



# EMMAUS 90

CHRISTMAS EDITION

DECEMBER 25 — JANUARY 19



ARCHDIOCESE *of* MILWAUKEE

# EMMAUS 90 PRAYER GUIDE

## **Prepare (30 seconds–1 min)**

Begin by taking a moment to breathe calmly, be present to the current moment, and become aware that Jesus is here, looking on you with love.

## **Request (30 seconds)**

### **Ask Jesus to Guide You**

*In the name of the Father, and of the Son, and of the Holy Spirit. Jesus, I believe that you see me, you hear me, you know me, you love me. Thank you. Please teach me to pray. Help me to be fully present to you. Give me the grace to know you better, love you more, and follow more closely as your disciple.*

## **Recognize (1–2 min)**

### **Locate Yourself on the Map**

I acknowledge how I'm doing right now... my thoughts... feelings... desires...

## **Relate (1–2 min)**

### **Tell Jesus Where You Are**

*Jesus, here's what's bringing me joy... and what's weighing on me...*

## **Receive (5–30 min)**

### **Listen**

*Jesus, teach me to listen to You. Is there anything You want me to know about all that? [listen]*

*Please speak to me through this Scripture passage...*

Read the Scripture Passage of the Day a couple times. Notice what stands out.

## **Respond (2–7 min)**

### **Talk It Over**

*Jesus, help me to speak to you from my heart about what stands out to me in this passage... and how it connects to my life...*

*Jesus, what are you trying to show me through that? [listen]*

## **Rest (3–5 min)**

Simply be with Jesus, resting in His presence.

## **Resolve (2 min)**

*Thank you, Lord, for all that you have done in this time of prayer and for being with me today. Please enkindle in me a fire of love for you in the Eucharist that will spread, especially to those who need you most. Bless all of us on this Emmaus 90 journey and help us to grow as your disciples and eucharistic missionaries. I also pray for the grace I'm seeking in this Emmaus 90 journey... and these prayer intentions... [include prayers for all those you have been praying for]*

*For these and all the intentions of everyone who prays this Emmaus 90 Prayer today, I pray, Our Father... In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

## **Record**

Write down what God seems to be showing you.

# HUNGRY FOR MORE?

Your hunger isn't an accident. God, who created you out of love and for love, created you with deep hunger and desire meant to draw you to himself.

"You have made us for yourself, O Lord, and our hearts are restless until they rest in you." – St. Augustine, *Confessions*

Jesus draws close to you, not only in his coming at Christmas, but at every time and in every place (*Catechism of the Catholic Church, 1*).

He comes that you might have life and have it to the full (John 10:10), that his joy might be in you and your joy might be complete (John 15:11). He invites all those who thirst, who are longing for more, to come to him and receive (John 7:37-38).

What do you desire?

"The good God could not inspire desires that would be impossible to fulfill!" – St. Thérèse of Lisieux, *Story of a Soul*

He is able to accomplish far more than all we ask or imagine (Eph. 3:20).

If you desire the adventure and joy of life to the full in deeper relationship with God, we invite you to ask Jesus to show you how. Then, join Catholics from across the Archdiocese of Milwaukee as we embark together upon the Emmaus 90 journey this Christmas and New Year.

*Jesus, thank you that you come to give us life and joy. Please help me recognize you drawing close and show me how to live life to the full in deeper relationship with you. Please give me the grace to entrust my desires to you and to seek you every day. [Include any specific requests for what you desire.] In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

***God, in this Emmaus 90 journey, please give me the grace that ...***

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# MERRY CHRISTMAS AND BLESSED NEW YEAR!

This Emmaus 90 Christmas Edition is a “taste” of the full Emmaus 90 journey into deeper relationship with Jesus, especially through Scripture and in the Eucharist. If you desire to recognize the ways Jesus speaks to you, to be filled with his love, to love others from the overflow, and to be equipped for your mission in life, we invite you—we *dare you*—to join us. The Emmaus 90 practices in this book are concrete steps you can take to live life to the full in relationship with Jesus Christ in his Church.

