

"Teach us to number our days aright, that we may gain wisdom of heart." (Ps 90:12)								
"In Your book all are written down; my days were shaped, before one came to be." (Ps 139:16)	† J.M.J.	Holy Spirit Schedule for Prayers and Works of Mercy						Come Holy Spirit!
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Devotions	Resurrection	Holy Souls	Holy Angels	St. Joseph	Holy Eucharist	Sacred Heart/Passion	Blessed Mother
	5:00 AM							
	diligence							
	5:30 AM							
	fortitude							
	6:00 AM							.++++ Angelus
								Morning Prayer
	humility							Meditation
	7:00 AM							Rosary
								.++++
	charity							
	8:00 AM							
	joy							
	9:00 AM							
	peace							
	10:00 AM							Litany
	patience							
	11:00 AM							
	benignity							Daytime Prayer
	12:00 PM							Angelus
	goodness							
	1:00 PM							
	longanimity							
	2:00 PM							
	mildness							
"See therefore, brethren, how you walk circumspectly: not as unwise, But as wise: redeeming the time, because the days are evil." (Eph 5:15-16)								

"If any man will come after Me, let him deny himself, and take up his cross, and follow Me." (Mt 16:24)

"And they that are Christ's, have crucified their flesh, with the vices and concupiscences. If we live in the Spirit, let us also walk in the Spirit." (Gal 5:24-25)									
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sample	
And He said to all: "If any man will come after me, let him deny himself, and take up his cross daily, and follow Me." (Lk 9:23)	3:00 PM							Divine Mercy	"For unto this are you called: because Christ also suffered for us, leaving you an example that you should follow His steps." (1 Pt 2:21)
								Prayers	
	faith								
	4:00 PM								
	modesty								
	5:00 PM								
	continency								
	6:00 PM							Angelus	
								Evening Prayer	
	chastity								
	7:00 PM								
	prudence								
	8:00 PM							Rosary	
	justice								
	9:00 PM							Night Prayer	
	temperance								
	10:00 PM							Office of Readings	
								.+++++	
	hope							mothersforpriests.org	
11:00 PM							Find schedules at		
trust									
12:00 AM									
silence									
"Wherefore, brethren, labour the more, that by good works you may make sure your calling and election. For doing these things, you shall not sin at any time." (2 Pt 1:10)									
"At all times bless the Lord God, and ask Him to make all your paths straight and to grant success to all your endeavors and plans." (Tobit 4:19a)									
Directions: Call upon the Holy Spirit and prayerfully fill out the schedule of a more full ideal robust gentle plan of life.									