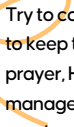


A man with a beard and glasses, wearing a grey t-shirt and shorts, is walking away from the camera on a paved path. He has a dark backpack and is holding a newspaper or folder. In the background, there are trees with vibrant red and orange autumn leaves. A large, white, multi-story building with a central tower is visible through the trees. A black lamppost stands on the right side of the path, with a white sign attached to it. The sign has the text "FAILURE TO PLAN IS A PLAN TO FAIL" in bold, black, sans-serif capital letters. There are some decorative elements: a yellow starburst in the top right corner and a white zigzag line near the man's head.

**FAILURE TO
PLAN IS A
PLAN TO FAIL**

Plan of Life

**A spiritual workout plan for growing in
happiness with God**



Try to commit yourself to a plan of life and to keep to it: a few minutes of mental prayer, Holy Mass – daily, if you can manage it – and frequent Communion; regular recourse to the Holy Sacrament of Forgiveness – even though your conscience does not accuse you of mortal sin; visiting Jesus in the Tabernacle; praying and contemplating the mysteries of the Holy Rosary, and so many other marvellous devotions you know or can learn.

You should not let them become rigid rules, or water-tight compartments. They should be flexible, to help you on your journey you who live in the middle of the world, with a life of hard professional work and social ties and obligations which you should not neglect, because in them your conversation with God still continues. Your plan of life ought to be like a rubber glove which fits the hand perfectly.

Please don't forget that the important thing does not lie in doing many things; **limit yourself, generously, to those you can fulfill each day, whether or not you happen to feel like doing them.** These pious practices will lead you, almost without your realizing it, to contemplative prayer.

Your soul will pour forth more acts of love, aspirations, acts of thanksgiving, acts of atonement, spiritual communions. And this will happen while you go about your ordinary duties, when you answer the telephone, get on to a bus, open or close a door, pass in front of a church, when you begin a new task, during it and when you have finished it: you will find yourself referring everything you do to your Father God.

(Friends of God, no. 149)





Morning Offering

What better way to start the day than by offering the day to Jesus?

Resist the urge to open your phone first.

TIPS

- * Get out of bed once your alarm goes off.
- * Put yourself in the presence of God. Sit, kneel, or stand (anything but lying in bed) to reduce the risk of falling back asleep afterwards.

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart: the salvation of souls, the reparation of sins, the reunion of all Christians.

I offer them for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

Holy Mass



Communion

“I have always taught you, my beloved daughters and sons, that the root and the center of your spiritual life is the Holy Sacrifice of the Altar.”

(Saint Josemaría Escrivá, Letter of February 2, 1945, no. 11.)

TIPS

- * Come early to put yourself in the presence of God.
- * Place your intentions on the altar.
- * Listen actively to the Word of God.
- * Participate by asking for pardon, thanking God for the gift of the Eucharist, asking God for help, and telling Him you love Him.
- * Once you have received communion, treasure the time you are closest to Christ by speaking with Him.
- * Afterwards, spend 10 minutes thanking Him for being able to receive communion.

What days would you like to attend Mass?

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						✓



Holy Rosary

“By its nature the recitation of the Rosary calls for a quiet rhythm and a lingering pace, helping the individual to meditate on the mysteries of the Lord’s life as seen through the eyes of her who was closest to the Lord. In this way the unfathomable riches of these mysteries are unfolded.”

(Apostolic Exhortation Marialis Cultus no. 47)

“You always leave the Rosary for later, and you end up not saying it at all because you are sleepy. If there is no other time, say it in the street without letting anybody notice it. It will, moreover, help you to have presence of God.”

(Furrow, no. 478)

TIPS

- * Offer intentions for each decade.
- * Invite a friend to pray with you.

What days would you like to say the Rosary?

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					✓	

A woman with dark, curly hair is shown in profile, sitting in a church pew. She is wearing a light-colored, short-sleeved top and has her hands clasped together in prayer. The background features stained glass windows and wooden pews, creating a serene and contemplative atmosphere. In the top right corner, there is a decorative graphic of several orange dashed lines radiating outwards.

