

B O U N D



**"DO NOT LET KINDNESS AND TRUTH LEAVE YOU;
BIND THEM AROUND YOUR NECK, WRITE THEM ON
THE TABLET OF YOUR HEART".**

- PROVERBS 3:3

**CONTINUE TO BIND
YOUR HEART TO HIS**

B O U N D

A 38 DAY JOURNAL LEADING YOU TO LENT 2020

IT'S DONE. YOU'VE GOT HOMEWORK TO DO. YOU'RE AT HOME BORED, WISHING YOU WERE STILL ON RETREAT. EVEN THOUGH YOU'RE STILL HUMMING THAT ONE WORSHIP SONG IN YOUR HEAD YOU CAN'T GO BACK THERE. YOU CAN ONLY TAKE THE LIFE LESSONS GIVEN AND TRY TO APPLY THEM TO YOUR EVERYDAY.

BUT **HOW?** HOW CAN YOU DO THIS WITH YOUR PARENTS ON YOUR CASE, YOUR FRIENDS NOT KNOWING WHAT YOU JUST EXPERIENCED, YOUR TEACHERS NOT CARING ABOUT YOUR EXPERIENCE, AND THE CULTURE/SOCIAL MEDIA/NOISE BOMBARDMENT JUST WON'T STOP.

THROUGH INTENTIONAL SILENCE, PRAYER, AND CONTEMPLATIVE ACTION.

IN EXACTLY 38 DAYS FROM TODAY, THE CHURCH CELEBRATES ASH WEDNESDAY. IT IS OUR PRAYER THAT THIS JOURNAL HELPS BIND YOU TO JESUS LEADING UP TO THE SEASON OF **LENT 2020**..

EACH PAGE YOU'LL BE ASKED TO SAY, DO OR GROW. SPACE IS LEFT IN EACH BOX FOR YOU TO REFLECT AND WRITE. THAT'S IT. SIMPLE. THREE WORDS. SAY, DO, AND GROW. THE CHURCH CALLS THIS THE THREE WAYS OF THE CHRISTIAN LIFE - PRAYER, SERVICE, & KNOWLEDGE. GOD KNOWS THE POSTURE OF YOUR HEART AND HE WANTS IT TO BEND TOWARDS HIM EVERYDAY.

say: **PRAY**

do: **ACT**

grow: **LEARN**

DON'T LET ECHOES OF WORTH 2020 BE JUST A WEEKEND. LET EACH DAY BE AN ECHO THAT REMAINS IN JESUS.



WHEN YOU COMPLETE ALL 30 DAYS OF ENTRIES LET US KNOW BY EMAILING OR SENDING US A DM ON SOCIAL MEDIA AND POST IT WITH A PHOTO AND OUR TAG @ECHOESOFWORTH. WE'LL SEND YOU FREE ECHOES OF WORTH STICKER!

@ECHOESOFWORTH



"Remember that you are never alone, Christ is with you on your journey every day of your lives! He has called you and chosen you to live in the freedom of the children of God. Turn to Him in prayer and in love. Ask Him to grant you the courage and strength to live in this freedom always. Walk with Him who is 'the Way, the Truth and the Life.'" - St. JP II



INFO@ECHOESOFWORTH.COM
KLARISSA@ECHOESOFWORTH.COM
ANDREW@ECHOESOFWORTH.COM

DAY 1: MONDAY, JANUARY 20: GROW



Offer up a prayer of gratitude to God for a great weekend. Thank your parents for their sacrifice and rethink on one tangible way God spoke to you this past weekend. Reread some of the questions from the earlier sessions and see how the Lord worked in your heart.

You can do this. We believe in you. The Father believes in you. Don't be discouraged if something sets you back along this journey. Remember what Jesus said, "For human beings it is impossible, but not for God. All things are possible for God." - Mark 10:27

Rely on God's grace. He dwells within you.

DAY 2: TUESDAY, JANUARY 21: GROW

Memorial of Saint Agnes, virgin and martyr



"What does it mean "to lose one's life for the sake of Jesus"? This can happen in two ways: explicitly by confessing the faith, or implicitly by defending the truth. Martyrs are the greatest example of losing one's life for Christ. In 2,000 years, a vast host of men and women have sacrificed their lives to remain faithful to Jesus Christ and his Gospel... However, there is also daily martyrdom, which may not entail death but is still a "loss of life" for Christ, by doing one's duty with love, according to the logic of Jesus, the logic of gift, of sacrifice... To you young people I say: Do not be afraid to go against the current, when they want to rob us of hope, when they propose rotten values, values like food gone bad – and when food has gone bad, it harms us; these values harm us. We must go against the current! And you young people, are the first: Go against the tide and have the daring to move precisely against the current. Forward, be brave and go against the tide! And be proud of doing so."
- Pope Francis, June 2013

DAY 3, WEDNESDAY, JANUARY 22: SAY

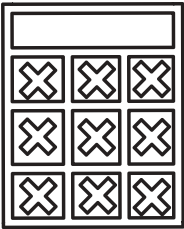
Day of Prayer for Protection of the Unborn



Say this prayer aloud:

Eternal Father, Source of life, open our hearts to see and desire the beauty of your plan for life and love. Fill us with your Holy Spirit so that our love will be generous and self-giving and we may be blessed with joy. Grant us great trust in your mercy. Forgive us for not receiving your gift of life and heal us from the effects of the culture of death. Instill in us and in all people a sense of the sacredness of every human life. Inspire our efforts to protect and care for the most vulnerable; especially women who are pregnant and their unborn children, the sick, and the elderly. Strengthen us in the hope that with you nothing is impossible. We ask this in the name of Jesus, who by his Cross makes all things new. Amen.

