

CONSOLER CHEAT SHEET

Those who intend to follow the spirituality contained in this retreat (Consolers) may want to keep this cheat sheet handy as an aid to remembering its main prayers and resolutions.

“Behold this Heart which loves so much yet is so little loved.”

Consoler Principle and Foundation

I _____, on this day _____, choose as my principle and foundation to console the Heart of Jesus.

Dear Jesus, relying on your grace and the prayers of Mary and of all the angels and saints, I will strive to keep before my eyes the deep sorrow of your Heart and respond, with Mary, by consoling you in the following two ways:

First, I will give you my trust. Jesus, I trust in you. I will try not to be afraid of going to you as I am (*ecce*), even when my sins and weaknesses weigh heavily upon me. With an open heart, I choose to accept your mercy (*fiat*), even all that mercy other souls reject. Finally, I will do my best to praise and thank you in all things (*magnificat*), even when you give me the privilege of sharing in your Cross.

Second, I will strive to show mercy to my neighbor through my deeds, words, and prayers, remembering that by consoling others, I am also consoling you.

Heavenly Father, for the sake of the sorrowful Passion of your Son, I beg you: Send forth your Holy Spirit to help me fulfill this choice.

A Consoler’s Three Promises

1. I will live my principle and foundation of consoling Jesus, with Mary, by giving him my trust (see “A Summary of Trust” below) and by doing acts of mercy according to the following three degrees:

- (a) Deed — especially the merciful outlook
- (b) Word — especially the merciful question
- (c) Prayer — especially the Chaplet of Divine Mercy and “breathing prayer.”

2. I will keep to a simple schedule of daily prayer:

- (a) Morning Offering (see next page)
- (b) Three O’clock Hour (see next page)
- (c) Examination of Conscience: B-A-K-E-R (see next page)

3. I will frequent the Sacraments and take time for spiritual reading.

I will frequent the Sacraments by going to Mass every Sunday and maybe even during the week. I will go to confession at least once a year and maybe even once or twice a month. I will consider visiting Jesus in the Blessed Sacrament more regularly, and I will strive to visit him frequently in the tabernacle of my heart.

A Summary of Trust: *Ecce, Fiat, Magnificat*

1. *Ecce* = “Behold.” Behold, Lord, here I am, weaknesses, sinfulness and all.
2. *Fiat* = “Let it be done to me.” Lord Jesus, pour out the ocean of your mercy into the abyss of my misery. I choose to accept your mercy, even the mercy that others refuse.
3. *Magnificat* = “My soul proclaims the greatness of the Lord!” I praise and thank you, Lord Jesus, for the great gift of your mercy and for all your gifts, including my small sharing in your Cross.

Morning Offering

Dear Jesus, I know that your Sacred Heart is sorrowful because so many people neither love you nor trust in you. Behold, Lord, here I am. Though weak and sinful, I love you and I trust in you. I intend that all my actions this day be for the purpose of consoling you.

Heavenly Father, in union with all the Masses being offered today, I give you praise and thanks for the many gifts you will send me, including the gift of my small sharing in the Cross. May this my prayer glorify you and console your Son. With the help of your grace, I resolve to remain all day in this prayerful spirit of praise and thanks and, further, to console Jesus by being merciful to my neighbor through my deeds, words, and prayers.

Mary, my mother, come with your spouse the Spirit. Make my sacrifice of praise, thanks, and mercy a most pleasing consolation to your Son. Behold, I present to you all I am and have. Take my offering so it may pass through your Immaculate Heart, to Jesus' Sacred Heart, and on to the Father, for his greater glory. Amen.

Three Ways to Keep the Three O'clock Hour

1. We can *immerse ourselves in the Lord's Passion, especially in his abandonment on the Cross.* We can do this briefly (even "for an instant") or for a longer period of time. For example, we can simply look at a crucifix, think of Jesus in his Passion, or pray the Three O'clock Hour Prayer:

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us. ... O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You (*Diary*, 86, 1319).

If we have more time, we can pray the sorrowful mysteries of the Rosary or make the Stations of the Cross. Here, again, is the map for busy people who want to make the stations over the course of two weeks:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I. Jesus is condemned to death.	II. Jesus takes up his Cross.	III. Jesus falls the first time.	IV. Jesus meets his blessed mother.	V. Simon of Cyrene helps Jesus to carry the Cross.	VI. Veronica wipes the face of Jesus.	VII. Jesus falls a second time.
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VIII. Jesus consoles the women of Jerusalem.	IX. Jesus falls the third time.	X. Jesus is stripped of his garments.	XI. Jesus is nailed to the Cross.	XII. Jesus dies on the Cross.	XIII. Jesus is laid in the arms of his blessed mother.	XIV. Jesus is laid in the tomb.

2. We can *present our petitions to the Father by virtue of his Son's Passion.* Our petitions should be made with bold confidence because of the indescribable power of Jesus' Passion and the great promises attached to the Hour of Great Mercy. I recommend presenting one's petitions in the context of praying the Divine Mercy Chaplet. (Don't forget to pray for unrepentant sinners and the dying, especially for unrepentant sinners who are dying.)

3. The three o'clock hour is a great time to *visit Jesus, truly present in the Blessed Sacrament.*

Examination of Conscience: B-A-K-E-R

(Begin by putting yourself in the presence of God.)

- B** = Blessings. Spend the most time here, praising and thanking God for the blessings of the day.
- A** = Ask. Ask the Holy Spirit to enlighten you, so you can recognize your sins.
- K** = Kill. It was our sins that killed and crucified Jesus. Search for commissions and omissions.
- E** = Embrace. Be sorry for sin and allow Jesus to embrace you with the rays of his mercy.
- R** = Resolution. Look ahead to the next day, anticipating potential pitfalls and opportunities.