If you already registered for Emmaus 90, know that everything you need to begin our journey can be found in these pages.

If you received this Christmas Edition as a gift, we invite you to join us for these first few weeks and consider whether to stay with us for the full Emmaus 90 adventure, which continues from January 20 to Easter week.

In these first few weeks, we pray with daily Scriptures and receive weekly Formation Sessions to help us wrestle with the questions:

- What do you desire?
- What does God desire? (Hint: It’s you)
- Who is with you?
- What’s the gift of Sunday for your journey?

The full Emmaus 90 journey continues with Formation Sessions from national and local expert presenters who help you:

- recognize the ways God is drawing near and speaking to you,
- unpack the Scriptures that refer to Jesus and the Eucharist,
- have your eyes opened to the wonders of the Mass, and
- get equipped to live your mission and purpose for the life of the world.



**Want to join us for the full Emmaus 90 Journey from January 20 to Easter?** If you didn’t already, register by January 5 to receive your Emmaus 90 materials by **January 20 at [www.archmil.org/Emmaus-90](http://www.archmil.org/Emmaus-90)**



## “WERE NOT OUR HEARTS BURNING WITHIN US?”

| LUKE 24:32 |

A small group of disciples, uncertain about what was happening in their world and looking downcast, journeyed together discussing along the way.

Jesus himself drew near and walked with them. They didn't recognize him. He asked them to tell him what was on their minds and listened.

Then, he interpreted to them what referred to him in all the Scriptures, and their hearts began to burn within them. They urged him to come stay with them.

While he was with them at table, he took bread, said the blessing, broke it, and gave it to them. Their eyes were opened. They recognized him.

He was made known to them in the breaking of the bread.  
And they set out at once to share the good news.

This is the Emmaus journey of Luke 24:13-35.

For the next 4 weeks, prepare to walk with fellow disciples along the Emmaus journey and learn to recognize Jesus drawing near, speaking through the Scriptures, and opening your eyes to reveal himself in the Eucharist, so that he can inspire and equip you for your mission in life.

It will not be easy. But you will never be alone.

**You were made for this.  
ENTER THE ADVENTURE.**

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# EMMAUS 90 PRACTICES

Do you desire to recognize God's voice, to allow him to fill you with his love and to give from the overflow? We encourage you to commit to these spiritual practices, which make space for God to do something new in you.

We know. Commitments can be tricky. "Is this too much?" "Will I fall short?" "Do I have what it takes?" You're not going to do everything perfectly. It's not going to go 100% according to plan. But God will bless your daily striving, and you will grow. We encourage you to be generous with your life during these next few weeks. God is never outdone in generosity. Jesus is calling you to greatness and will give you all that you need. Below are the daily and weekly practices we encourage Emmaus 90 pilgrims to strive to live during our 90-day journey together. We've broken them down into three main areas: **Time for God, Time for Connection** and **Time for Excellence**.

Will this be easy? Probably not. Will you grow more in love with God? Without a doubt! No one can do the heavy lifting for you – but we're here to support you and we'll be praying for you all the way. Let's do this!

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## TIME FOR GOD.

**Daily Prayer** – Spend at least 15 minutes a day in prayer with Sacred Scripture. (See Emmaus 90 Prayer Guide inside the front cover and daily Scripture passages provided at the top of each journal page.)

**Daily Examen** – Take at least 5 minutes to review your day and notice where God was moving in your life. (See Daily Examen Guide inside the back cover.)

**Daily Journal** – This book contains pages to jot down what God is showing you in your prayer with Scripture and your Examen. Looking back at these notes will help you to see how God is leading you. (See Journal Pages 12-45)

**Full Active Conscious Participation in Sunday Mass** – Prepare to enter fully into the celebration of the Mass. Pray with the Mass readings (you'll notice that this is built into your Saturday and Sunday daily prayer & journal), consider arriving early to prepare yourself, and pray the Mass with all your heart.

**Regular Confession** – Receive the Sacrament of Reconciliation at least once a month. (See *How to Sacrament of Reconciliation* on page 10-11.)

