



Week #1 Cultivating the Beloved Son



Patron is Jesus Christ, Son of God

Virtues of the Week

Virtues of faith and patience → Believing in, residing in, and receiving one's identity from the Father.

Content

Focus on seeing all things as gifts from the Father through which he delights in you. Ponder in your heart 1 John 3:1, "*See what love the Father has given us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him.*"

"Do not look forward to what may happen tomorrow. The same Everlasting Father, who takes care of you today, will take care of you tomorrow. He will either shield you from suffering, or give you unfailing strength to bear it. Be at peace then, and put aside all anxious thoughts and imaginations."

~ St. Francis de Sales

Reflection from St. Francis de Sales on Patience

"Be patient with everyone, but above all with yourself; I mean, don't be disturbed about your imperfections, and always have the courage to pick yourself up after a fall. I'm very glad to hear that you make a fresh start each day. There is no better way of growing toward perfection in the spiritual life than to be always starting over again and never thinking that we have done enough.

But most important, don't lose heart, be patient, wait, do all you can to develop a spirit of compassion. I have no doubt that God is holding you by the hand; if He allows you to stumble, it is only to let you know that if He were not holding your hand, you would fall. This is how He gets you to take tighter hold of His hand."



Act of Faith

O my God, I firmly believe
that you are one God in three divine
Persons,
Father, Son, and Holy Spirit.
I believe that your divine Son
became man
and died for our sins and that he
will come

to judge the living and the dead.
I believe these and all the truths
which the Holy Catholic Church
teaches
because you have revealed them
who are eternal truth and wisdom,
who can neither deceive nor be
deceived.
In this faith I intend to live and die.
Amen.

Into the Wilderness Beloved Son Nightly examine:

- Do I believe that I am a beloved son of God who cannot earn my way into heaven?
- Did I choose to see all things/people as gifts today or did I choose to see them as burdens?
- Did I say yes to any opportunity that Jesus gave me to grow closer to Him or did I harden my heart?
- Did I choose to give in to anxiousness or did I rest, knowing that my Father will take care of me and all my needs?
- Was I patient in all things today?
- Was I faithful in all things 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



Beloved Son Week

1. Personal Covenant

S	M	T	W	Th	F	Sa

2. Jesus Prayer

S	M	T	W	Th	F	Sa

3. Daily Scriptures (15+ minutes)

S	M	T	W	Th	F	Sa

4. Acts of Faith

S	M	T	W	Th	F	Sa

5. Gratitude Journal

S	M	T	W	Th	F	Sa

6. Nightly Examen and Identity Prayer

S	M	T	W	Th	F	Sa

7. Friday fast (Circle)

Yes / No

8. Weekly Holy Hour/Daily Mass (Circle)

Yes / No Yes / No

9. Weekly Video (Circle)

Yes / No