*Our Lady of Guadalupe,
Mother of Life, pray for us.*



DAY 4: THURSDAY, JANUARY 23: BINGO

CATHOLIC BINGO!

Turn to the back of the book and choose your own **say, pray, do** and complete it. Reflect on it in this box following its completion.



Memorial of Saint Francis de Sales, bishop and doctor of the Church

DAY 5: FRIDAY, JANUARY 24: DO

Make a Theology of the Body themed TikTok and use #echoesofworth!
Get creative - we'll share our favorites on our instagram!



Feast of the Conversion of Saint Paul, Apostle

DAY 6: SATURDAY, JANUARY 25: SAY

Attend the Walk for Life West Coast in San Francisco.

Pray this prayer aloud:

Blessed Apostle Paul, who labored so zealously for the conversion of the Gentiles in many lands, obtain for us a perpetual zeal for the salvation of souls and especially enkindle our interest in the conversion of our separated brethren. Ever mindful of the interest that our Divine Lord, the Good Shepherd, has for the other sheep not of His fold, I now beg your intercession and obtain for me the gift of the true faith for _____

(Pause here and name relatives and friends)

May God grant this request so close to my heart and thus enable me to extend to another what I so richly enjoy.
Through Jesus Christ our Lord. Amen



Read the Gospel ahead of time: **Matthew 4:12-23**

Find three key points the Priest or Deacon makes in his homily. Write them down here:

1.

2.

3.



Today's Psalm: My faithfulness and my mercy shall be with him

Once you spoke in a vision, and to your faithful ones you said:

"On a champion I have placed a crown; over the people I have set a youth."

R. My faithfulness and my mercy shall be with him

"I have found David, my servant; with my holy oil I have anointed him,
That my hand may be always with him, and that my arm may make him strong."

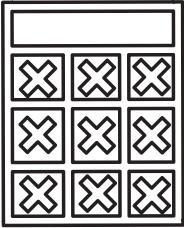
R. My faithfulness and my mercy shall be with him

"My faithfulness and my mercy shall be with him, and through my name shall his
horn be exalted. I will set his hand upon the sea, his right hand upon the rivers."

R. My faithfulness and my mercy shall be with him

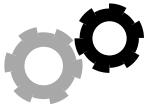


Give a teacher/coach a small GIFT and let them know you care for them



CATHOLIC BINGO DAY.

Turn the to BINGO page, select one item from the box and complete it.

*Memorial of Saint John Bosco, Priest*

DAY 11: THURSDAY, JANUARY 30: DO

St. John Bosco is the patron saint of Youth Ministers.
Cover your youth minister's/campus minister's
office doors or car windows with sticky notes letting them know they are a GIFT.



DAY 12: FRIDAY, JANUARY 31: GROW

Today is a Friday. The same day Jesus died on the cross for humanity.

Imagine that you're standing underneath the cross on the day of Jesus' death. You're so close that you feel splats of blood and sweat dripping on your clothes and skin. Jesus is breathing heavily and recognizes you. His eyes lock onto your eyes. He gives you a faded smile. **What do you say to Him?**
"If you were the only person on earth, Christ would have still suffered and died for you." - St. Augsutine

DAY 13: SATURDAY, FEBRUARY 1: GROW



Feeling discouraged by setbacks you may have faced since the retreat two weeks ago?

Look up and watch this video from Fr. Mike Schmitz on Youtube: // How to Handle Spiritual Setbacks

Reflect: What does Fr. Mike say that seems challenging to believe?

DAY 14: SUNDAY, FEBRUARY 2: GROW

GO TO MASS

FEAST OF THE PRESENTATION OF THE LORD



Read today's 2nd Reading: **Hebrews 2:14-18**

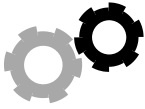
Reflect on the GIFT of Jesus becoming human like us:

DAY 15: MONDAY, FEBRUARY 3: DO



Look up this song on Spotify: "Forever"// Kari Jobe

Reflect: How can I lift my voice to sing an endless Hallelujah?



DAY 16: TUESDAY, FEBRUARY 4: DO

Today at lunch look around and see if someone is sitting by themselves.
Ask them if you could sit next to them and get to know them.