**More Time in the Real Presence of Jesus Christ in the Blessed Sacrament** – In addition to Sunday Mass, spend some time praying in the Presence of the Blessed Sacrament. Some pilgrims commit to at least one of their daily prayer sessions in the Presence of the Blessed Sacrament at church or in a Eucharistic

Adoration Chapel. Others commit to come to Mass early to pray for a few minutes in the presence of the tabernacle. Discern how the Lord is inviting you and what will work for your life circumstances.

## TIME FOR CONNECTION.

**Weekly Pilgrim Group** – We encourage each Emmaus 90 Pilgrim to find a group of 2-3 friends, family members, or fellow parishioners who commit to connect with each other weekly (in-person or online) for encouragement, accountability, and community in a 30–60-minute discussion. Ask the Lord to help you discern who to invite on this journey and invite them to join you. Set a weekly time to connect. See Your Pilgrim Group Itinerary on page 9 for a discussion guide for your time together.

**Weekly Formation** – Emmaus 90 offers weekly Formation Sessions by Livestream that connect you to Catholic Church teaching and all the pilgrims from across the Archdiocese of Milwaukee taking this journey together. See [archmil.org/Emmaus-pilgrim-2025](http://archmil.org/Emmaus-pilgrim-2025) for weekly livestream and recordings.

Most Pilgrim Groups plan a weekly 90-minute meeting to watch the Formation Session together and have their discussion.

- Some Pilgrim Groups watch the Formation Session on their own and get together for their group discussion at another time.
- Some Parishes host a weekly “watch party” where all Pilgrim Groups can connect with all the Emmaus 90 pilgrims from their parish to watch the Formation Session together and discuss in their smaller Pilgrim Groups.
- Discern what will work for your life and group.

**Walk With One** – Discern who God wants you to accompany, pray for them and for the grace to accompany them well, connect with them, and invite them to take a concrete next step toward deeper relationship with Jesus and his Church. On most days, this will simply mean praying for them.

## TIME FOR EXCELLENCE.

**Live Sundays Well** – Strive to make space on Sundays for prayer, family, friends, rest and healthy leisure.

**Fast from Meat on Fridays** – Offer up your fast for someone in need.

**Do Small Things with Great Love** – Look for opportunities to love and serve Jesus in the last, least, lost and lonely in your life.

**Choose One Virtue to Practice** – Choose one stretch goal, ask God to help you and strive to practice it daily. See Catechism 1803-1845 for ideas.

**Remember, if you miss a day, don't get discouraged. Simply return to Jesus the next day and ask Him to help you to try again. His grace is renewed each morning. (Lam 3:22-24)**

# PRO TIPS FOR PREPARATION

## Set a Time for Daily Prayer & Examen

- The best time for you to pray is the time that you will actually do it, so find the time that works for your life.
- Plan at least 15 minutes when you can give God your undivided attention for daily prayer – we recommend making this the first thing you do when you get up in the morning.
- Plan at least 5 minutes sometime before bed to give God your undivided attention for your daily examen and journaling.
- Doing it at the same time each day is helpful if this is possible for you.
- Put these times in your calendar and/or set a reminder.

## Ready Your Prayer Space

- Choose a location that will work for your life. Having a consistent place is helpful.
- Find a quiet spot with limited distractions and where you will not be interrupted.
- If praying at home, find a spot that you do not usually work, sleep or lounge. If that's not possible, try to arrange your space in a new way to make it more conducive to prayer. Try to make it a space you're excited to get to.
- Get a Catholic Bible. If you don't have a Bible, you can download all scripture passages from [bible.usccb.org/bible](http://bible.usccb.org/bible).
- Set up your prayer space with your Bible, this Guidebook and a favorite pen. Consider adorning the space with a crucifix, a favorite image of Scripture or a Saint, or a votive candle to light during prayer.

## Prepare Your Household

- Let others in your household know when you are taking your prayer time and ask them to respect your time of quiet prayer – or to join you for it!
- Roommates, spouses and children may enjoy joining you in your daily practices.

