



# EMMAUS 90

GUIDEBOOK

DISCIPLESHIP EDITION



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 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*

Wherever you are, at every moment, Jesus draws close to you (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 (Ephesians 3:20).

Before you begin this concentrated season of encountering Jesus Christ, letting him fill you, and learning to love others from the overflow, consider 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 grow 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 Emmaus 90 ...*

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## “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 90 days, 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 his mission as a missionary disciple.

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

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

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# 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.

# FORMATION SESSIONS SCHEDULE

## Thursdays | 7 p.m.

- **Jan. 1** | Come Follow Me (Heart)
- **Jan. 8** | Jesus' Good News (Heart)
- **Jan. 15** | Jesus at the Center (Heart)
- **Jan. 22** | School of Prayer (Lungs)
- **Jan. 29** | Scripture & Study (Brain)
- **Feb. 5** | Baptism & Confirmation (Blood)
- **Feb. 12** | Eucharist (Blood)
- **Feb. 18** | **ASH WEDNESDAY**  
*For this week's session, plan to participate in your parish's Ash Wednesday service.*  
**Prerecorded mini-session on Reconciliation available.**
- **Feb. 26** | Virtue & Fasting (Muscle)
- **Mar. 5** | Community (Flesh)
- **Mar. 12** | Service to the Least (Arms)
- **Mar. 19** | Fidelity to the Church (Skeleton)
- Wednesday, Mar. 25  
Consider 12 Hours of Reconciliation  
[archmil.org/Pray-Reconcile-Rejoice](http://archmil.org/Pray-Reconcile-Rejoice)
- **Mar. 26** | Go Make Disciples (Legs)
- **Apr. 2** | **HOLY THURSDAY**  
*For tonight's session, participate in your parish's Mass of the Lord's Supper with your Pilgrim Group.*  
**No Formation Session**
- Friday, Apr. 3 | Good Friday
- Saturday, Apr. 4 | Holy Saturday / Easter Vigil
- Sunday, Apr. 5 | Easter Sunday
- **Apr. 9** | Set Out on Mission



**View Formation Sessions at**  
**[www.archmil.org/Emmaus-pilgrim-2026](http://www.archmil.org/Emmaus-pilgrim-2026)**

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

# 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 90 days. 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!



**Feel overwhelmed?** Start with the practices highlighted below.

## TIME FOR GOD.



**Full Active Conscious Participation in Sunday Mass** – Prepare to enter fully into the celebration of the Mass. Pray with the readings beforehand, arrive early, and pray the Mass with all your heart.



**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.)



**Regular Confession** – Receive the Sacrament of Reconciliation at least once a month. (See *How to Sacrament of Reconciliation* on page 150.)

**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** – Your Guidebook 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 15-143*)

**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.

## 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 to 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 12 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-2026](http://archmil.org/Emmaus-pilgrim-2026) 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. See page 14 for details.

## 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. Or substitute a different fast on Fridays before Lent.



**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 1803-1804 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. (Lamentations 3:22-24)**

# PILGRIM GROUP ESSENTIALS

## **Be Connected**

*Adjective: brought together or into contact so that a real link is established.*

- Show up. As simple as it sounds, simply committing to be with each other for your weekly meetings is the foundation of building community and encouraging each other to grow.
- Listen deeply to each other. Your attention is a gift.
- Recognize in each other the desire for holiness and build friendship on this common goal.

## **Be Sincere**

*Adjective: saying what you genuinely feel or believe.*

- Be real. Trust is built through consistent honesty.
- Be trustworthy. Recognize that when someone is sharing something vulnerable your response has an impact. It's an honor to be trusted with the details of someone's story. Empathize, encourage and keep confidentiality. Do not force anyone to share if they are not ready.
- Each person is a unique, unrepeatable, deeply loved child of God. Resist temptation to put people in boxes. Never accept a label in place of a story.

## **Be Accountable**

*Adjective: required or expected to justify actions or decisions; responsible.*

- Be very explicit about your commitments. Talk through the commitments you're each making even if you think they are clear.
- Clarity about why you are committing drives your motivation.
- Be responsible for one another. Decide how you are going to keep track of commitments and when you are going to ask each other about them. Accountability fails when you stop giving each other the specific opportunity to "account" for commitments. If it fails, seek to reestablish through honest conversation.
- Be creative. Come up with creative and fun ways to encourage accountability.
- Celebrate growth: If you complete a daily commitment 3 days a week that you previously were doing 0 days a week, celebrate the 3 wins rather than dismiss the week because of the 4 misses. The process of growth often involves failure.

## SMALL GROUP DISCUSSION GUIDELINES

Here are basic expectations we agree upon as a Pilgrim Group to help make our discussions more fruitful.

