

Spiritual Exercises - Postulant

The Brothers and Sisters of Penance of St. Francis of Assisi



As a Postulant, your daily commitment is as follows:

- **Morning Prayer:** pray the Apostle's Creed, all of Psalm 51, all of Psalm 54, and verses 1 to 32 of Psalm 119.
- **Evening Prayer:** pray the Apostle's Creed and all of Psalm 51 and an Act of Contrition after you examine your conscience.
- **Other Options:** If you don't pray the above prayers then *pray one of the following* options for daily prayer:
 - One rosary each day, or
 - Seven Our Father's, Hail Mary's, and Glory Be's each morning and evening, or
 - Spend 20 minutes in Contemplative prayer.
- **Additionally,** pray daily for the Church, all of the BSP worldwide, all family members, and yourself.
- **Obtain a cross or crucifix** and begin to wear it visibly.
- **Consider attending daily Mass** if possible.

Spiritual Exercises – Novice I

The Brothers and Sisters of Penance of St. Francis of Assisi



As a first-year Novice, your daily commitment is as follows:

- **Morning Prayer:** pray the Apostle's Creed, all of Psalm 51, all of Psalm 54, and verses 1 to 32 of Psalm 119.
- **Evening Prayer:** pray the Apostle's Creed and all of Psalm 51 and an Act of Contrition after you examine your conscience.
- **Other Options:** if you don't pray the above prayers then *pray one of the following* options for daily prayer:
 - One rosary each day, or
 - Seven Our Father's, Hail Mary's, and Glory be's each morning and evening, or
 - Spend 20 minutes in Contemplative prayer.
- **Daily Prayer:**
 - Pray the morning, evening, and night prayers of the Divine Office
 - Say a blessing before and after your meals.
 - Ask the Lord to help you surrender your life to Him.
 - Pray daily for the Church (laity and clergy), all of the BSP worldwide, all family members, all friends who are helping you on your journey, and pray also for yourself.
 - Say a Marian Consecration prayer of some form. Suggested:
Holy Immaculate Conception, spouse of the Holy Spirit, taking you into our homes, we consecrate and entrust ourselves and our Association totally and forever to you Immaculate Heart. Make us your true sons and daughters and use us and our Association as an instrument of Christ our King to convert sinners, to sanctify souls, and to strengthen and renew the One, Holy, Catholic, and Apostolic Church that God—Father, Son, and Holy Spirit—may be glorified, praised, and adored by all mankind. Amen.
- **Annual Prayer:** throughout the year, pray all 150 Psalms for deceased penitents.
- **Obtain a cross or crucifix** and begin to wear it visibly.
- **Consider attending daily Mass** if possible.
- **Attend all meetings of your BSP chapter.** If you must miss a meeting, let your Chapter leaders know.
- **Embrace an apostolate** from either the spiritual or corporal works of mercy.
- **Abstain from meat on every Friday of the year** with the exception of Church Solemnities and special celebrations.

Spiritual Exercises – Novice II

The Brothers and Sisters of Penance of St. Francis of Assisi



As a second-year Novice, your daily commitment is as follows:

- **Morning Prayer:** pray the Apostle's Creed, all of Psalm 51, all of Psalm 54, and verses 1 to 32 of Psalm 119.
- **Evening Prayer:** pray the Apostle's Creed and all of Psalm 51 and an Act of Contrition after you examine your conscience.
- **Other Options:** if you don't pray the above prayers then *pray one of the following* options for daily prayer:
 - One rosary each day, or Seven Our Father's, Hail Mary's, and Glory be's each morning and evening, or Spend 20 minutes in Contemplative prayer.
- **Daily Prayer:**
 - Strive to pray the Divine Office in its entirety, but especially try to pray the morning, evening, and night hours. Otherwise, pray one of the substitutions listed in the Rule or a prayer routine given directly to you by your spiritual director.
 - Say a blessing before and after your meals.
 - Ask the Lord to help you surrender your life to Him.
 - Pray daily for the Church (laity and clergy), all of the BSP worldwide, all family members, all friends who are helping you on your journey, and pray also for yourself.
 - Say a Marian Consecration prayer of some form. Suggested: *"Holy Immaculate Conception, spouse of the Holy Spirit, taking you into our homes, we consecrate and entrust ourselves and our Association totally and forever to you Immaculate Heart. Make us your true sons and daughters and use us and our Association as an instrument of Christ our King to convert sinners, to sanctify souls, and to strengthen and renew the One, Holy, Catholic, and Apostolic Church that God—Father, Son, and Holy Spirit—may be glorified, praised, and adored by all mankind. Amen."*
- **Annual Prayer:** throughout the year, pray all 150 Psalms for deceased penitents, or 100 Our Father's with the *Requiem Aeternam* after each one.
- **Receive the Sacrament of Reconciliation monthly and Eucharist weekly**, at a minimum.
- **Obtain a cross or crucifix** and wear it visibly.
- **Consider attending daily Mass** if possible.
- **Attend all meetings of your BSP chapter.** If you must miss a meeting, let your Chapter leaders know.
- **Embrace an apostolate** from either the spiritual or corporal works of mercy.
- **Abstain from meat** on Mon, Wed, Fri, and Sat, **and fast according to the Rule** by the end of this year.

Spiritual Exercises – Novice III

The Brothers and Sisters of Penance of St. Francis of Assisi



As a third-year Novice, you should be living according to the Statutes of the Rule of 1221 in its entirety. The flexibility inherent in the Statutes means each Penitent's journey will look different, but you must always strive to observe the Rule and Statutes to the best of your ability.