

TRUE HEART

DISCERNING A DIOCESAN
PRIESTLY VOCATION



DAILY SPIRITUAL RECORD

William M. Watson, SJ

Sacred Story Press
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Seattle, WA 98122

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Dedicated to Our Lady of the Way

Jacket and Book Design: William Watson, SJ



Week 1

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2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

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Location _____ I Trained Yes ___ No ___
(If no, why? _____)

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Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.

SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help*

Location _____ I did this ___ (___ Minutes) No ___

2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location _____ I did this ___ (___ Minutes) No ___

3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

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Location _____ I did this ___ (___ Minutes) No ___

2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location _____ I did this ___ (___ Minutes) No ___

3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.

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3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.

SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

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Location _____ I did this ___ (___ Minutes) No ___

2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location _____ I did this ___ (___ Minutes) No ___

3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.



Week 6

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help*

Location _____ I did this ___ (___ Minutes) No ___

2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location _____ I did this ___ (___ Minutes) No ___

3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.

SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help*

Location _____ I did this ___ (___ Minutes) No ___

2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location _____ I did this ___ (___ Minutes) No ___

3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.

SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help*

Location _____ I did this ___ (___ Minutes) No ___

2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

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3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

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SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

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Location _____ I did this ___ (___ Minutes) No ___

2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location _____ I did this ___ (___ Minutes) No ___

3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.

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Location _____ I Trained Yes ___ No ___

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Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

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3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

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Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.



Week 7

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help*

Location _____ I did this ___(___Minutes) No ___

2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location _____ I did this ___(___Minutes) No ___

3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___
(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.

SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

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3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.

SPIRITUAL RECORD

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Week 8

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

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Location _____ I did this ___ (___ Minutes) No ___

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3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

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SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

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3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.

SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

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Week 9

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

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Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.

SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help*

Location _____ I did this ___ (___ Minutes) No ___

2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location _____ I did this ___ (___ Minutes) No ___

3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor.

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Week 10

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1. Prayer Upon Waking—*I attuned to the day ahead and invited God’s help*

Location _____ I did this ___(___Minutes) No ___

2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location _____ I did this ___(___Minutes) No ___

3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

(If no, why? _____)

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(If no, why? _____)

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