never lacks.’”

— **Catechism of the Catholic Church, 1816**



GOSPEL

JN 6:52-59

WEDNESDAY OF THE FIFTH WEEK OF LENT

The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so he who eats me will live because of me. This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever.” This he said in the synagogue, as he taught at Caper'na-um.

THOUGHTS FROM THE CHURCH

“The faith given to me in baptism suggests to me surely: by yourself you will do nothing, but if you have God as the center of all your action, then you will reach the goal.”

— Bl. Pier Giorgio



GOSPEL

JN 6:60-69

SATURDAY OF THE THIRD WEEK OF EASTER

Many of his disciples, when they heard it, said, “This is a hard saying; who can listen to it?” But Jesus, knowing in himself that his disciples murmured at it, said to them, “Do you take offense at this? Then what if you were to see the Son of man ascending where he was before? It is the spirit that gives life, the flesh is of no avail; the words that I have spoken to you are spirit and life. But there are some of you that do not believe.” For Jesus knew from the first who those were that did not believe, and who it was that should betray him. And he said, “This is why I told you that no one can come to me unless it is granted him by the Father.” After this many of his disciples drew back and no longer went about with him. Jesus said to the twelve, “Will you also go away?” Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life; and we have believed, and have come to know, that you are the Holy One of God.”

WEEK 2 REFLECTION:

FAITH AND MY WIFE

**If you are not married and do not have children, use this week to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.*

As I travel the country giving parish retreats and missions, I get a chance to talk with a lot of our sisters in Christ. Most of them are married, and their main concern is that they feel alone in the faith. Many of them talk about how they wish their husband had come to the event because he really needed to hear the message. This is a common thing almost everywhere I go. I can't tell you how many women have written in to the show echoing the same sentiment. For far too long, the women of the Church have had to shoulder the load when it comes to the Faith. This must change, my brothers. Our wives and our Church deserve better. They need us to become men who live and act by faith.

Part of the devil's plan to destroy the family centers around keeping men on the sidelines. God made us to be the spiritual leaders of our family, and the devil knows that. He also knows that if he can take men out of the game he has a better chance of winning. This is why he sets so many snares and traps for men. You don't have to look around the world long to see how many men are caught up in vices, addictions, and habitual sin. This is the result of falling to the temptations of the devil and allowing them to become our way of life. This is directly tied to the concerns of our spouses. Instead of leaning on Jesus and giving him control of our lives, we try to white-knuckle it ourselves. Instead of having faith in Him, we place it in ourselves. We fall hook, line, and sinker for the notion that as men we don't need anybody or anything but ourselves. This plays right in the devil's hands, and it drives us further and further away from our wives and their desire for us to boldly live out our faith. I should know. For many years of my marriage, Angela longed for me to stand beside her in faith. Instead, I chose to put faith in myself, and it almost destroyed my family. I found myself in countless vices and addictions all because I refused to trust in God. She told me how many hours she spent praying that I would give my life over to Jesus and let go of my desire for control. She also shared with me how lonely and hard it was to try to lead our family in the faith without me. She spoke of all the times she left with the children to go to church while I was still in bed nursing a hangover. I can't imagine how lonely that must have been for her. There are so many women around the country who are experiencing the same things with their spouses. Looking back at it all now, I can't imagine how lonely and hard that must have been for Angela and how hard it must be for our wives that are going through that now.

Upon entering marriage, we made a promise to be there for our wives. We made a promise to take care of them. This doesn't just mean taking care of physical needs. This also means taking care of them spiritually. Our wives need us to be the spiritual leaders God intended for us to be. They need to feel equally yoked with their spouse, and they deserve a marriage that has God firmly planted in the center of it. There is nothing more inspiring to our spouses than seeing their husbands take the lead in the Faith. They have carried the banner long enough. They deserve to have a husband that lays down his life for them and their family every day. My brothers, let's take the time this week to start rooting out the things in our life that are keeping us from living the virtue of faith with our spouse. Let's start saying no to temptations

and start choosing to live out our belief in God. Become the spiritual leader your wife needs you to be and watch your marriage flourish.

THOUGHTS FROM THE CHURCH

“It takes three to make love, not two: you, your spouse, and God. Without God people only succeed in bringing out the worst in one another. Lovers who have nothing else to do but love each other soon find there is nothing else. Without a central loyalty life is unfinished.”