- **Purpose** — Our pilgrim group exists to encourage one another in our mutual commitment to grow in relationship with Jesus Christ and His Church.
- **Priority** — This group is not the same when you're not here. In order for everyone to have the best experience possible, we make participating every week a priority.
- **Participation** — Every person in our group brings unique gifts and experience to our group. Everyone is encouraged to share at their comfort level.
- **Respect** — Group members honor each other by listening attentively and sharing honestly.
- **Silence** — We allow silence to reflect before sharing and between individual sharing. We know some members may need more silence than others, and try to balance our own participation and attentiveness to the participation of others.
- **Confidentiality** — Anything of a personal nature that is shared in small group stays in the group. Breaking this trust seriously damages the experience not only of our own group but future groups as well.
- **Timeliness** — In order to respect the time of all present, we begin and end on time. Some group members may choose to continue the discussion after the scheduled end time, but only after closing in prayer to honor those who need to leave on time.
- **Tangents** — Good discussion can easily slide in directions which are not in line with our purpose. All group members are empowered to ask if we have gotten off track.
- **Holy Spirit** — We recognize that the Holy Spirit is present, desiring to direct and speak through our discussion. We strive to be attentive to where the Spirit may be moving our discussion.

# 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-2026](http://archmil.org/emmaus-pilgrim-2026).



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?

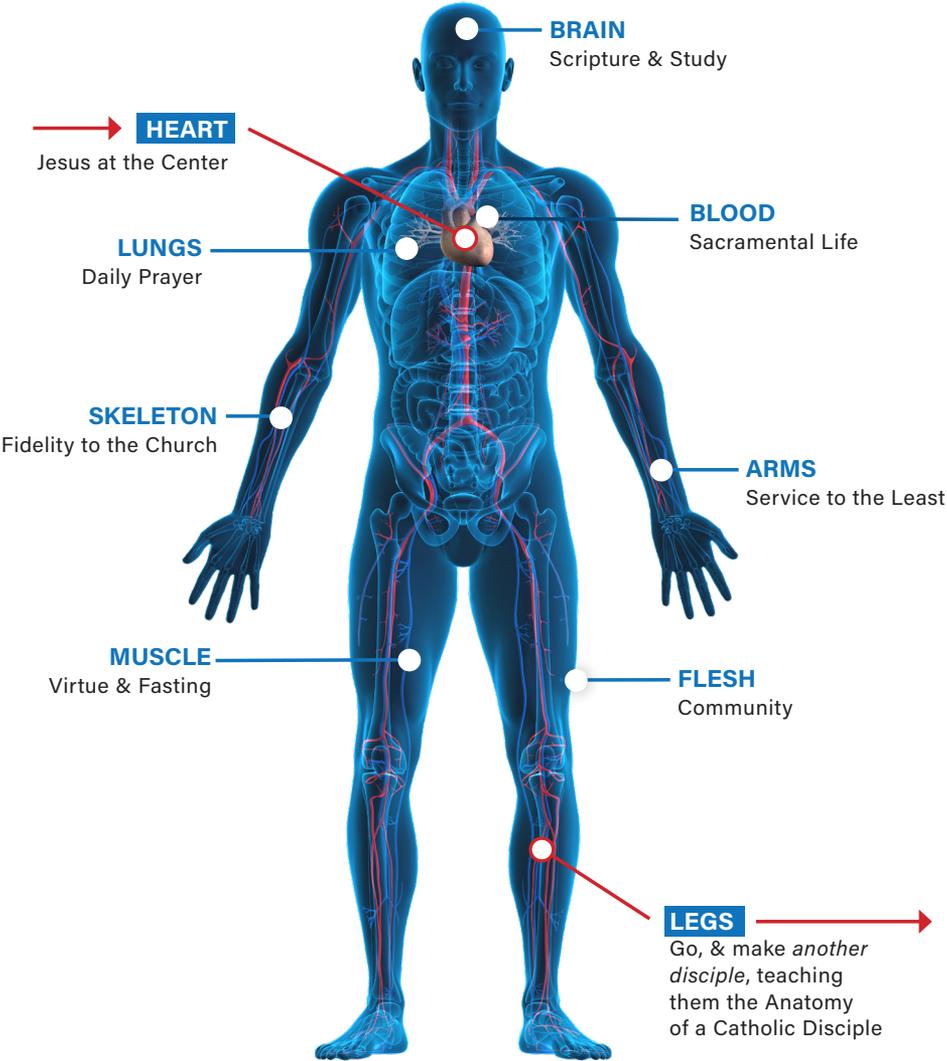
### Let’s pray for each other right now. (2-5 minutes)

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.