# PILGRIM GROUP ITINERARY

## Weekly Pilgrim Group Discussion Guide

Like the disciples experienced on the road to Emmaus, discipleship and holiness grow in community. During Emmaus 90, we encourage you to gather weekly with a group of 2-3 friends or family for a discipleship conversation.

Ask the Holy Spirit to help you think of 1-3 people that you would like to accompany on the adventure of growing in love with God OR 1-3 people that you would like to help you on your journey. You can find Formation Sessions and recordings for your conversation at 7pm on Thursdays at [archmil.org/emmaus-pilgrim-2025](http://archmil.org/emmaus-pilgrim-2025).



You might agree to watch the Formation Session together or on your own before you meet. In either case, a discipleship conversation includes the following:

### Open in prayer (1-2 minutes)

Ask God to bless and guide your time together.

### How are you? (4-10 minutes)

Each pilgrim shares how you are doing, really. Beyond the simple “good” answer we might give in passing.

### How are you and God? (4-10 minutes)

Each pilgrim shares how your relationship with God has been this week in your daily prayer with the Scriptures, Examen and daily life.

### How are you doing with Emmaus 90? (15-25 minutes)

- How are you doing with your Emmaus 90 Practices?
- What did the Lord continue to show you from what we discussed last week?
- What stands out for you from this week’s Emmaus 90 Formation Session?
- What do you think God is trying to show you by highlighting that for you?
- How would you answer the question(s) the speaker proposed?
- What’s your “take home” from this session? Or in other words, what will you do or think about differently after participating in this Formation Session?

### How can we pray for you? (4-8 minutes)

Not only for others in your life, but also for you?

### Let’s pray for each other right now. (2-5 minutes)

Pray together in your own words for the prayer requests you just shared. Close with the Lord’s Prayer.

### Let’s look ahead. (Less than 1 minute)

Confirm our next meeting day/time and anything else we need for next week.

# EXAMINATION OF CONSCIENCE

A necessary preparation for our encounter with Christ in the Sacrament of Penance and Reconciliation is the examination of our conscience in light of the Ten Commandments to see what we have done (*sins of commission*) and what we have failed to do (*sins of omission*) in relation to our call to love God, others and ourselves. Ask the Holy Spirit to open your eyes to the truth as you look at yourself in light of the following questions.

## THE TEN COMMANDMENTS

- 1. I, the Lord, am your God; you shall not have other gods besides me.**  
*What thoughts, habits, desires and possessions have become false gods in your life?*
- 2. You shall not take the name of the Lord your God in vain.**  
*How have you fallen short of living in deep reverence to God's holy name and majesty?*
- 3. Remember to keep holy the Lord's Day.**  
*Are you worshiping God at Mass and honoring God through your activities on Sunday?*
- 4. Honor your father and your mother.**  
*How can you commit more quality time to build and enhance your family relationships?*
- 5. You shall not kill.**  
*How are you honoring and protecting the sanctity of life from conception until natural death?*
- 6. You shall not commit adultery.**  
*How are you tempted to use God's sacred design for sex and sexuality in selfish ways?*
- 7. You shall not steal.**  
*How are you working to ensure that all people have the necessities to live and grow?*
- 8. You shall not bear false witness against your neighbor.**  
*How can you promote honesty, goodness and truth in your daily words and actions?*
- 9. You shall not covet your neighbor's wife.**  
*How has your heart been tempted toward impure thoughts and desires?*
- 10. You shall not covet your neighbor's goods.**  
*How have you replaced dependence upon God with the attachment to material goods?*

# HOW TO SACRAMENT OF RECONCILIATION

## 1. Preparation

Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession.

## 2. Greeting

The priest will welcome you; he may say a short blessing or read a Scripture passage.

## 3. The Sign of the Cross

Together, you and the priest will make the sign of the cross. You may then begin your confession by saying: "Bless me, Father, for I have sinned. It has been [give days, months or years] since my last confession."

## 4. Confession

Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: "I am sorry for these and all my sins."