— Venerable Fulton Sheen

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 10:27-30

FOURTH SUNDAY OF EASTER

My sheep hear my voice, and I know them, and they follow me; and I give them eternal life, and they shall never perish, and no one shall snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father’s hand. I and the Father are one.”

THOUGHTS FROM THE CHURCH

“Where there is hatred, let me sow love. Where there is injury, pardon. Where there is doubt, faith.”

— St. Francis of Assisi

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 10:1-10

MONDAY OF THE FOURTH WEEK OF EASTER

“Truly, truly, I say to you, he who does not enter the sheepfold by the door but climbs in by another way, that man is a thief and a robber; but he who enters by the door is the shepherd of the sheep. To him the gatekeeper opens; the sheep hear his voice, and he calls his own sheep by name and leads them out. When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice. A stranger they will not follow, but they will flee from him, for they do not know the voice of strangers.” This figure Jesus used with them, but they did not understand what he was saying to them. So Jesus again said to them, “Truly, truly, I say to you, I am the door of the sheep. All who came before me are thieves and robbers; but the sheep did not heed them. I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture. The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.

THOUGHTS FROM THE CHURCH

“My confidence is placed in God who does not need our help for accomplishing his designs. Our single endeavor should be to give ourselves to the work and to be faithful to him, and not to spoil his work by our shortcomings.”

— St. Isaac Jogues

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 10:22-30

TUESDAY OF THE FOURTH WEEK OF EASTER

It was the feast of the Dedication at Jerusalem; it was winter, and Jesus was walking in the temple, in the portico of Solomon. So the Jews gathered round him and said to him, “How long will you keep us in suspense? If you are the Christ, tell us plainly.” Jesus answered them, “I told you, and you do not believe. The works that I do in my Father’s name, they bear witness to me; but you do not believe, because you do not belong to my sheep. My sheep hear my voice, and I know them, and they follow me; and I give them eternal life, and they shall never perish, and no one shall snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father’s hand. I and the Father are one.”

THOUGHTS FROM THE CHURCH

“Having faith does not mean having no difficulties, but having the strength to face them, knowing we are not alone.”

— Pope Francis

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 12:44-50

WEDNESDAY OF THE FOURTH WEEK OF EASTER

And Jesus cried out and said, “He who believes in me, believes not in me but in him who sent me. And he who sees me sees him who sent me. I have come as light into the world, that whoever believes in me may not remain in darkness. If any one hears my sayings and does not keep them, I do not judge him; for I did not come to judge the world but to save the world. He who rejects me and does not receive my sayings has a judge; the word that I have spoken will be his judge on the last day. For I have not spoken on my own authority; the Father who sent me has himself given me commandment what to say and what to speak. And I know that his commandment is eternal life. What I say, therefore, I say as the Father has bidden me.”

THOUGHTS FROM THE CHURCH

“Jesus is there for us in the Scriptures. How often do we ignore him? We must shake off this indifference. Only the Faith and the wisdom of the Church can save us, but it requires men and women, warriors ready to risk their good names, even their very lives to stand up for the truth.”

— Jim Caviezel



GOSPEL

JN 13:16-20

THURSDAY OF THE FOURTH WEEK OF EASTER

Truly, truly, I say to you, a servant is not greater than his master; nor is he who is sent greater than he who sent him. If you know these things, blessed are you if you do them. I am not speaking of you all; I know whom I have chosen; it is that the scripture may be fulfilled, ‘He who ate my bread has lifted his heel against me.’ I tell you this now, before it takes place, that when it does take place you may believe that I am he. Truly, truly, I say to you, he who receives any one whom I send receives me; and he who receives me receives him who sent me.”

THOUGHTS FROM THE CHURCH

“The most beautiful act of faith is the one made in darkness, in sacrifice, and with extreme effort.”

— St. Padre Pio

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 14:1-6

FRIDAY OF THE FOURTH WEEK OF EASTER

“Let not your hearts be troubled; believe in God, believe also in me. In my Father’s house are many rooms; if it were not so, would I have told you that I go to prepare a place for you? And when I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way where I am going.” Thomas said to him, “Lord, we do not know where you are going; how can we know the way?” Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father, but by me.”