# THE ANATOMY OF A CATHOLIC DISCIPLE

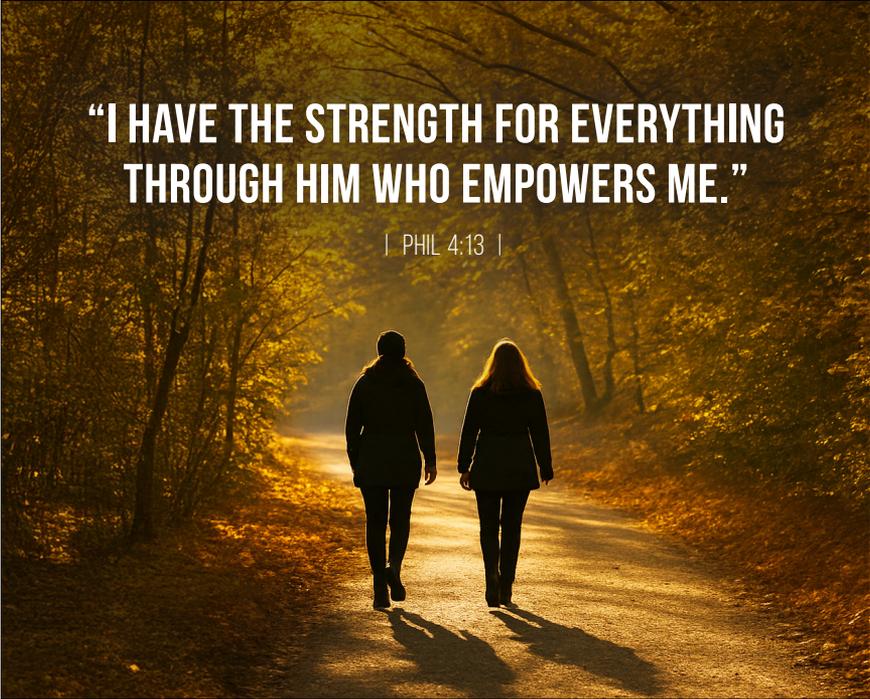


# WALK WITH ONE

As a daily practice, on most days “Walk with One” looks like praying about and for those you will walk with and “keeping an eye out” for opportunities to love and accompany them well. Here’s how it works:

1. Discern — Ask God to help you know who to walk with.
2. Pray — Pray for this person or family and for the grace to be able to love them well and invite them to the next step on their journey.
3. Connect — Be a good friend to this person or family and love them with Christ’s love (You can’t fake this! Ask God to help you love them well.)
4. Invite — When God opens the door, invite them to take their next concrete step toward a deeper relationship with Jesus and the Church. You might invite them to Mass, another event at your parish or a small group.

For more information about Walk With One see [eucharisticrevival.org/walk-with-one](http://eucharisticrevival.org/walk-with-one).

A photograph of two people walking away from the camera on a dirt path through a forest. The trees are covered in vibrant autumn foliage in shades of yellow and orange. The sun is low in the sky, creating a warm, golden glow and long shadows on the path. The overall mood is peaceful and contemplative.

**“I HAVE THE STRENGTH FOR EVERYTHING  
THROUGH HIM WHO EMPOWERS ME.”**

| PHIL 4:13 |



































































































































































































































































# CELEBRATE BLESSINGS AND DISCERN WHERE TO GO FROM HERE

We encourage you to continue your daily prayer practice with the daily Mass readings. You can find the daily Mass readings at: [bible.usccb.org/readings](https://bible.usccb.org/readings)

We also invite you to take some time this week to reflect on your Emmaus 90 Journey, to give thanks, and ask the Lord to show you where he's inviting you to go from here:

Thank you, God, for these blessings you gave me since we started:

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Thank you, God, for these things you showed me through Emmaus 90:

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Lord, help me to continue growing as your disciple on mission by:

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Practices I would like to continue include:

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Who might Jesus be inviting me to accompany and help grow as a disciple:

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What Scriptures will I pray with daily?

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What Formation will I seek out to continue growing?

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# OVERVIEW OF THRESHOLDS OF CONVERSION



**Nonbelieving, Nontrusting:** "I don't believe in God. I don't trust what the Church says about God."

How to help people cross the next threshold: Pray for them. Love them. Be a good friend who happens to be Catholic.

**Initial Trust:** "I've had a few positive experiences with the Church, a Catholic or a Christian, but I'm not sure I believe what they say about God."

How to help people cross the next threshold: Continue praying for them and being a loving friend. Let God use your life as bait. Love and live in a way that awakens their curiosity. When appropriate, share stories of how God has acted in your life.

**Spiritual Curiosity:** "Why do you do that Catholic thing you do? Why do you believe \_\_\_? Could it be possible that God loves me and wants me to know Him like you seem to know Him? I'm not really open to changing, but I am interested in your experience."

How to help people cross the next threshold: Continue praying, being a loving friend and sharing stories. Answer their questions simply (don't drown a teaspoon of curiosity with a gallon of answers). If you don't know answers, find them. Do not assume their questions mean they're seeking and do not push them. When appropriate, invite them to "come and see" your faith, community, service, prayer, etc.

