



Week #4: Being the Lover



Patron is King David

Virtues of the Week

Virtues of chastity and humility → Pursuing and receiving the Bridegroom in all things and people.

Content

Focus on seeing the Father in all things. Ponder in your heart Wis 13:5 “from the greatness and beauty of created things comes a corresponding perception of their Creator.”

“Of a truth, nothing so tends to humble us before the mercy of God as the multitude of his gifts to us; just as nothing so tends to humble us before his justice as the multitude of our misdeeds. Let us consider what he has done for us, and what we have done contrary to his will, and as we review our sins in detail, so let us review his grace in the same. There is no fear that a perception of what he has given you will puff you up, so long as you keep steadily in mind that whatever is good in you is not of yourself.”

~ St. Francis de Sales

Reflection from St. Francis de Sales on God’s Will

“Here is the most important point: find out what God wants, and when you know, try to carry it out cheerfully or at least courageously; not only that, but you must love this will of God and the obligations it entails, even if it means performing the most menial tasks in the world the rest of your life, because whatever sauce God chooses for us, it should be all the same to us. In this practice lies the very bull’s-eye of perfection at which we must all aim, and whoever comes nearest to it wins the prize.

But be of good heart, I beg you; little by little train your will to follow God’s will, wherever it may lead you; see that your will is strongly roused when your conscience says: God wants this.

Live entirely for God, and since you have to take part in conversations and social gatherings, try to be of some use to others. Do not think that God is further away from you when you are in the midst of the busyness to which your vocation calls you than he would be if you were enjoying a tranquil life.

No, it is not tranquility which brings him close to our heart; it is rather the fidelity of our love; it is not the feelings we have of his sweetness, but the consent we give to his holy will. It is more desirable that his will be carried out in us than that we carry out our will in him.

Once we have reached a decision in a holy manner, we must never doubt about the holiness of carrying it out; since it does not depend on us, this holiness cannot be lacking. To act otherwise would be a sign of great self-love, or of immaturity, or of a weak or foolish mind.



A hundred times a day let us look upon this loving will of God, and, dissolving our will into it, let us devoutly exclaim: ‘O goodness of infinite gentleness, how lovable is your will! How desirable your favors! You have created us for eternal life, and your maternal breast, overflowing with incomparable love, abounds with the milk of mercy, either to pardon penitents or to perfect the righteous.’”

This week:

1. Watch/Listen to Lover 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 Psalm 51
5. Refrain from complaining in speech and in thought, replacing it with gratitude
6. Mortification of the heart
7. Mortify the flesh with (1) cold showers (2) phone on grayscale
8. 20 minute walk in silent solitude. Seek the Bridegroom in the Father’s creation and ponder your mission, vocation, to whom the Lord wants you to prophesy, etc.
9. Every day, seek at least one opportunity to share Christ with somebody
10. Turn back to Christ, and pursue Him in the sacrament of Confession this week
11. End the day with gratitude journal, nightly examen, and identity prayer provided
12. Zero calorie fast on Friday

Daily Scripture Readings:

Sunday, Day 22: SoS 1, Mt 4:23-5:11

Monday, Day 23: SoS 2-3, 2 Sm 12:1-15

Tuesday, Day 24: SoS 4, Ex 3:1-12

Wednesday, Day 25: SoS 5, Jn 4:1-42

Thursday, Day 26: SoS 6, Joel 2

Friday, Day 27: SoS 7, Eph 5:1-20

Saturday, Day 28: SoS 8, Wis 13:1-9

Lover Scripture Reflections



Psalm 51 (English Standard Version)

¹Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
²Wash me thoroughly from my iniquity,
and cleanse me from my sin!
³For I know my transgressions,
and my sin is ever before me.
⁴Against you, you only, have I sinned
and done what is evil in your sight,
so that you may be justified in your words
and blameless in your judgment.
⁵Behold, I was brought forth in iniquity,
and in sin did my mother conceive me.
⁶Behold, you delight in truth in the inward
being,
and you teach me wisdom in the secret
heart.
⁷Purge me with hyssop, and I shall be
clean;
wash me, and I shall be whiter than snow.
⁸Let me hear joy and gladness;
let the bones that you have broken
rejoice.
⁹Hide your face from my sins,
and blot out all my iniquities.
¹⁰Create in me a clean heart, O God,
and renew a right^[b] spirit within me.



¹¹Cast me not away from your presence,
and take not your Holy Spirit from me.
¹²Restore to me the joy of your salvation,
and uphold me with a willing spirit.
¹³Then I will teach transgressors your ways,
and sinners will return to you.
¹⁴Deliver me from bloodguiltiness, O God,
O God of my salvation,
and my tongue will sing aloud of
your righteousness.
¹⁵O Lord, open my lips,
and my mouth will declare your praise.
¹⁶For you will not delight in sacrifice, or I
would give it;
you will not be pleased with a burnt
offering.
¹⁷The sacrifices of God are a broken spirit;
a broken and contrite heart, O God, you
will not despise.
¹⁸Do good to Zion in your good pleasure;
build up the walls of Jerusalem;
¹⁹then will you delight in right sacrifices,
in burnt offerings and whole burnt
offerings;
then bulls will be offered on your altar.



Into the Wilderness Lover Nightly examine:

- Do I believe that Jesus is jealous for me?
- Do I believe that he has placed a calling on my heart?
- Did I choose to see all things/people as gifts today or did I choose to see them as burdens?
- Did I praise God throughout my day or did I complain?
- Did I play the devil's game with my thoughts or did I hold my ground?
- Did I look for Christ throughout my day?
- Did I seek to share Christ with others?
- Did I strive to see everyone as an icon of Christ and receive them well?
- Was loving in how I communicated today?
- Was I chaste in my thoughts and actions today?
- Was I humble in my thoughts and actions 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 as your beloved son. 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.



Love Week

1. Personal Covenant

S	M	T	W	Th	F	Sa

2. Jesus/Breathe Prayer

S	M	T	W	Th	F	Sa

3. Daily Scriptures (15+ minutes)

S	M	T	W	Th	F	Sa

4. Pray Psalm 51

S	M	T	W	Th	F	Sa

5. Gratitude instead of Complaining

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. Adoration Holy Hour/Weekday Mass (Circle)

Yes / No Yes / No

9. Friday 0 Calorie Fast (Circle)

Yes / No

10. Cold Shower

S	M	T	W	Th	F	Sa

11. Phone on Grayscale

S	M	T	W	Th	F	Sa

12. Twenty-Minute Walk (see list above)

S	M	T	W	Th	F	Sa

13. Seek to share Christ with others

S	M	T	W	Th	F	Sa

14. Gratitude Journal

S	M	T	W	Th	F	Sa

15. Nightly Examen and Identity Prayer

S	M	T	W	Th	F	Sa

16. Sacrament of Confession (Circle)

Yes / No