THOUGHTS FROM THE CHURCH

“Faith and reason are like two wings on which the human spirit rises to the contemplation of truth; and God has placed in the human heart a desire to know the truth- in a word, to know himself- so that, by knowing and loving God, men and women may also come to the fullness of truth about themselves.”

— St. Pope John Paul II

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 15:9-17

FEAST OF SAINT MATTHIAS, APOSTLE

As the Father has loved me, so have I loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full. "This is my commandment, that you love one another as I have loved you. Greater love has no man than this, that a man lay down his life for his friends. You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide; so that whatever you ask the Father in my name, he may give it to you. This I command you, to love one another.

WEEK 3 REFLECTION:

FAITH AND MY CHILDREN

**If you are not married and do not have children, use this week to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.*

The one phrase I remember hearing the most as a young child was, "Do as I say not as I do." I hated that phrase. It didn't make any sense to me. It basically told me that I was subject to different rules than the person setting them. I always wondered why someone would expect me to obey the rules when they didn't obey them themselves. I always thought it was a cop-out. It was a complete contradiction to the other adage, "Actions speak louder than words." I think sometimes we can still behave this way. In fact, I know we can. The proof is in the number of our children who have left the faith.

I can't tell you how many times I have heard someone say, "I can't believe after all that money I spent on Catholic education that my children have left the faith." I hear it at least a couple of times a month when I am around older men. So many of us have treated Catholic schools like an easy-bake oven. You just put your children in, set the timer for 12 years, and they come out a well-done Catholic. That is not the way it works, my friends. Catholic schools are not meant to be the primary former of our children! That is our responsibility. The schools are just meant to be a supplement to our formation of our children. What I am saying here, brothers, is that we have to lead by example if we want our children to grow in and stay in the faith. Proverbs 22:6 says, "Train the young in the way they should go; even when old they will not swerve from it." Bl. Louise-Therese de Montaignac also tells us, "To hand onto your children the faith you received from your parents, is your first duty and your greatest privilege as parents. The home should be the first school of religion as it must be the first school of prayer." Both these quotes back up the truth. The truth is that if we want our children to live lives of great faith then we must be the ones to show them how. From the time our children are born they look up to us. We are their heroes. They want to be just like us. Even as they get older this is true. If we are not giving them the best versions of ourselves, how can we expect them to be any different? We cannot continue to be "do as I say" people. Instead, we must realize our actions will always speak louder than our words.

How we live out the virtue of faith in our lives will determine how our children choose to live theirs. The statistics back this up. When the mother is leading the family in the faith by herself, the number of children who stay Catholic is less than twenty percent. When the father steps up and begins boldly leading the family in the faith, the number of children who stay active in the faith is over eighty percent. My brothers, never make the mistake of thinking what you do doesn't matter to your children. They are always watching you no matter if they are five or thirty-five. If you want them to go to Mass, then be there yourself. If you want to see them praying, then let them first see you. If you want them to treat others the way Christ wants them to, then show them how. Be the disciple you want them to be. Live the life you are called to with the virtue of faith, depending on the grace of God to do so, and your children should have a pretty good shot at becoming people of great faith themselves.

THOUGHTS FROM THE CHURCH

“Dear friends, may no adversity paralyze you. Be afraid neither of the world, nor of the future, nor of your weakness. The Lord has allowed you to live in this moment of history so that by your faith, his name will continue to resound throughout the world.”

— Pope Benedict XVI

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 13:31-33A, 34-35

FIFTH SUNDAY OF EASTER

When he had gone out, Jesus said, “Now is the Son of man glorified, and in him God is glorified; if God is glorified in him, God will also glorify him in himself, and glorify him at once. Little children, yet a little while I am with you. You will seek me; and as I said to the Jews so now I say to you, ‘Where I am going you cannot come.’ A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another. By this all men will know that you are my disciples, if you have love for one another.”

THOUGHTS FROM THE CHURCH

“Be faithful in small things because it is in them that your strength lies.”

— St. Teresa of Calcutta

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 14:21-26

MONDAY OF THE FIFTH WEEK OF EASTER

“He who has my commandments and keeps them, he it is who loves me; and he who loves me will be loved by my Father, and I will love him and manifest myself to him.” Judas (not Iscariot) said to him, “Lord, how is it that you will manifest yourself to us, and not to the world?” Jesus answered him, “If a man loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. He who does not love me does not keep my words; and the word which you hear is not mine but the Father’s who sent me. “These things I have spoken to you, while I am still with you. But the Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you.”

