

**PLAN OF LIFE: WITNESSES WHO LIVED THE FATHER'S PLAN IN THE POWER
OF THE HOLY SPIRIT (5-3-20)**

REGINA CAELI (QUEEN OF HEAVEN):

Queen of Heaven, rejoice, alleluia.
For He Whom thou didst merit to bear, alleluia.

Has risen, as He said, alleluia.
Pray for us to God, alleluia.

Verse: Rejoice and be glad, O Virgin Mary, alleluia.
Response: For the Lord has truly risen, alleluia.

Let us pray: O God, Who through the Resurrection of Thy Son,
our Lord Jesus Christ,
didst vouchsafe to give joy to the world:
grant, we beseech Thee, that through His Mother,
the Virgin Mary,
we may obtain the joys of everlasting life.
Through the same Christ our Lord. Amen.

SACRED SEVEN (TRUE OR FALSE)

- ___ 1. A person does not receive the gifts of the Holy Spirit until he is Confirmed.
- ___ 2. The Church teaches that God the Father entrusts to me on earth both a good guardian angel to guide me and an evil demon to test me.
- ___ 3. Both Mary and Joseph are told by an angel to name Mary's Son Jesus.
- ___ 4. A priest is instructed to insert five grains of incense in the form of a cross into the Paschal Candle during the Solemn Beginning of the Easter Vigil.
- ___ 5. We renew our Baptismal Promises every Ash Wednesday.
- ___ 6. The Ascension is the last day of the Easter Season.
- ___ 7. We liturgically describe Christmas Day as the birthday of the Church.

I. For Meditation: The Promised Holy Spirit (The Giver of the Plan of God):

- A. "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" (John 15:26).
- B. "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” (John 16:12-15).

- II. Present Signs of Cooperation in Wisdom with the Holy Spirit—Gospel Visionaries and Faithful Disciples in these End Times:
 - A. Eucharistic faith, reverence, and devotion—“Stay with us”
 - 1. Gospel Vision—Christ interpreting Scripture to burning hearts
 - 2. Holy Communion—Knowing Christ in the Breaking of the Bread
 - B. True Devotion to Mary—“Behold, your Mother”
 - 1. Gospel Vision—The Rosary
 - 2. True Devotion—Taking Mary “into our home”—into our hearts
 - C. Devotion and fidelity to the Catholic Church:
 - 1. Obedience to our Guardian Angel and to all Holy Angels and Saints
 - 2. Devotion to Saint Joseph—Caring for Jesus and Mary
- III. Witness of Perfect Cooperation with the Holy Spirit:
 - A. Christ Jesus = The One Anointed in the Holy Spirit:
 - 1. Incarnation (Overshadowing of Mary): Birth
 - 2. Baptism in the River Jordan (Dove): Re-Birth
 - 3. Transfiguration (Cloud): Divinization/Glory
 - 4. Holy Mass (Epiclesis): On-Going Conversion/Sanctification
 - B. Mary = Spouse of the Holy Spirit:
 - 1. “Full of Grace”: Living in the State of Grace
 - 2. Incarnation (Overshadowing): Obedience
 - 3. Visitation (Magnificat): Charity/Witness
 - 4. Crucifixion (“Behold, your Son”): Sacrificial Love
 - 5. Pentecost (Mother of the Church): Evangelization
 - C. Joseph = Life in the Holy Spirit—The Law transformed by Love
 - 1. Love for God—Righteous man of prayer and obedience (Silence)
 - 2. Love of Mary—Wonder and Respect (Piety)
 - 3. Love of Jesus—Worships and Protects (Adoration/Devotion)
 - D. Angels = Spiritual persons who immediately respond to God’s message (The Word = The Truth) and Love (The Holy Spirit):
 - 1. Made by Christ for Christ
 - 2. Cooperate invisibly with the Holy Spirit in His work of sanctification
 - E. Preparing for Pentecost—Renewal in the Power of the Holy Spirit:
 - 1. Turning to Christ—The Sacred Heart Present NOW
 - 2. Turning to Mary—The Spouse of the Holy Spirit of the End Times
 - 3. Turning to Joseph—His Silence “Speaks” and His Hiddenness “Reveals”
 - 4. Angels—Guardian Angel and Nine Choirs of Angels: Final Battle

MISSION

- I. Morning Prayer: “Our Father,” “Hail Mary,” “Glory Be,” “Renewal of Baptismal Promises,” “The Anima Christi” (Spiritual Communion), “ Angel of God,” “Saint Michael Prayer”

- II. Mid-Day Prayer: “Veni Creator Spiritus,” “Regina Caeli”
- III. Mental Prayer During the Day (15-30 minutes):
 - A. The Rosary
 - B. Journal Meditation:
 - 1. 5-10 Minutes of Scriptural or spiritual reading
 - 2. 5-10 Minutes writing to either the Father, Son, or Holy Spirit
 - 3. 5-10 Minutes recording what you believe God is saying to you
- III. Nightly Examination of Conscience and Act of Contrition:
 - A. **Knowledge**—Do I remain aware of God’s presence and activity in each moment?
 - B. **Understanding**—Did I connect all my words and deeds with the Gospel and Church teachings and meditate upon them?
 - C. **Counsel**—Did I work to grasp what to choose and decide based on what I know and understand about God in holy communion with Him and His Church?
 - D. **Fear of the Lord**—Did I respectfully choose what keeps me united to God, and both dread and avoid decisions that would separate me from Him and His Church?
 - E. **Piety**—Did I show a childlike affection for God consistently?
 - F. **Fortitude**—By the strength given me by grace and the Holy Spirit, did I overcome my fears and fulfill my responsibilities to God and to neighbor?
 - G. **Wisdom**—Were my words and deeds, my mind and heart, united, and did I see with the eyes of my heart how God was present in the events of my day?