



WE ARE
CATHOLIC MEN
STRIVING TO BE
IGNITED IN
EVERYDAY FAITH

United with our wives and children, we are men being ignited in everyday faith. That means today is the best day to begin. God's grace is being outpoured. We invite you to join us in receiving it. Make a commitment to seven fundamental disciplines to grow as men:

The Seven Disciplines

1) SACRAMENTS.

"Grace is a *participation in the life of God*. It introduces us into the intimacy of Trinitarian life." (CCC, #1997)
Minimally, we commit to Sunday Mass and monthly Confession.

2) DAILY PERSONAL PRAYER.

Dedicated, personal prayer is the cornerstone of the spiritual life. (CCC, #2745) Minimally, we commit to 20 minutes a day in undistracted, dedicated prayer. This includes the daily reading, reflection and prayer by Regnum Christi (GO) and cultivating the inner sanctuary: "Be still and know that I am God." (Ps. 46:10)

3) FRIDAY FAST.

The church asks us to fast on Fridays. (CCC, #1438) Minimally, we commit to "one full meal and two smaller meals that together do not equal one meal." We invite you to a more rigorous fast involving abstaining from breakfast and lunch, snacks and beverages (excluding water) throughout the day.

4) WEEKLY ADORATION.

"A Holy Hour in front of the Blessed Sacrament is worth more than a thousand years of human glory." – St. Padre Pio
Minimally, we commit to a weekly visit, but highly recommend an entire hour.

5) FAMILY LEADERSHIP.

A husband and father is uniquely appointed and anointed by God to preside over the spiritual atmosphere of the home. (Eph. 5:23) We commit to:

- (a) Informing our wives of our commitment and empowering them to hold us daily accountable (if married);
- (b) A weekly, dedicated time of leading our families in meaningful talking and praying (Live IT Gathering);
- (c) Presiding over all media consumption, ensuring time and content is consistent with forming disciples of Jesus Christ, and;
- (d) "No Cell Sundays." No personal digital devices except in absolute necessity. Particularly on the Lord's Day, this is a small way to reclaim the real Lord.

6) BROTHERHOOD ENCOURAGEMENT / ACCOUNTABILITY.

"Iron sharpens iron." – Proverbs 27:17

As a context for prayer, encouragement, and accountability, we commit to:

- (a) Gathering monthly with committed brothers in our region for an hour of prayer, personal report, and encouragement, and;
- (b) Becoming a Mission Partner with one other brother with whom we will report weekly specifically on our success with each commitment, as an occasion of prayer, accountability, and encouragement.

7) END OF DAY EXAMEN. (GO)

An important note on discipline.

As with sports, academics, work or any other worthy pursuit, success is proportionate to sacrifice. This is the message of the Cross. Jesus Christ gave it all. We who bear His name are called to the same. "Sacrifice" literally means "to make sacred." This is what God deeply desires for us. To make us sacred. One in Him.

Of course, the opposite of unity with God is separation from Him. That is the definition of hell. This is Satan's objective. He hates God and he hates us. And if he can't outright get us to completely separate ourselves from our loving God— he will offer us lesser things to distract us from the much greater. He's contented with our living in Laodicea. What's that? Laodicea are those people in Revelations to whom God says: "Be ye therefore hot or cold, lest I vomit you from my mouth." (Rev. 3:16)

When we accept lesser things for greater we experience languishing. We remain in that dismal state of "good enough," with a deep yearning for so much more. This "so much more" is precisely the gift God is offering us right now with Pentecost 365!

God is not interested in igniting another fading ember. He desires to forge in us the virtue and character to respond according to His Revelation. On the order of our very nature, created for Him. He desires to forge in us a spousal love which will cause us to persevere when the novelty is gone. When there are no feelings.

In sum, our God desires all we are in response to who we are in Him.

In your heart of hearts do you recognize a profound poverty that can only be supplied by His surpassing Provision? Do you desire that complete fulfillment for which you were made? Do you desire to fully live out your appointing and anointing as a man of God?

God does. And right now He is pouring out. Are you willing to receive it?

Here is where and how we will likely encounter the Grace Thief:

On a special Friday night gathering with friends, in the form of joining in good beverages and snacks. On any given day family members push back on our reasonable expectations seeking to set them free from pixels for people. — When we've had a rough night and are tempted to surrender an early morning, personal appointment with God in prayer. When we're pressed by family members to retain control over home discretionary time, instead of "putting the flag in the sand" with a weekly time of meaningful, dedicated conversation and prayer.

Instances such as above are precisely occasions for us to choose the great over a good. Difficulty and challenge are the conditions for God to forge in us strong faith. Grace is being outpoured. Receive it.

There is no Pentecost365 "lite." God desires that we receive all. Every challenge presents us with the opportunity to conquer. To be forged in Him. Over the next three months, God intends that we become, for ourselves, our spouses, our children, and our world, "more than conquerors." (Rom. 8:37)

Of course, these disciplines are ultimately meant to forge in us dispositions of the heart. We seek a deeper transformation of heart and mind. As the Catechism puts it: "The Holy Spirit is the *living water* 'welling up to eternal life' in the heart that prays. It is he who teaches us to accept it at its source: Christ." (CCC, #2652) To help accomplish this, our Support Team (right) will encourage and form us through brief but impactful **Fire Talks**.

Think about it this way. There's no one in heaven who is not a saint. Becoming saints is our purpose here on earth. And helping others do the same. Most particularly, our families. If not this, what? If not now, when?

We join our blessed mother:

"Be it done unto me according to thy word." (Luke 1:38)

 **REGISTER FREE**