THOUGHTS FROM THE CHURCH

“To one who has faith, no explanation is necessary. To one without faith, no explanation is possible.”

— St. Thomas Aquinas

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 14:27-31A

TUESDAY OF FIFTH WEEK OF EASTER

Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. You heard me say to you, ‘I go away, and I will come to you.’ If you loved me, you would have rejoiced, because I go to the Father; for the Father is greater than I. And now I have told you before it takes place, so that when it does take place, you may believe. I will no longer talk much with you, for the ruler of this world is coming. He has no power over me; but I do as the Father has commanded me, so that the world may know that I love the Father. Rise, let us go hence.

THOUGHTS FROM THE CHURCH

“He said to them, “Because of your little faith. For truly, I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, ‘Move from hence to yonder place,’ and it will move; and nothing will be impossible to you.”

— Matthew 17:20



SAY THE PRAYER FOR FAITH

GOSPEL

JN 15:1-8

WEDNESDAY OF THE FIFTH WEEK OF EASTER

“I am the true vine, and my Father is the vinedresser. Every branch of mine that bears no fruit, he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. You are already made clean by the word which I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing. If a man does not abide in me, he is cast forth as a branch and withers; and the branches are gathered, thrown into the fire and burned. If you abide in me, and my words abide in you, ask whatever you will, and it shall be done for you. By this my Father is glorified, that you bear much fruit, and so prove to be my disciples.

WEEK 3: FAITH AND MY CHILDREN
MAY 19, 2022

THOUGHTS FROM THE CHURCH

“Faith has to do with things that are not seen, and hope with things that are not in hand.”

— **St. Thomas Aquinas**

 **SAY THE PRAYER FOR FAITH**

GOSPEL

JN 15:9-11

THURSDAY OF THE FIFTH WEEK OF EASTER

As the Father has loved me, so have I loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.

THOUGHTS FROM THE CHURCH

"I believe though I do not comprehend, and I hold by faith what I cannot grasp with the mind."

— St. Bernard

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 15:12-17

FRIDAY OF THE FIFTH WEEK OF EASTER

"This is my commandment, that you love one another as I have loved you. Greater love has no man than this, that a man lay down his life for his friends. You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide; so that whatever you ask the Father in my name, he may give it to you. This I command you, to love one another.

THOUGHTS FROM THE CHURCH

“May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith.”

— **St. Teresa of Avila**

 **SAY THE PRAYER FOR FAITH**

GOSPEL

JN 15:18-21

SATURDAY OF THE FIFTH WEEK OF EASTER

“If the world hates you, know that it has hated me before it hated you. If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you. Remember the word that I said to you, ‘A servant is not greater than his master.’ If they persecuted me, they will persecute you; if they kept my word, they will keep yours also. But all this they will do to you on my account, because they do not know him who sent me.

WEEK 4 REFLECTION:

**FAITH
AND MY NEIGHBOR**

It is a common thing in the world today to hear people complaining about the way things are. You don't have to go far to hear people talking about the way things used to be and how morally different the world is today. Those comments are usually followed by the question, "When is somebody going to do something about all this?" Well, in the words of Nathaniel to King David, "That man is you!" If we want the world to be different, then that difference starts with us. If the world doesn't have men living out the virtue of faith, then it has no choice but to follow the way of the world.

Our entire purpose for existing is to boldly live the virtue of faith in our lives. It is how we heed the call of Christ to go and make disciples of all nations. This is the great commission he left us with. This commission is for all of us. There can be a tendency to think that Christ's call to make disciples is a call for only a few or just for everyone else but us. This isn't the case. It is the singular purpose for which we were all born. We are made to love and serve the Lord by coming into a relationship with him. The result of that relationship should be a desire for others to come to know him. That is faith lived out. When our belief moves us to share Christ and what he has done for us with others, we are living the virtue of faith the way we are called to. To live the virtue of faith is to live differently than the culture tells us to. Living the virtue of faith is about love in a world full of hate. It is about turning the other cheek. It is about forgiving those who have injured us. It is about becoming selfless in a world that promotes selfishness. This is the call of Christ, to love others no matter what.

