



## Week #2 Discovering the Cowboy



Patron is St. Dominic Savio

### **Virtues of the Week**

Virtues of magnanimity and decisiveness → Letting your sonship spring into a trusting, adventurous, Spirit filled life.

### **Content**

Focus on responding to God without counting the cost, a resounding yes. Ponder in your heart Jn 3:8, *“The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”*

“It is just so, my child, that the world runs down true devotion, painting devout people with gloomy, melancholy aspect, and affirming that religion makes them dismal and unpleasant. But even as Joshua and Caleb protested that not only was the Promised Land a fair and pleasant country, but that the Israelites would take an easy and peaceful possession thereof, so the Holy Spirit tells us through his saints, and our Lord has told us with his own lips, that a devout life is very sweet, very happy and very loveable.”

~ St. Francis de Sales

### **Reflection from St. Francis de Sales on Confidence**

“It is very good to mistrust ourselves, but what good will that do unless we place all our confidence in God and await his mercy? And even if we do not feel such confidence, we must not cease to make acts of confidence and say, ‘Even though I have no feeling of confidence in you, I know that you are my God, that I am totally yours and have no hope except in your goodness; therefore I abandon myself entirely into your hands.’ It is always in our power to make these acts, and even if we have difficulty in doing so, still, it is not an impossibility, and it is on these occasions and in these very difficulties that we give witness of our fidelity to God.

A thousand times a day cast your whole heart, your soul, your anxiety on God with great confidence, and say with the psalmist: ‘I am yours, Lord; save me.’

Jesus sent the apostles here and there without money, without staff, without shoes, and clothed in a single garment. Afterwards, he said to them, ‘When I sent you away like this, did you lack anything?’ They answered, ‘No.’ When you had troubles, even at those times when you had no confidence in God, did you perish in your affliction?’ You will answer me, ‘No.’ Why then should you lack the courage to overcome all other misfortunes? God has not abandoned you so far; why should he forsake you now, when, more than ever, you wish to belong to him?

Do not fear future evil in this world, for perhaps it will never come. But in any event, if evil should come, God will strengthen you. If God commands you to walk upon the waves of adversity, do not doubt; do not be afraid. God is with you; have courage and you will be delivered.



It is very fine to be aware of our misery and imperfection, but we must not stop there, nor fall into discouragement, but pick ourselves up by a holy confidence in God. The foundation of this rests in God and not in us because we change and God never changes.

I often say that our misery is the throne of God's mercy."

**This week:**

1. Watch/Listen to Cowboy video found on my website (at beginning of week)
2. Begin the day with putting on your cross and praying your personal covenant
3. Pray the Jesus/Breath prayer at the beginning of your Scripture meditation for 1-5 minutes
4. Pray the prayer of St. Dominic and the prayer to St. Dominic
5. Everyday fill space/head with Praise and Worship music and refrain from complaining in speech and in thought, replacing it with gratitude
6. Every morning, decide to do something that you enjoy in it of itself (ex. A walk, shooting your gun, reading, building something, playing with kids, etc.) in a spirit of desire for union with the Father. We will call this mortification of the heart.
7. End the day with gratitude journal, nightly examen, and identity prayer provided
8. Zero calorie fast on Friday

**Daily Scripture Readings:**

**Sunday:** Is 30:18-22, Mk 1:12-20

**Monday:** 2 Sm 6:12-23, Mt 21:12-17

**Tuesday:** Ecc 3:1-13, Phi 2:12-18

**Wednesday:** 1 Sm 10:1-7, Acts 1:1-11

**Thursday:** Ps 27, Mt 6:19-34

**Friday:** Lk 2:39-52, 1 Tim 4

**Saturday:** Ez 36:22-29, Jn 3:1-21

Cowboy Scripture Reflections

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### **Prayer of St. Dominic**

O Mary, I give you my heart.  
Grant me to be always yours.  
Jesus and Mary, be ever my friends;  
and, for love of you,  
grant me to die a thousand deaths  
rather than to have the misfortune  
of committing a single mortal sin. Amen.



### **Prayer to St. Dominic**

O Saint Dominic Savio, model of purity, piety, penance and apostolic zeal for youth; grant that, through your intercession, we may serve God in our ordinary duties with fervent devotion, and attain the grace of holy joy on earth, that we may one day love God forever in Heaven. Amen.

### **Into the Wilderness Nightly examine:**

- Do I believe that I was made for a joyful, fulfilling life?
- Did I choose to see all things/people as gifts today or did I choose to see them as burdens?
- Did I actively pursue the abundant life or did I hesitate and/or lose sight of God in his creation?
- Did I praise God throughout my day or did I complain?
- Did I choose to trust God today or did I choose to foster a spirit of control?
- Was I magnanimous in my desires today?
- Was I decisive in my choices today?
- Think of specific examples where I cooperated with God's grace and/or where I hardened my heart.
- Renounce the enemy and claim identity as beloved son

### **Renounce the enemy and claim identity as Beloved Son**

Heavenly Father, I thank you for this day. I renounce all evil that I have committed this day, and I rejoice in Your Mercy. I let go of this day and give all of its events, all of the work I have accomplished or failed to have accomplished; all of my hopes, dreams, and ambitions to Your care. I trust in Your Divine Providence, and ask that you multiply my sleep that I may rise rested and rejuvenated for the next day. May all that I do be out of love for You and your glory. St. Joseph, Pillar of Families, pray for me as I sleep and if it be the will of the Father, grant that my dreams be of heavenly things. Amen.



## Cowboy Week

1. Personal Covenant

S	M	T	W	Th	F	Sa

2. Jesus/Breath Prayer

S	M	T	W	Th	F	Sa

3. Daily Scriptures (15+ minutes)

S	M	T	W	Th	F	Sa

4. Prayer to/of St. Dominic Savio

S	M	T	W	Th	F	Sa

5. Praise and Worship

S	M	T	W	Th	F	Sa

6. Mortification of the Heart

S	M	T	W	Th	F	Sa

7. Weekly Video (Circle)

Yes / No

8. Friday 0 calorie fast (Circle)

Yes / No

9. Adoration Holy Hour/Weekday Mass (Circle)

Yes / No

Yes / No

10. Gratitude instead of complaining

S	M	T	W	Th	F	Sa

11. Gratitude Journal

S	M	T	W	Th	F	Sa

12. Nightly Examen & Identity Prayer

S	M	T	W	Th	F	Sa

→ This week try and listen to the entire playlist every day, but at least listen to this whole playlist every two days. Spotify and youtube playlists can be found on the Cowboy page.