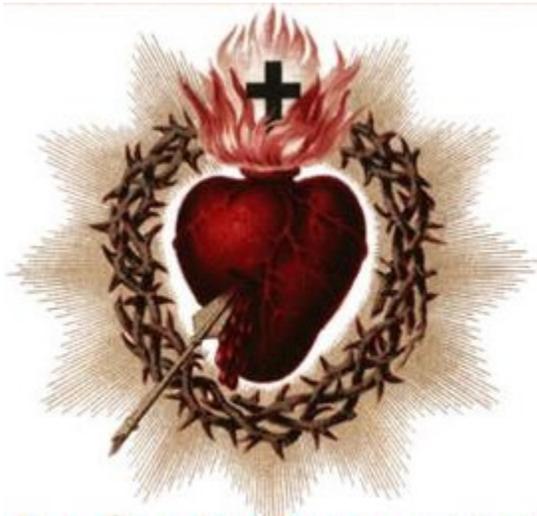




St. Edward the Confessor
2021 Parish Lenten Mission
Jesus and Mary:
Unite My Heart with Yours

Monday, March 8; Tuesday, March 9; and Wednesday, March 10
7 p.m. - 8 p.m. Mon.-Tue.; 7 p.m.-9 p.m. Wed.
Adoration & Presentation; Reconciliation on Final Evening
Info: steddy.org



Monday - A Heart is Created: God, Creation, and Me

Tuesday - A Grateful Heart: Examination of Conscience

Wednesday - A Visit to the Heart Doctor: Healing and Mercy

In your '1 hour of prayer,' you can:

- Review the notes/handout from the presentation; pray, go deeper.
- Re/Read these Scripture passages -
 - Joel 2:2-18; Matthew 6:1-6 & v16-18 [Ash Wednesday]
 - Genesis 2:2-7, 3:1-7; Matthew 4:1-11 [1st Sunday of Lent]
- Have a friendly conversation with Jesus and Mary.
- Do the *Examen* prayer -
 - Take 10 minutes to look on your day with gratitude.
 - Ask God to show you 5 graces in your day:
 - Ex. meal with family, conversation with a friend, sunset...

Monday. A Heart is Created: God, Creation, and Me

"Made in the image of God." Genesis 1:26-31

QUESTIONS AND ACTIVITIES

1. Go to your prayer spot and sit in a comfortable place to begin your time of prayer. Begin with a familiar prayer.
2. Put your hand on your heart. Recall that God made your heart, and it is very good. Keep your hand there for thirty beats. How are you feeling right now? Write a brief description in your journal; describe both your physical and emotional states. Are you happy, tired, sad . . . ? Tell Jesus about this: "Lord, right now I feel . . . "Is there anything the Lord wants to say to you?"
3. Read Genesis 1:26-31 and imagine God's new creation. Picture the green plants, breathe in the fresh air, and feel the peace of God's handiwork.
4. Imagine God joyfully forming you as a tiny child in your mother's womb, and His knowledge that even before your birth, you were already "very good." How do you think your parents felt when they learned that your mother was pregnant with you? How do you feel as you imagine yourself newly created by God?
5. My grandparents' farm was a holy place for me. Is there a holy place that you have encountered in your life? This might be a favorite vacation spot, a trip to Rome, or a previous retreat. Recall this place in your mind. Remember the sights, sounds, smells, and people. How did you feel when you were there? How was God present to you in this place? Jot down a few words *describing this holy place and your experiences there.*

Abide in the Heart of Christ: a 10-Day Personal Retreat with St. Ignatius Loyola, based on the Spiritual Exercises available at Amazon/Kindle, AveMariaPress.com

popesprayerusa.net @popesprayerusa
joelaramiesj.com @JoeLaramieSJ



St. Edward the Confessor 2021 Parish Lenten Mission Jesus and Mary: Unite My Heart with Yours

Monday - A Heart is Created: God, Creation, and Me

Tuesday - A Grateful Heart: Examination of Conscience

Wednesday - A Visit to the Heart Doctor: Healing and Mercy

Info: steddy.org

“My Daily Examen” [Examination of Conscience of St. Ignatius]

1: BEGIN.

Intro: Sit or kneel.

Say a brief prayer or scripture passage.

Enter God’s presence.

2: GIVE THANKS.

Pray, “Lord, help me to look on this day with gratitude.”

Reflect on the Day: events, people, conversations, emotions.

Identify three specific things that you are grateful for.

3: NAME THE SORROWS AND SINS.

Notice these. Be specific. Hold them up to His Light.

4: PETITION.

Ask for God’s blessings on self, project, family, and so on.

5: LOOK AHEAD 24 HOURS & CONCLUDE.

Ask for trust and hope. (What are God’s hopes for me?)

