



Week #3: Training the Warrior



Patron is Saint Paul the Apostle

Virtues of the Week

Virtues of perseverance and constancy → Uniting one's identity, desires, and trust in the Father into a focused, single-hearted determination in pursuit of what is good.

Content

Focus on embracing Christ crucified in all things. Ponder in your heart Gen 32:25, *"When the man saw that he did not prevail against Jacob, he touched his hip socket, and Jacob's hip was put out of joint as he wrestled with him."*

"In a word, whosoever gains the heart has won the whole man. But this heart needs to be trained in its external conduct, so that it may display not merely a true devotion, but also wisdom and discretion."

~ St. Francis de Sales

Reflection from St. Francis de Sales on Perseverance

"In order to journey steadily, we must apply ourselves to doing well the stretch of road immediately before us on the first day of the journey, and not waste time wanting to do the last lap of the way while we still have to make it through the first lap.

Remember this well; we are sometimes so busy being good angels that we neglect to be good men and women. Our imperfections are going to accompany us to the grave. We can't go anywhere without having our feet on the ground; yet if we fall, we don't just lie there, sprawled in the dust. On the other hand, we must not think we can fly, for we are like little chicks who don't have wings yet. We die little by little; so our imperfections must die with us, a little each day.

Dear imperfections, they force us to acknowledge our misery, give us practice in humility, selflessness, patience, and watchfulness; yet, notwithstanding, God looks at the preparation of our heart and sees that it is perfect."



This week:

1. Watch/Listen to Warrior 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 Litany of St. Paul the apostle
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) fasting until noon and after 8pm every day (3) No screened entertainment, podcasts, music, or social media (4) phone on grayscale
8. End the day with gratitude journal, nightly examen, and identity prayer provided
9. Zero calorie fast on Friday

Daily Scripture Readings:

Sunday, Day 15: Is 40:27-31, Mt 4:1-11

Monday, Day 16: Ex 16:1-8, Phil 3:12-21

Tuesday, Day 17: Jdg 15:9-19, 1 Pt 5:1-11

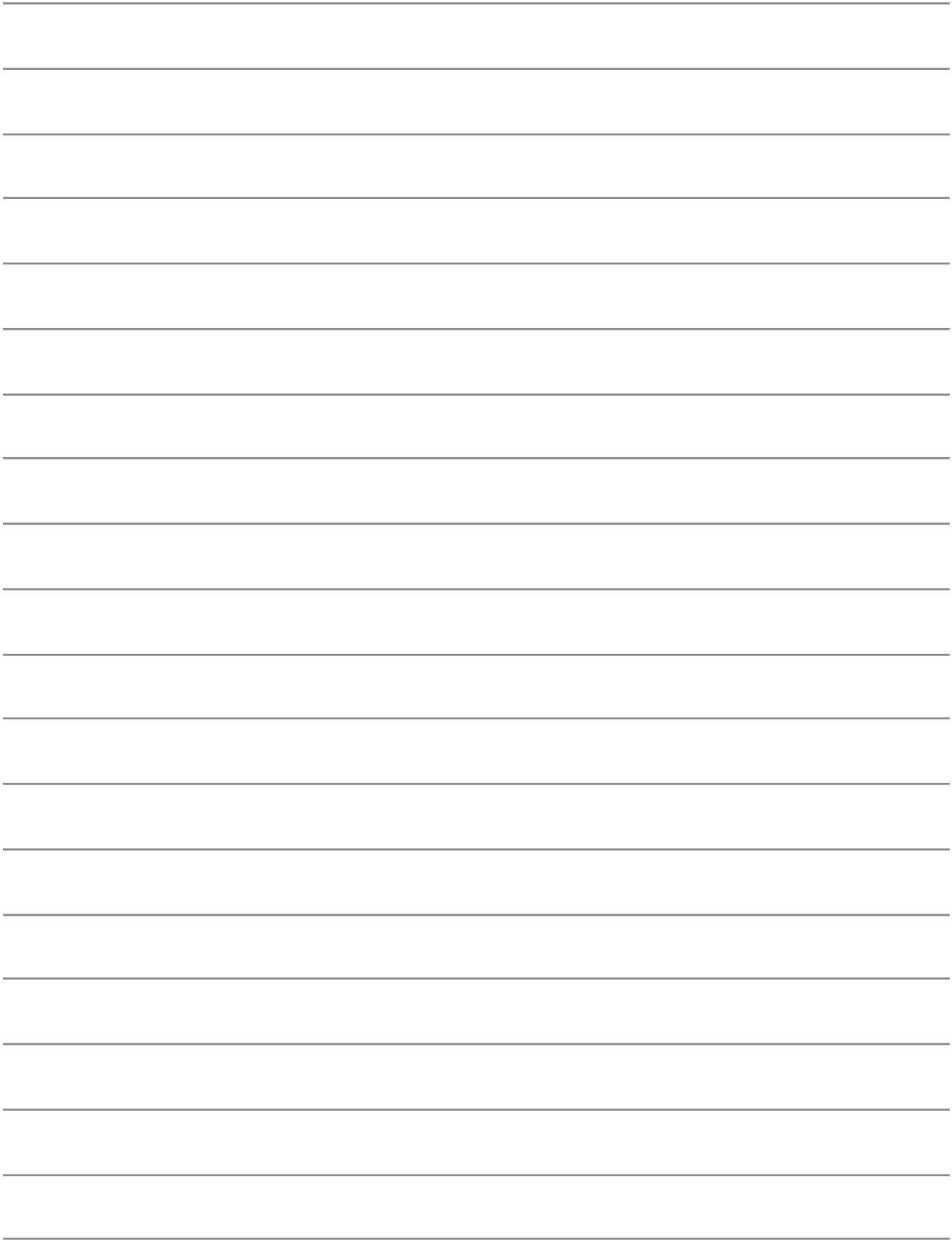
Wednesday, Day 18: 1 Sm 17:23-49, Jas 1:12-26