## 5. Penance

The priest will propose an act of penance. He might also counsel you on how to better live a Christian life.

## 6. Act of Contrition

After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more:

*"My God, I am sorry for my sins with all my heart. In choosing to do wrong, and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy."*

## 7. Absolution

The priest will extend his hands over your head and pronounce the words of absolution. You respond, "Amen."

## 8. Praise

The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest might say, "Give thanks to the Lord for he is good." Your response would be, "His mercy endures forever"

## 9. Dismissal

The priest will conclude, often saying, "Go in peace."



For additional tools to prepare for the Sacrament of Reconciliation, including examinations of conscience for children, teens, and more in-depth examinations for adults see [www.archmil.org/Emmaus-pilgrim-2025](http://www.archmil.org/Emmaus-pilgrim-2025)

WEDNESDAY, DECEMBER 25

In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# FORMATION SESSION NOTES THURSDAY, DECEMBER 26

## What do you desire?



**View Formation Sessions on Thursdays at 7pm  
and recordings at [archmil.org/Emmaus-pilgrim-2025](https://archmil.org/Emmaus-pilgrim-2025)**

Get weekly updates with bonus content and submit questions to our Formation Sessions speakers by signing up for our Emmaus 90 Brew City Catholic Flocknote. To join, **text ADVENTURE to 84576** OR connect with us online at **[brewcitycatholic.flocknote.com](https://brewcitycatholic.flocknote.com)** and choosing our Emmaus 90 group.

What do you notice standing out from this Formation Session?

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What question(s) did the speaker share for you to discuss?

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What questions do you have?

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What will you do or think about differently after this session?

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In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love
- ☐ Friday Feast
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

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# WEEK REVIEW

Over this past week, God seemed to be showing me . . .

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Thank you God for . . . (celebrate wins and growth this week)

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God, please help me in this next week to . . .

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Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

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## WEEKLY PRACTICE TRACKER

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Daily Prayer

Daily Examen

Walk with One

Yesterday's Resolution

Small Things with Great Love

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- ☐ Formation Session
- ☐ Pilgrim Group
- ☐ Friday Feast
- ☐ Live Sunday Well
- ☐ Full Active Concious Mass
- ☐ Time in the Real Presence
- ☐ Virtue Stretch Goal
- ☐ Sacrament of Reconcillation

## Daily Prayer with Sun. Reading 1 John 3:1-3

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love
- ☐ Full Active Conscious Mass
- ☐ Live Sunday Well
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## MONDAY, DECEMBER 30

In this time of prayer, God seemed to be showing me. . .

## DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

## PRACTICE TRACKER

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

TUESDAY, DECEMBER 31

## Daily Prayer with Isaiah 43:1-7

In this time of prayer, God seemed to be showing me. . .

## DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

## PRACTICE TRACKER

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

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In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

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- ☐ Daily Examen
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- ☐ Small Things with Great Love

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THURSDAY, JANUARY 2

## Daily Prayer with Jeremiah 29:11-14

In this time of prayer, God seemed to be showing me. . .

## DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

## PRACTICE TRACKER

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# FORMATION SESSION NOTES

## THURSDAY, JANUARY 2

### What does God desire?

(Hint: it's you)



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Get weekly updates with bonus content and submit questions to our livestream Formation Sessions speakers by signing up for our Emmaus 90 Brew City Catholic Flocknote. To join, **text ADVENTURE to 84576** OR connect with us online at **[brewcitycatholic.flocknote.com](https://brewcitycatholic.flocknote.com)** and choosing our Emmaus 90 group.

What do you notice standing out from this Formation Session?

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What question(s) did the speaker share for you to discuss?

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What questions do you have?

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What will you do or think about differently after this session?

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## FRIDAY, JANUARY 3

## Daily Prayer with Psalm 37:1-7

In this time of prayer, God seemed to be showing me. . .

## DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

## PRACTICE TRACKER

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love
- ☐ Friday Fast
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

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# WEEK REVIEW

Over this past week, God seemed to be showing me . . .

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Thank you God for . . . (celebrate wins and growth this week)

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God, please help me in this next week to . . .

