



EMMAUS 90

— CONTINUE YOUR JOURNEY —

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.

BEGIN WITH THE END IN MIND

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*

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

Jesus came 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 longs to welcome you to the wedding feast of the Lamb where all your hungers will be satisfied. (Revelations 19:7-9; 21) He is able to accomplish far more than all we ask or imagine. (Ephesians 3:20)

Before you begin these 90 days of encountering Jesus Christ, letting him fill you, and learning to love others from the overflow, consider these questions and ask for what you desire.

- What do you desire?
- What do you think God desires for you?
- What would you like your relationship with God to be like?
- What virtues and habits would you like to have established in your life?
- What do you want God to do for you, your loved ones, and the world?

Ask Jesus for this grace every day.

God, please give me the grace that by the end of these 90 days ...

Daily Prayer with Scripture _____

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

- ☐ _____
- ☐ _____

TUESDAY, _____

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☐ Virtue Stretch Goal
☐ Sacrament of Reconcillation

Daily Prayer with Scripture _____

Thank you, God, for . . .

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

Daily Prayer with Scripture _____

- ☐ Daily Prayer
- ☐ Daily Examen
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- ☐ Yesterday's Resolution
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☐ _____

☐ _____

TUESDAY, _____

Daily Prayer with Scripture _____

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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 Scripture _____

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THURSDAY, _____

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Daily Prayer
Daily Examen
Walk with One
Yesterday's Resolution
Small Things with
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☐ Formation
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Daily Prayer

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Walk with One

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Small Things with Great Love

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

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

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

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
☐ 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 Scripture _____

Thank you, God, for . . .

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

PREPARE FOR THE SACRAMENT OF RECONCILIATION: 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?



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**

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."

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

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