

## Activated Disciple Journal: ACTIVATING FORGIVENESS

*“During mental prayer, it is well at times to imagine that many insults and injuries are being heaped upon us, that misfortunes have befallen us, and then strive to train our heart to bear and forgive these things patiently, in imitation of our Savior. This is the way to acquire a strong spirit.” -St Philip Neri*

Readings for Lectio this week:

Friday: **Matthew 5:21-26**

Saturday: **Matthew 18:21-35**

Sunday: **John 8:3-11**

## Activated Disciple Journal: ACTIVATING HUMILITY

*“The soul’s true greatness is in loving God and in humbling oneself in his presence, completely forgetting oneself and believing oneself to be nothing, because the Lord is great, but He is well-pleased only with the humble; He always opposes the proud.” – The Blessed Virgin Mary to St Faustina*

Monday: **Eph 4:1-3**

Tuesday: **I Peter 2:21-25**

Wednesday: **Proverbs 16:16-21**

Thursday: **Philippians 2:3-8**

Lectio: Read the verse slowly, then read it again. Read it a third time. Look for details. Notice key words, verbs and nouns, and anything repeated, compared, or contrasted.

Meditate: Mentally chew on the passage’s key words or images to extract their meaning. Let the words sink in and take hold. What words or phrases catch and hold your attention?

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## Pray

Pay attention to the way your meditation connects with your life and respond to what you find. This is your time to “have a word” with God through his Word! Speak to him in your words. Make it personal. Share your heart: He is listening.

## Contemplate

Savor being in God’s presence. Enjoy what God has given you.

## Imitate

Resolve to act on what God has revealed to you in *lectio divina*. Recall the characteristics of a disciple at the focus of today’s Scripture verses. What specific attitude or action of a disciple will you imitate?

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## Situational Awareness

Note circumstances during your day that gave you the opportunity to exercise the characteristic of a disciple that God revealed to you in your time with him.

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## Check-In

Cultivate your ongoing relationship with your saintly posse daily, and work with your accountability partner once a week to discuss your walk with Christ.

- Today I checked in with my posse.
- Today I checked in with my accountability partner.

# The Shape of My Day

**Express Gratitude:** Give thanks to God for the gifts He has given you today.

Today I give thanks for

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**Seek Grace:** Ask God for the insight to see what he's been trying to reveal to you throughout the day, and for guidance in recognizing the hurdles you faced in trying to do his will.

Lord, give me the grace to

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**Review the Day:** Review the day you just lived like a film in your head, paying close attention to moments you felt close to God, those in which you did not, and how you chose to respond in these moments. Then talk to the Lord; share your heart.

Lord, I felt close to you today when

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**Ask for Forgiveness:** Admit any mistakes and ask God to heal your heart.

Today Lord, I ask forgiveness for

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**Look Forward:** Take the insights God has given you today and ask him where he is leading you. What does he want from you tomorrow? Through his grace, prepare yourself to take on the next day. Tomorrow I am going to focus on

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*I lived today as an Activated Disciple!*