Close with a Hail Mary or another familiar prayer.

popesprayerusa.net @popesprayerusa

joelaramiesj.com @JoeLaramieSJ

Tuesday - A Grateful Heart: Examination of Conscience

“Give thanks to the Lord: He is good! His mercy endures forever.”

Psalm 118:1

QUESTIONS AND ACTIVITIES

1. Set up a reminder for yourself to pray the Examen for the next several days. For example, you may want to use your phone to take a photo of the five steps; then you can pray it even if you don’t have this book with you. Or you could copy down the five steps on a slip of paper and post this on your bathroom mirror. Or schedule a 15 minute window of time in your personal calendar.

2. Read Psalm 23. Ask the Lord to show you how He is with you in a “green pasture” as well as in a “dark valley.”

3. Pray the Examen now, using the 5 steps. It should take 10-15 minutes.

4. After you pray the Examen, jot down a few notes—especially three specific people/events that you are grateful for today.

5. Pray the Examen once this week with someone you care about. This could be a spouse, friend, grandchild, or someone in your prayer group. You could briefly explain the steps, take a few minutes in quiet prayer, and then share with your friend a few of the graces of your day.





St. Edward the Confessor
2021 Parish Lenten Mission
Jesus and Mary:
Unite My Heart with Yours

Monday - A Heart is Created: God, Creation, and Me
Tuesday - A Grateful Heart: Examination of Conscience
Wednesday - A Visit to the Heart Doctor: Healing and Mercy
Info: steddy.org



Wednesday - A Visit to the Heart Doctor: Healing and Mercy

“Create a clean heart in me, O God; renew in me a steadfast spirit.”
Psalm 51:12

QUESTIONS AND ACTIVITIES

1. Read Genesis 3:1–13, the sin of Adam and Eve. Imagine this scene. Imagine the looks on the faces of Adam and Eve when they realize what they’ve done. Imagine the shame and sorrow they must have felt. Have you ever felt this way after your own sin? Write a short description.
2. Look over your life and see the patterns of sin that you have fallen into. Group these into different stages of life: main sins you committed in grade school, in high school, in college, early in your marriage, in the last year, etc. Jot down a few key patterns of sins in these different eras of your life.
3. What is one central sin that you need to repent of and sorrowfully offer to Christ? This could be a bad habit that has been with you for a long time– chronic lying, skipping prayer or Mass, pornography, etc. Ask the Lord to help you let go of this sin so that you can cling to Him.
4. In prayer, see Jesus on the Cross. He is love incarnate. Pray in front of a crucifix for a few minutes. Imagine St. John and Mother Mary beside you. In prayer, ponder these questions and speak to the Lord: “What I have done for you, Lord? What I am doing for you? What I ought to do for you?” Be specific. Then, write answers in a few lines in your journal.
5. Now, turn these questions around. As you look at Christ on the Cross, ask Him, “Lord, what have you done for me, what are you doing for me, what will you do for me?” (short answer: a lot, a lot, a lot!). Listen to Jesus. Write a few lines in your journal.
6. Where does my heart still hurt? Where do I still need healing? Perhaps it is in some area of ongoing sin. Perhaps I need healing from some deep hurt or resentment from my past. In prayer, invite Jesus to touch this wound in your heart; ask Him to heal your wound.

popesprayerusa.net @popesprayerusa
joelaramiesj.com @JoeLaramieSJ

Bio: Fr. Joe Laramie, SJ, is the new [North American director of the Pope's Worldwide Prayer Network \[Apostleship of Prayer\]](#), based in Milwaukee. This 175-year-old Jesuit ministry promotes devotion to the Sacred Heart, Ignatian spirituality, and the monthly prayer intentions of the pope.

He is the author of *Abide in the Heart of Christ: a 10-Day Personal Retreat with St Ignatius Loyola*, based on the Spiritual Exercises [Ave Maria Press, Notre Dame IN; 2019].

He is from St. Louis. He studied for three years at Cardinal Glennon College Seminary in St. Louis.

He entered the Jesuits in 2000 and was ordained in 2011.

He earned a BA and MA in communication from Saint Louis University. He earned an MDiv and STL at Boston College. His thesis focused on Eucharistic themes in the *Spiritual Exercises* of St. Ignatius.

He taught at Regis Jesuit High School in Colorado and was director of campus ministry at Rockhurst High in Kansas City. He served at White House Retreat in St Louis and as a campus minister at Saint Louis University (SLU), as well as the Jesuit mission to Mayans in Belize. He has directed retreats for priests, seminarians, religious, FOCUS missionaries, and prisoners.

He has appeared on EWTN, Leah Darrow's *Lux U*, *Busted Halo*, the *Jesuitical* podcast, and speaks monthly on Relevant Catholic Radio. He has written for *America Magazine*.

popesprayerusa.net @popesprayerusa
joelaramiesj.com @JoeLaramieSJ