The virtue of faith allows us to love like that because it invites us to understand who Jesus is and what he wants from us. This is the driving force behind all the martyrs of the Church. They came to know Jesus in a profound way. That knowledge fueled their belief in him and inspired them to live boldly in faith. The martyrs put their money where their mouth was. They didn't scatter and run when things got tough. They didn't change their tune when faced with punishment or death. Instead, they allowed the virtue of faith to shine. There was nothing the world could do to them to make them renounce Christ and his teachings. They knew who Jesus was and that knowledge told them who they had to become. It is no different for you and me today.

My brothers, one person living differently than the rest of the world may not seem like it can change a whole lot, but that is exactly how you and I are sitting here as Catholics today. Jesus lived a life radically different than the lives of the people of his time. He flipped the script on the way of the world during his time on earth. As his disciples, we must do the same. We must emulate our Lord. Jesus exhibited the virtue of faith in everything he did. Every move he made was to bring glory to his Father. My friends, it has to be the same for us. If we want the world to be different, it must start with us. This week let's go out and show the world what it means to be followers of Jesus. Let's make it a daily goal to live the virtue of faith so well that the world has no choice but to change.

WEEK 4: FAITH AND MY NEIGHBOR
MAY 22, 2022

THOUGHTS FROM THE CHURCH

"I know God will not give me anything I can't handle. I just wish He didn't trust me so much."

— **St. Teresa of Calcutta**

 **SAY THE PRAYER FOR FAITH**

GOSPEL

JN 14:23-29

SIXTH SUNDAY OF EASTER

Jesus answered him, "If a man loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. He who does not love me does not keep my words; and the word which you hear is not mine but the Father's who sent me. "These things I have spoken to you, while I am still with you. But the Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. You heard me say to you, 'I go away, and I will come to you.' If you loved me, you would have rejoiced, because I go to the Father; for the Father is greater than I. And now I have told you before it takes place, so that when it does take place, you may believe."

WEEK 4: FAITH AND MY NEIGHBOR
MAY 23, 2022

THOUGHTS FROM THE CHURCH

“Reason is in fact the path to faith, and faith takes over when reason can say no more.”

— Thomas Merton

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 15:26—16:4A

MONDAY OF THE SIXTH WEEK OF EASTER

But when the Counselor comes, whom I shall send to you from the Father, even the Spirit of truth, who proceeds from the Father, he will bear witness to me; and you also are witnesses, because you have been with me from the beginning. “I have said all this to you to keep you from falling away. They will put you out of the synagogues; indeed, the hour is coming when whoever kills you will think he is offering service to God. And they will do this because they have not known the Father, nor me. But I have said these things to you, that when their hour comes you may remember that I told you of them. “I did not say these things to you from the beginning, because I was with you.

THOUGHTS FROM THE CHURCH

“To have faith in Christ means, of course, trying to do all that He says. There would be no sense in saying you trusted a person if you would not take his advice. Thus if you have really handed yourself over to Him, it must follow that you are trying to obey Him. But trying in a new way, a less worried way. Not doing these things in order to be saved, but because He has begun to save you already. Not hoping to get to Heaven as a reward for your actions, but inevitably wanting to act in a certain way because a first faint gleam of Heaven is already inside you.”

— C.S. Lewis

SAY THE PRAYER FOR FAITH

GOSPEL

JN 16:5-11

TUESDAY OF THE SIXTH WEEK OF EASTER

But now I am going to him who sent me; yet none of you asks me, ‘Where are you going?’ But because I have said these things to you, sorrow has filled your hearts. Nevertheless I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Counselor will not come to you; but if I go, I will send him to you. And when he comes, he will convince the world of sin and of righteousness and of judgment: of sin, because they do not believe in me; of righteousness, because I go to the Father, and you will see me no more; of judgment, because the ruler of this world is judged.

THOUGHTS FROM THE CHURCH

“Live in faith and hope, though it be in darkness, for in this darkness God protects the soul. Cast your care upon God for you are His and He will not forget you. Do not think that He is leaving you alone, for that would be to wrong Him.”

— St. John of the Cross

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 16:12-15

WEDNESDAY OF THE SIXTH WEEK OF EASTER

“I have yet many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

WEEK 4: FAITH AND MY NEIGHBOR
MAY 26, 2022

THOUGHTS FROM THE CHURCH

“May faith be the torch that illuminates, animates, and sustains you.”