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Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

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## Want to join us for the full Emmaus 90?

Register by end of day today to receive your Guidebook by mail before January 20 [www.archmil.org/emmaus-90](http://www.archmil.org/emmaus-90)

### WEEKLY PRACTICE TRACKER

S M T W R F S

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Daily Prayer  
Daily Examen  
Walk with One  
Yesterday's Resolution  
Small Things with Great Love  
\_\_\_\_\_  
\_\_\_\_\_

- ☐ Formation Session
- ☐ Pilgrim Group
- ☐ Friday Fast
- ☐ Live Sunday Well
- ☐ Full Active Concious Mass
- ☐ Time in the Real Presence
- ☐ Virtue Stretch Goal
- ☐ Sacrament of Reconciliation

In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love
- ☐ Full Active Conscious Mass
- ☐ Live Sunday Well
- ☐ \_\_\_\_\_
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## MONDAY, JANUARY 6

In this time of prayer, God seemed to be showing me. . .

## DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

## PRACTICE TRACKER

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

TUESDAY, JANUARY 7

## Daily Prayer with Isaiah 49:1-18

In this time of prayer, God seemed to be showing me. . .

## DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

## PRACTICE TRACKER

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

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☐ \_\_\_\_\_

# WEDNESDAY, JANUARY 8

## Daily Prayer with 1 John 4:7-12

In this time of prayer, God seemed to be showing me. . .

## DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

## PRACTICE TRACKER

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

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## Daily Prayer with 1 Thessalonians 5:8-24

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

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# FORMATION SESSION NOTES THURSDAY, JANUARY 9

## Who's with you?



**View Formation Sessions on Thursdays at 7pm  
and recordings at [archmil.org/Emmaus-pilgrim-2025](https://archmil.org/Emmaus-pilgrim-2025)**

Get weekly updates with bonus content and submit questions to our livestream Formation Sessions speakers by signing up for our Emmaus 90 Brew City Catholic Flocknote. To join, **text ADVENTURE to 84576** OR connect with us online at **[brewcitycatholic.flocknote.com](https://brewcitycatholic.flocknote.com)** and choosing our Emmaus 90 group.

What do you notice standing out from this Formation Session?

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What question(s) did the speaker share for you to discuss?

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What questions do you have?

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What will you do or think about differently after this session?

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## FRIDAY, JANUARY 10

## Daily Prayer with 1 Peter 4:8-11

In this time of prayer, God seemed to be showing me. . .

## DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

## PRACTICE TRACKER

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love
- ☐ Friday Fast
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Daily Prayer with Sun. Gospel Luke 3:15-22

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

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# WEEK REVIEW

Over this past week, God seemed to be showing me . . .

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Thank you God for . . . (celebrate wins and growth this week)

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God, please help me in this next week to . . .

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Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

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## WEEKLY PRACTICE TRACKER

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Daily Prayer  
Daily Examen  
Walk with One  
Yesterday's Resolution  
Small Things with  
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☐ Formation Session  
☐ Pilgrim Group  
☐ Friday Fast  
☐ Live Sunday Well  
☐ Full Active Concious Mass  
☐ Time in the Real Presence  
☐ Virtue Stretch Goal  
☐ Sacrament of Reconcillation

In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love
- ☐ Full Active Conscious Mass
- ☐ Live Sunday Well
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# MONDAY, JANUARY 13

In this time of prayer, God seemed to be showing me. . .

## DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

## PRACTICE TRACKER

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

TUESDAY, JANUARY 14

In this time of prayer, God seemed to be showing me. . .

## DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

## PRACTICE TRACKER

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Daily Prayer with John 15:4-17

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

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THURSDAY, JANUARY 16

## Daily Prayer with 1 John 3:16-24

In this time of prayer, God seemed to be showing me. . .

## DAILY EXAMEN

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

## PRACTICE TRACKER

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

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# FORMATION SESSION NOTES

## THURSDAY, JANUARY 16

### What's the gift of Sunday for your journey?



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What do you notice standing out from this Formation Session?