Mental Prayer

Mental prayer involves **meditating on the mysteries of Christ's life and on our own life**, and leads us to union with God in silent contemplation and love. It is a personal dialogue that employs our human faculties: imagination, memory, intellect, will and affections.

TIPS

- * Set aside some time each day to pray (you can start with once daily and gradually move to twice daily).
- * Put yourself in the presence of God with an opening prayer.
- * Have a conversation with God about anything and everything on your mind and heart.
- * To help the conversation flow, read a spiritual reading book as a prompt, or write things down like a letter to God.
- * Finish by thanking God for the resolutions, affections and inspirations He has given you.



**New
Testament
&
Spiritual
Reading**

Spiritual reading is decisive for attaining the central goal of Christian life: a personal encounter with Christ and identification with Him. Hence the importance of reading the New Testament, with the Gospel accounts of Our Lord's life, the Acts and the Apostolic Letters. This meditative reading leads to making Christ's life the foundation of one's own existence and is necessarily reflected in one's behavior: **"How I wish your bearing and conversation were such that, on seeing or hearing you, people would say: This man reads the life of Jesus Christ"**.

(The Way, no. 2).

**"Don't neglect your spiritual reading.
Reading has made many saints"**.

(The Way, no. 116).

TIPS

- * Get a recommendation from someone trustworthy.
- * Try something like 5 min Gospel reading & 10 min with another spiritual book.



**Angelus or
Regina Coeli**

"The Angelus invites us to meditate on the mystery of the Incarnation, encouraging Christians to take Mary as a point of reference in the various moments of their day, so as to imitate her in her readiness to carry out the divine plan of salvation."

(Pope John Paul II, General Audience on November 5, 1997)

"You see how simply she said it? Ecce ancilla, 'I am the handmaid of the Lord!' – And the Word became flesh. That is how the saints worked: without any outward show. What there was, was in spite of them." *(The Way, no. 510)*

"Mother, Oh Mother! With that word of yours – fiat, 'be it done' – you have made us brothers of God and heirs to his Glory. Blessed art thou!" *(The Way, no. 512)*

TIPS

- * Set an alarm to remind you.
- * Pray looking at a picture of our Lady.



**Visit to the
Blessed
Sacrament**

Jesus has remained in the Eucharist to remedy our weaknesses, our doubts, our fears, our anxieties; to cure our loneliness, our perplexity, our discouragement; to accompany us on our way; to uphold us in our struggle. Above all, he is there to teach us to love, to draw us to his Love.

Every time we go in need to pray before the Tabernacle, Christ, just as he did with the disciples at Emmaus, gives meaning to our life, restores our supernatural outlook, comforts us in our difficulties and fills us with apostolic zeal. "I can do all things in Christ who strengthens me" (*Phil 4:13*).

"I like to call the Tabernacle a prison – a prison of Love. For twenty centuries, He has been waiting there, willingly locked up, for me and for everyone.

(*The Forge*, no. 827)

TIPS

- * When you can't physically visit a Tabernacle, do it mentally or in your imagination.



Examination of Conscience

“An unexamined life is not worth living”

~ Socrates.

The Church has recommended examining our conscience right from its early years, in order to live our Christian vocation effectively and to approach with the right dispositions the sacrament of God’s mercy, sacramental confession.

Examining our conscience means opening our soul to God’s light, invoking the Holy Spirit to help us see anything that separates us from God and hinders our union with Him, in order to ask for his forgiveness and strive to prevent this in the future.

TIPS

- * Review your day to reflect on what you have done well and what you have done poorly.
- * Make an act of contrition.
- * Make one concrete resolution for the next day; review it in the morning.



3 Hail Marys

(at night for holy purity)

**Form the resolution to set the world ablaze
– you can – loving with a pure heart, and
making all mankind happy by bringing
them really closer to God.**

(The Forge, no. 916)

The Three Hail Marys devotion is a cherished Catholic practice said at night to ask for the virtue of purity. It involves praying three Hail Marys before bed, entrusting oneself to the Blessed Virgin Mary's protection.

TIPS

- * Put yourself in the presence of God.
- * Pray 3 Hail Marys, asking our Lady to help you and the rest of humanity have pure hearts so “they may see God”.