**Spiritual Openness:** "If you're out there God, show me. If you want to have a relationship with me, I'm here, I'm open to it."

How to help people cross the next threshold: Continue praying, being a loving friend, sharing stories, answering questions and inviting them to "come and see." Affirm their openness and invite them to "come closer" to God. Gently help them

to understand that if they want to know God, they need to actively look for him and his answers to their questions.

**Spiritual Seeking:** "I want to get to know God if I can. I'm looking for God and his answers to my life questions. How do I pray? How do I get to know God?"

How to help people cross the next threshold: Continue praying, being a loving friend, sharing stories, answering questions, inviting them to "come and see" and "come closer." Help them to understand the gospel message, wrestle with personal sin, find God's healing for wounds, and choose to have faith and follow Jesus. If they are Catholic, encourage them to make a good confession and return to practicing their faith. If they are not Catholic, encourage them to join your parish's Initiation Ministry (OCIA).

**Intentional Discipleship:** "I'm all in. I believe Jesus is with me and I choose to follow him in his Church. I'm willing to drop things which separate me from him and I want to grow in relationship with him, live my purpose and take up my part in God's mission."

How to help people grow as a disciple (because there's always more): Continue praying, being a loving friend, sharing stories, answering questions, inviting them to "come and see," "come closer," wrestle with personal sin, find healing and choose to live their faith. Accompany them as they learn and live the Anatomy of a Catholic Disciple.

### **Listening Evangelism: Having Threshold Conversations**

1. Do you believe in God? Or where is God for you in that? Or what has been your experience of God?
2. What kind of God do you believe in? (Listen for personal or impersonal)
3. Do you believe in the possibility of a relationship with this God?
4. Do you have a relationship with this God? What kind of relationship?
5. Are you a part of a religious tradition? Which tradition? Are you Christian?
6. Do you have a positive association with Jesus or the faith?
7. Do you have a relationship with Jesus Christ? Do you pray? How do you pray?
8. Is your faith something that causes you to change how you live your life?
9. If you could ask God one question and know the answer, what would it be?

*Adapted from "Forming Intentional Disciples" by Sherry Weddell*

# HOW TO SHARE YOUR STORY

**Conversion or “Metanoia”** is a change of heart that happens through the Holy Spirit. It is the beginning of a continual, ongoing conversion. We participate in this conversion when we are effective witnesses to the workings of God in our own lives, sharing stories of God acting in our lives.

**An Effective Witness** is an account of a *specific* encounter with the Lord in one's life.

- We see in our lives the places God has become incarnate and we make him known by proclaiming the story.
- We personalize the Gospel to help others understand that God is at work *today* in our lives.
- Our story gives others something to connect to – the personal experience of truth lived out.
- It can be used anywhere: retreats, small groups, one-on-one conversations, in the grocery store line, etc.
- Three to four minutes is succinct and memorable.
- A witness always glorifies God. He is the main character.
- The focus of your witness is to share what God has done in *your* life.
- Tell the truth.

## The Three Main Parts to an Effective Witness

### 1) Part One: Before ‘Metanoia’ or Conversion

- What was your life like before your encounter with God and conversion?
- Try to be concise and leave out unnecessary details – too many details distract from your main point.
- Avoid glorifying the sin that was in your life – there is no need to speak specifically about sinfulness. (Keep it general like, “I was in an impure relationship,” “I was struggling with an addiction,” etc.)
- Own your mistakes; resist temptation to blame someone else.

### 2) Part Two: Conversion Point

- How did you encounter God? Paint a picture of the scene; be very detailed.
- What were the circumstances?

- What happened that helped you turn to the Lord? What did the Lord do?
- What was the crux of why you said “yes” to the Lord?

### 3) Part Three: Life in Christ

- How has your life been since that encounter/conversion? You are still human, so try not to make it sound like everything is perfect now. Share that you are still growing and learning.
- Give concrete differences in your life. *Try to connect something from Part One*
- Offer an invitation rather than a command. *For example, you might say: I invite you to give Jesus a chance. If it's been a while, consider coming back to the Sacrament of Reconciliation. If you're ready for something more, choose to follow Jesus with your life. And perhaps most of all—can you let God love you?*
- End with a strong conclusion.

### Write out your personal witness. Read it. Ask yourself or a fellow pilgrim:

- Does my witness have Jesus as the main character?
- Does my witness glorify sin?
- Is there a main ‘theme’ throughout my story?
- Do I use too many ‘buzz’ words or insider language others would not understand?
- Is it concise?
- Does my main point come across?
- Is it relatable?
- Does it paint a picture?
- Do I have a closing invitation or call to action?



## 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-2026](http://www.archmil.org/Emmaus-pilgrim-2026)

# 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 given you a 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.



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