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What question(s) did the speaker share for you to discuss?

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What questions do you have?

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What will you do or think about differently after this session?

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In this time of prayer, God seemed to be showing me. . .

Thank you, God, for . . .

I resolve to take this specific action tomorrow:

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love
- ☐ Friday Fast
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Daily Prayer with Sun. Gospel John 2:1-11

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# WEEK REVIEW

Over this past week, God seemed to be showing me . . .

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Thank you God for . . . (celebrate wins and growth this week)

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God, please help me in this next week to . . .

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Some ways I think God may be inviting me to grow as his disciple on mission for the life of the world are:

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## WEEKLY PRACTICE TRACKER

S M T W R F S

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Daily Prayer  
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☐ Formation Session  
☐ Pilgrim Group  
☐ Friday Fast  
☐ Live Sunday Well  
☐ Full Active Concious Mass  
☐ Time in the Real Presence  
☐ Virtue Stretch Goal  
☐ Sacrament of Reconcillation

## Daily Prayer with Sun. Reading Isaiah 62:1-5

- ☐ Daily Prayer
- ☐ Daily Examen
- ☐ Walk with One
- ☐ Yesterday's Resolution
- ☐ Small Things with Great Love
- ☐ Full Active Conscious Mass
- ☐ Live Sunday Well
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# CELEBRATE BLESSINGS AND DISCERN THE WAY FORWARD

How has God used your Emmaus 90 journey to bless you so far? Take some time to reflect, give thanks, and ask the Lord to show you where he's inviting you to go from here:

Thank you, God, for these ways you have blessed me in these last few weeks:

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Thank you, God, for these things you seem to be showing me since I started this journey:

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Some ways I think You may be inviting me to continue growing in the next 90 days until Easter are:

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**God is not done!** Jesus has so much more for you!

If you have been blessed by these 4 weeks of prayer, and you haven't already, please register now (and invite 2-3 others to register) for our Emmaus 90 journey from January 20—Easter at [www.archmil.org/Emmaus-90](http://www.archmil.org/Emmaus-90)

# EMMAUS 90 DAILY EXAMEN

Jesus is the perfect guide. He cares about you and wants you to thrive. He wants to teach you the habits and skills you need to grow into the person He's created you to be. He's at your side in every moment, encouraging you and strengthening you for your journey. Let him guide you by taking time to review your day with him.

## **Return to the Fundamentals (1-2 min)**

Begin by taking a moment to breathe calmly, be present to the current moment and become aware that Jesus is here, looking on you with love.

*In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

*Jesus, I believe that you are the perfect guide, that you are good, faithful and merciful, that you love me, you like me and you have good plans for my life. Please give me the grace to see this past day through your eyes.*

## **Celebrate Your Progress (1-5 min)**

*Jesus, help me to remember and thank you for the gifts of this day, places where I saw you working, things that went well, the habits and practices I lived well...*

*Thank you for these blessings and for all the ways you helped me today.*

## **Review Your Missteps (1-5 min)**

*Jesus, help me to see where I may have missed you working, where I fell, where I was weak, missed a good habit or practice, or missed an opportunity to love You or others well...*

*Please forgive me and help me to do better tomorrow.*

## **Plot Your Course (1 min)**

*What is one specific action I can take in this next day to strengthen one area where I was weak today...? Jesus, help me to do this.*

## **Entrust Yourself to Your Guide (1 min)**

*Thank you, Jesus, for the many blessings of this day. Please forgive me for those ways I missed the opportunity to live a better life with you. As the saints who have gone before me, please help me to follow the course we have set and come back to you tomorrow so I can love you more and keep growing in holiness. Our Father... Amen.*

## **Record Your Resolution**

Write down in your journal the specific action you resolve to take in the next day.



# Eucharistic Revival

ARCHDIOCESE *of* MILWAUKEE

REGISTER FOR THE FULL EMMAUS 90 AT:  
**[ARCHMIL.ORG/EMMAUS-90](https://ARCHMIL.ORG/EMMAUS-90)**