Thursday, Day 19: Ps 46, Lk 12:32-40

Friday, Day 20: Deut 6:1-9, Lk 14:25-33

Saturday, Day 21: Gen 32:22-32, 2 Tim 4:1-8

Warrior Scripture Reflections:





Litany of the Apostle Paul

Thou hast proved me and known me;
Thou hast known my sitting down and my
rising up.

V. The great Saint Paul, vessel of election,
is indeed worthy to be glorified,

R. For he also deserved to possess the
twelfth throne.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Holy Mary, Mother of God, ***pray for us.**
Queen conceived without Original Sin...

Saint Paul,

Apostle of the Gentiles, Vessel of election...

St. Paul, who was rapt to the third heaven...

St. Paul, who heard things not given to man
to utter...

St. Paul, who knew nothing but Christ and
Him crucified...

St. Paul, whose love for Christ was stronger
than death...

St. Paul, who wished to be dissolved and to
be with Christ...

St. Paul, whose zeal knew no bounds...

St. Paul, who made thyself all to all, to gain
all to Christ...

St. Paul, who called thyself prisoner of
Christ for us...

St. Paul, who was jealous of us with the
jealousy of God...

St. Paul, who gloried only in the Cross of
Christ...

St. Paul, who bore in thy body the
mortification of Christ...



St. Paul, who exclaimed: "With Christ I am
nailed to the cross!"...

St. Paul, that we may awake and sin no
more...

That we may not receive the grace of God
in vain...

That we may walk in newness of life...

That we may work out our salvation with
fear and trembling...

That we may put on the armor of God...

That we may stand against the deceits of
the wicked one...

That we may stand fast to the last...

That we may press forward to the mark...

That we may win the crown...

Lamb of God, Who takes away the sins of
the world,

- Spare us, O Lord.

Lamb of God, Who takes away the sins of
the world,

- Graciously hear us, O Lord.

Lamb of God, Who takes away the sins of
the world,

- Have mercy on us.

Let Us Pray.

- O God, Who hast taught the whole
world by the preaching of blessed
Paul the Apostle, grant that we who
celebrate his memory may, by
following his example, be drawn
unto Thee, Through Our Lord Jesus
Christ Thy Son, Who with Thee lives
and reigns in the unity of the Holy
Spirit, God, world without end. Amen



Into the Wilderness Nightly examine:

- Do I believe that God wants more for me than the passing things of life?
- Did I choose to see all things/people as gifts today or did I choose to see them as burdens?
- Did I embrace suffering, or did I suffer begrudgingly?
- Did I praise God throughout my day or did I complain?
- Did I make excuses, or was I diligent in my work, asking for the Spirit's help throughout my day?
- Did I settle or did I hold fast to what I truly desire?
- Did I play the devil's game with my thoughts or did I hold fast to the truth?
- Did I hold on to anger over my weaknesses, or did I let go and resign myself to God who is all good?
- Was I perseverant in pursuing the good today?
- Was I constant and avoided distractions 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.



Warrior 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. Litany of St. Paul the Apostle

S	M	T	W	Th	F	Sa

5. Mortification of the Heart

S	M	T	W	Th	F	Sa

6. Gratitude Instead of Complaining

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. Fast until 12:00 and after 8:00

S	M	T	W	Th	F	Sa

12. No screened entertainment, podcasts, music, social media

S	M	T	W	Th	F	Sa

13. Phone on Grayscale

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