



Week #6: Dying as the Sage



Patron is Saint Francis de Sales

Virtues of the Week

Virtues of prudence and love → Integrating our identity, desires, actions, passions, and authority with the Trinity, in contentment with our frailty, that we may die in the peace of Christ.

Content

Focus on integrating your cares and concerns with Christ's wisdom, for he is the true Teacher. Ponder in your heart 1 Jn 4:18, "*There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.*"

Do everything calmly and peacefully. Do as much as you can as well as you can. Strive to see God in all things without exception, and consent to His will joyously. Do everything for God, uniting yourself to him in word and deed. Walk very simply with the Cross of the Lord and be at peace with yourself.~ St. Francis de Sales

Reflection from St. Francis de Sales on Death

"The words: 'We must die,' are harsh, but they are followed by words of great sweetness: "in order to be united with God through death.'

We ought not to think about death with worry. We shouldn't be so anxious to know when or where we will die: if it will be in the country or the city, if we will die in our bed assisted by someone or alone. What does all that matter? Let's leave this concern to divine providence. It's enough for us to belong entirely to him, not only through duty but also in love. Why should we care about the rest except to abandon ourselves to this sweet providence which will never be lacking to us in life or in death?

It is true that even while living well we will fear death, but our fear will be sweet and calm, relying on the merits of the passion of our Lord, without which death would be frightening and terrible.

Now and then reflect on the fact that you are a child of the Catholic Church and rejoice in that fact. The children of this Mother who want to live according to her laws always have a happy death! As Saint Teresa said, it is a great consolation at the hour of death to be a 'child of the holy Church.'

Keep your heart on the glorious streets of the heavenly Jerusalem, where you hear the praises of God resounding all about. Look at the variety of saints, and find out how they got there. You will learn that the apostles came principally through love; the martyrs, through constancy; the doctors, through meditation; the confessors, by mortification; the virgins, by purity of heart; and all of them, through humility."



This week:

1. Watch/Listen to Sage 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. Francis de Sales
5. Refrain from complaining in speech and in thought, replacing it with gratitude
6. Mortification of the heart (life giving leisure/activity)
7. Mortification of the will (act of charity without recognition)
8. Mortify the flesh with (1) cold showers (2) phone on grayscale
9. 20 minute walk in silent solitude. (If walk is not possible, 20 minutes of intentional silence while doing the dishes, cleaning up the house, getting ready, etc.)
10. End the day with gratitude journal, nightly examen, and identity prayer provided
11. 72 Hour Triduum Fast beginning at 7pm Wednesday ending with the Easter Vigil
12. Attend Easter Vigil and, ideally, attend the Holy Thursday and Good Friday services

Daily Scripture Readings:

Sunday: Pr 9:9-18, Mk 15:21-39

Monday: Pr 4:1-9, Jn 14:15-31

Tuesday: Pr 3:1-12, Mt 16:21-28

Wednesday: Pr 24:3-22, Jas 1:2-18

Holy Thursday: Ps 22, 1 Cor 11:17-26

Good Friday: Is 52:13-53:12, Hb 4:14-5:14

Holy Saturday: Pr 8, 1 Jn 4:7-21

Sage Scripture Reflections:



Litany of St. Francis de Sales

Lord have mercy on us.

– *Christ have mercy on us.*

– Lord have mercy on us.

Christ, hear us.

– *Christ, graciously hear us.*

God, the Father of Heaven, have mercy on us.

God the Son, Redeemer of the world...

God the Holy Ghost...

Holy Trinity, One God....

Saint Francis, admirable bishop, pray for us.

Saint Francis, beloved of God...

Saint Francis, imitator of Jesus Christ...

Saint Francis, filled with the gifts of the Lord...

Saint Francis, favorite of the Mother of God...

Saint Francis, most devout to the saints...

Saint Francis, burning with love for the Cross of Christ...

Saint Francis, most closely united to the Divine Will...

Saint Francis, vessel of election...

Saint Francis, light of the Church...

Saint Francis, perfect model of religious...

Saint Francis, source of wisdom...

Saint Francis, defender of the Catholic faith...

Saint Francis, good shepherd of the people...

Saint Francis, incomparable preacher...

Saint Francis, scourge of heresy...

Saint Francis, salt of the earth...

Saint Francis, model of justice...

Saint Francis, despiser of the world...

Saint Francis, lover of poverty...

Saint Francis, type of sweetness...

Saint Francis, conqueror of carnal passions...

Saint Francis, terror of devils...

Saint Francis, merciful prop to the penitents...

Saint Francis, refuge of sinners...

Saint Francis, providence of the poor...

Saint Francis, consoler of the afflicted...

Saint Francis, example of all perfection...

Saint Francis, ark of holiness...

Saint Francis, imitator of the purity of the Angels...

Saint Francis, cherub of wisdom...

Saint Francis, seraph of love...

Saint Francis, our holy patriarch...

Saint Francis, our sweet light...

Saint Francis, our mighty protector...

Saint Francis, our guide in the ways of God...

Saint Francis, our refuge...

Saint Francis, emulator of the Angels...

Saint Francis, imitator of the Apostles...

Saint Francis, sharer in the glory of the Martyrs...

Saint Francis, glory of holy confessors...

Saint Francis, teacher and director of virgins...

Saint Francis, glorious fellow citizen of all the Saints...

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, O Lord.*

Pray for us Blessed St. Francis de Sales.

– That we may be made worthy of the promises of Christ.

Let us pray.

O God by Whose gracious will the Blessed Francis, Thy confessor and bishop, became all things unto all men for the saving of their souls; mercifully grant that, being filled with the sweetness of Thy love, we may, through the guidance of his counsels and aid of his merits, attain unto the joys of everlasting life. Amen.



Into the Wilderness Sage Nightly examine:

Come Holy Spirit, enlighten my mind and guide my heart. Give me the grace of recollection and true repentance...

- Do I believe that death will bring me life?
- 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 to serve and love Christ throughout my day? Did I ask for the Spirit's help in my work and relationships today?
- Did I grasp for control and my own preferences or did I surrender to the promptings of the Holy Spirit? Did I unite my will with God's will?
- Was I prudent in all my thoughts and actions today?
- Was I loving in all 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.



Sage 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. Francis de Sales

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. Triduum 72 Hr 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. Mortification of the Will

S	M	T	W	Th	F	Sa

13. Twenty Minute Walk/Silent Solitude

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. Triduum Services Attendance (Circle)

Holy Thursday | Good Friday | Easter Vigil
Yes / No | Yes / No | Yes / No