— St. Margaret Mary Alacoque

 SAY THE PRAYER FOR FAITH

GOSPEL

LK 24:46-53

THE ASCENSION OF THE LORD

And (Jesus) said to them, “Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I send the promise of my Father upon you; but stay in the city, until you are clothed with power from on high.” Then he led them out as far as Bethany, and lifting up his hands he blessed them. While he blessed them, he parted from them and was carried up into heaven. And they worshiped him, and returned to Jerusalem with great joy, and were continually in the temple blessing God.

WEEK 4: FAITH AND MY NEIGHBOR
MAY 27, 2022

THOUGHTS FROM THE CHURCH

“You must have boundless faith in the divine goodness, for the victory is absolutely certain.”

— St. Padre Pio

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 16:20-23

FRIDAY OF THE SIXTH WEEK OF EASTER

Truly, truly, I say to you, you will weep and lament, but the world will rejoice; you will be sorrowful, but your sorrow will turn into joy. When a woman is in travail she has sorrow, because her hour has come; but when she is delivered of the child, she no longer remembers the anguish, for joy that a child is born into the world. So you have sorrow now, but I will see you again and your hearts will rejoice, and no one will take your joy from you. In that day you will ask nothing of me. Truly, truly, I say to you, if you ask anything of the Father, he will give it to you in my name.

THOUGHTS FROM THE CHURCH

"I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else."

— C.S. Lewis

 SAY THE PRAYER FOR FAITH

GOSPEL

JN 16:23B-28

SATURDAY OF THE SIXTH WEEK OF EASTER

In that day you will ask nothing of me. Truly, truly, I say to you, if you ask anything of the Father, he will give it to you in my name. Hitherto you have asked nothing in my name; ask, and you will receive, that your joy may be full. "I have said this to you in figures; the hour is coming when I shall no longer speak to you in figures but tell you plainly of the Father. In that day you will ask in my name; and I do not say to you that I shall pray to the Father for you; for the Father himself loves you, because you have loved me and have believed that I came from the Father. I came from the Father and have come into the world; again, I am leaving the world and going to the Father."

THOUGHTS FROM THE CHURCH

"If you believe what you like in the gospels, and reject what you don't like, it is not the gospel you believe, but yourself."

— St. Augustine



SAY THE PRAYER FOR FAITH

GOSPEL

JN 17:20-26

SEVENTH SUNDAY OF EASTER - ASCENSION

"I do not pray for these only, but also for those who believe in me through their word, that they may all be one; even as thou, Father, art in me, and I in thee, that they also may be in us, so that the world may believe that thou hast sent me. The glory which thou hast given me I have given to them, that they may be one even as we are one, I in them and thou in me, that they may become perfectly one, so that the world may know that thou hast sent me and hast loved them even as thou hast loved me. Father, I desire that they also, whom thou hast given me, may be with me where I am, to behold my glory which thou hast given me in thy love for me before the foundation of the world. O righteous Father, the world has not known thee, but I have known thee; and these know that thou hast sent me. I made known to them thy name, and I will make it known, that the love with which thou hast loved me may be in them, and I in them."

THOUGHTS FROM THE CHURCH

“Your faith will grow only in the measure that you give it away.”

— **Bishop Robert Barron**



SAY THE PRAYER FOR FAITH

GOSPEL

JN 16:29-33

MONDAY OF THE SEVENTH WEEK OF EASTER

His disciples said, “Ah, now you are speaking plainly, not in any figure! Now we know that you know all things, and need none to question you; by this we believe that you came from God.” Jesus answered them, “Do you now believe? The hour is coming, indeed it has come, when you will be scattered, every man to his home, and will leave me alone; yet I am not alone, for the Father is with me. I have said this to you, that in me you may have peace. In the world you have tribulation; but be of good cheer, I have overcome the world.”

THOUGHTS FROM THE CHURCH

“We too often forget that faith is a matter of questioning and struggle before it becomes one of certitude and peace. You have to doubt and reject everything else in order to believe firmly in Christ, and after you have begun to believe, your faith itself must be tested and purified. Christianity is not merely a set of forgone conclusions. Faith tends to be defeated by the burning presence of God in mystery, and seeks refuge from him, flying to comfortable social forms and safe convictions in which purification is no longer an inner battle but a matter of outward gesture.”

