

USING THE WHOLE-LIFE CONFESSION AS A 40 DAY LENTEN PROGRAM



How to Describe the Program to Your Faith Community

This is a 40 day personal retreat journey designed to experience God's mercy. It will bring you healing, hope, peace and reconciliation. In getting ready:

- Take a few days to slow down and ease into the journey.
- Take a few days to learn about the life of St. Ignatius and why and how he developed this approach.
- Know that you will have many days of guided reflections/spiritual exercises, culminating in an experience of God's mercy.
- A written letter to Jesus used as the basis for a "whole life confession".

(Note: Occasionally there are participants who have long-seated issues with the sacrament of Reconciliation. Hopefully this program will melt those issues away. In any case, there is no "graduation requirement" to participate in the sacrament, and the program will be of great value.)

When Does It Start & How Much Time Does It Take?

This is a personal spiritual journey and can be undertaken at any point with Fr. Watson's book, *The Whole-Life Confession*. However, the support and structure of a parish program adds many benefits. Our program begins with an orientation on **(Your Date and the Location)**.

The exercises start on (your date), and end before Easter. You are encouraged to attend the optional weekly meeting. It is a great way to get answers to your questions and hear how others are doing. The meetings are **(Day of the Week, Time Location)**. The opportunity for Whole-Life Confession is offered **(Your Dates and Times)**.

Fr. Watson suggests 15-30 minutes per day, but generally 20 minutes should be a reachable goal.

What If I Can't Make the Meetings?

Listed below are the e-mails for group leaders. You may contact any of them with your questions or concerns. (Name) is the primary leader. If you supply him/her with your email address he/she can send you weekly support comments.

(List the Names and Email Addresses of Your Team and Leader Here)

What Do I Need To Do This Spiritual Retreat Journey?

- You need an open and willing heart.
- A “technology free” zone and quiet for the reflections.
- Fr. Watson’s book *“The Whole Life Confession”*.
- A journal for brief writing assignments, and the attached schedule to navigate the program.
- One exercise requires a Bible. If you do not own one you can access one online at <http://www.catholic.org/bible/> .

The book is available at Amazon in paperback or Kindle edition-- [LINK](#)

How Do I Do This Program?

Use the Excel Spreadsheet to follow the schedule of Fr. Watson’s 28 day program over 40 Days. We have lengthened the program to 40 days because we recognize the opportunity to use Lent fruitfully and this enables you to spend a little more time on each

of the exercises for added spiritual benefit. The Excel schedule gives you a suggested plan for how to approach the book.

This schedule differs from the day count listed in the book but you can follow it easily, all you must do is keep track of when you start and alter the dates accordingly. There is also a column to track completed exercises. The comment column repeats the requirements for the day listed in the book.

Fr. Watson has some optional exercises, which are built into the schedule also. If you find yourself needing more or less time to complete this journey, you are free to do so, although we strongly urge you to set the goal of completing the book and making a Whole-Life Confession before Easter.

In doing a daily spiritual practice, we need to be flexible, kind and forgiving to ourselves. Some material may engage us, some material may be skipped and some material may be worthy of review from time to time. Just continue the daily prayer and the rewards will be great!