— Thomas Merton



SAY THE PRAYER FOR FAITH

GOSPEL

LK 1:39-56

FEAST OF THE VISITATION OF THE BLESSED VIRGIN MARY

In those days Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechari'ah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, “Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord.” And Mary said, “My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden. For behold, henceforth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name. And his mercy is on those who fear him from generation to generation. He has shown strength with his arm, he has scattered the proud in

LITANY OF HUMILITY

O Jesus! meek and humble of heart,
Hear me.

From the desire of being esteemed,
Deliver me, Jesus.

From the desire of being loved,
Deliver me, Jesus.

From the desire of being extolled,
Deliver me, Jesus.

From the desire of being honored,
Deliver me, Jesus.

From the desire of being praised,
Deliver me, Jesus.

From the desire of being preferred
to others,
Deliver me, Jesus.

From the desire of being consulted,
Deliver me, Jesus.

From the desire of being approved,
Deliver me, Jesus.

From the fear of being humiliated,
Deliver me, Jesus.

From the fear of being despised,
Deliver me, Jesus.

From the fear of suffering rebukes,
Deliver me, Jesus.

From the fear of being calumniated,
Deliver me, Jesus.

From the fear of being forgotten,
Deliver me, Jesus.

From the fear of being ridiculed,
Deliver me, Jesus.

From the fear of being wronged,
Deliver me, Jesus.

From the fear of being suspected,
Deliver me, Jesus.

That others may be loved more than I,
Jesus, grant me the grace to desire it.

That others may be esteemed more than I,
Jesus, grant me the grace to desire it.

That, in the opinion of the world, others
may increase and I may decrease,
Jesus, grant me the grace to desire it.

That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.

That others may be praised and
I unnoticed,

Jesus, grant me the grace to desire it.

That others may be preferred to me
in everything,

Jesus, grant me the grace to desire it.

That others may become holier than I,
provided that I may become as holy as

I should,

Jesus, grant me the grace to desire it.

THE LITANY OF TRUST

From the belief that I have to earn
Your love,

Deliver me, Jesus.

From the fear that I am unlovable,

Deliver me, Jesus.

From the false security that I have what
it takes,

Deliver me, Jesus.

From the fear that trusting You will leave
me more destitute,

Deliver me, Jesus.

From all suspicion of Your words
and promises,

Deliver me, Jesus.

From the rebellion against childlike
dependency on You,

Deliver me, Jesus.

From refusals and reluctances in
accepting Your will,

Deliver me, Jesus.

From anxiety about the future,

Deliver me, Jesus.

From resentment or excessive
preoccupation with the past,

Deliver me, Jesus.

From restless self-seeking
in the present moment,

Deliver me, Jesus.

From disbelief in Your love and presence,

Deliver me, Jesus.

From the fear of being asked to give
more than I have,

Deliver me, Jesus.

From the belief that my life has no
meaning or worth,

Deliver me, Jesus.

From the fear of what love demands,

Deliver me, Jesus.

From discouragement,

Deliver me, Jesus.

That You are continually holding me
sustaining me, loving me,

Jesus, I trust in you.

That Your love goes deeper than my sins
and failings, and transforms me,

Jesus, I trust in you.

That not knowing what tomorrow brings is
an invitation to lean on You,

Jesus, I trust in you.

That you are with me in my suffering,

Jesus, I trust in you.

That my suffering, united to Your own, will
bear fruit in this life and the next,

Jesus, I trust in you.

That You will not leave me orphan, that You
are present in Your Church,

Jesus, I trust in you.

That Your plan is better than anything else,

Jesus, I trust in you.

That You always hear me and in Your
goodness always respond to me,

Jesus, I trust in you.

That You give me the grace to accept
forgiveness and to forgive others,

Jesus, I trust in you.

That You give me all the strength I need for
what is asked,

Jesus, I trust in you.

That my life is a gift,

Jesus, I trust in you.

That You will teach me to trust You,

Jesus, I trust in you.

That You are my Lord and my God,

Jesus, I trust in you.

That I am Your beloved one,

Jesus, I trust in you.

PRAYER TO SAINT JOSEPH

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage also. Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by His Blood, and with your power and strength to aid us in our necessities. O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness. As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. **Amen.**



JUST A GUY
IN THE PEW