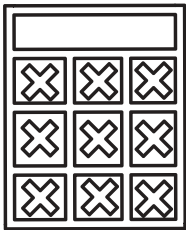
“Lord, when did I visit you? . . . When you did it for the least of these you did it for me”
- Matthew 25:44



Feast of St. Agatha, Virgin and Martyr

DAY 17: WEDNESDAY, FEBRUARY 5: GROW

Let the grace of your baptism bear fruit in a path of holiness. Let everything be open to God; turn to him in every situation. Do not be dismayed, for the power of the Holy Spirit enables you to do this, and holiness, in the end, is the fruit of the Holy Spirit in your life (cf. Gal 5:22-23). When you feel the temptation to dwell on your own weakness, raise your eyes to Christ crucified and say: “Lord, I am a poor sinner, but you can work the miracle of making me a little bit better”. In the Church, holy yet made up of sinners, you will find everything you need to grow towards holiness. The Lord has bestowed on the Church the gifts of scripture, the sacraments, holy places, living communities, the witness of the saints and a multifaceted beauty that proceeds from God’s love, “like a bride bedecked with jewels”
- POPE FRANCIS, GAUDETE ET EXSULTATE



DAY 18: THURSDAY, FEBRUARY 6: BINGO

Turn to the back of the book and choose your own say, pray, do and complete it. Reflect on it in this box following its completion.

DAY 19: FRIDAY, FEBRUARY 7: SAY



St. Therese's "little way" calls us all to a very special kind of holiness, that of doing God's work out of love for Him in the way we handle our daily chores and cares. Let your prayers to St. Therese shower you with a fragrant spiritual bouquet to help you on your "little way" to Heaven with God's help and His love.

5-DAY NOVENA TO SAINT THERESE OF THE LITTLE FLOWER DAY 1

Saint Therese, the Little Flower, please pick me a rose from the heavenly garden and send it to me with a message of love. O little flower of Jesus, Ask God today to grant the favors I now place with confidence in your hands (*mention petition here out loud or in silence*) and tell Him I will love Him each day more and more.

*Recite the above prayer, plus 5 Our Fathers, 5 Hail Marys, 5 Glory Bes.
Must be said on 5 successive days, before 11 a.m.*

DAY 20: SATURDAY, FEBRUARY 8: SAY



5-DAY NOVENA TO SAINT THERESE OF THE LITTLE FLOWER DAY 2

Saint Therese, the Little Flower, please pick me a rose from the heavenly garden and send it to me with a message of love. O little flower of Jesus, Ask God today to grant the favors I now place with confidence in your hands (*mention petition here out loud or in silence*) and tell Him I will love Him each day more and more.

*Recite the above prayer, plus 5 Our Fathers, 5 Hail Marys, 5 Glory Bes.
Must be said on 5 successive days, before 11 a.m.*

DAY 21: SUNDAY, FEBRUARY 9: SAY

GO TO MASS



5-DAY NOVENA TO SAINT THERESE OF THE LITTLE FLOWER DAY 3

Saint Therese, the Little Flower, please pick me a rose from the heavenly garden and send it to me with a message of love. O little flower of Jesus, Ask God today to grant the favors I now place with confidence in your hands (*mention petition here out loud or in silence*) and tell Him I will love Him each day more and more.

*Recite the above prayer, plus 5 Our Fathers, 5 Hail Marys, 5 Glory Bes.
Must be said on 5 successive days, before 11 a.m.*



DAY 22: MONDAY, FEBRUARY 10: SAY.

5-DAY NOVENA TO SAINT THERESE OF THE LITTLE FLOWER DAY 4

Saint Therese, the Little Flower, please pick me a rose from the heavenly garden and send it to me with a message of love. O little flower of Jesus, Ask God today to grant the favors I now place with confidence in your hands (*mention petition here out loud or in silence*) and tell Him I will love Him each day more and more.

*Recite the above prayer, plus 5 Our Fathers, 5 Hail Marys, 5 Glory Bes.
Must be said on 5 successive days, before 11 a.m.*



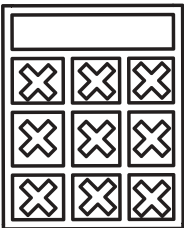
DAY 23: TUESDAY, FEBRUARY 11: SAY

5-DAY NOVENA TO SAINT THERESE OF THE LITTLE FLOWER DAY 5

Saint Therese, the Little Flower, please pick me a rose from the heavenly garden and send it to me with a message of love. O little flower of Jesus, Ask God today to grant the favors I now place with confidence in your hands (*mention petition here out loud or in silence*) and tell Him I will love Him each day more and more.

*Recite the above prayer, plus 5 Our Fathers, 5 Hail Marys, 5 Glory Bes.
Must be said on 5 successive days, before 11 a.m.*

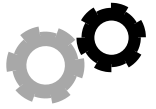
on the 5th day, say an extra 5 Our Fathers, 5 Hail Marys, 5 Glory Bes



DAY 24: WEDNESDAY, FEBRUARY 12:
BINGO

CATHOLIC BINGO DAY!

Turn to the back of the book and choose your own say, pray, do and complete it. Reflect on it in this box following its completion.

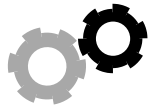


If your family already has an altar/shrine/devotional area in it's house, awesome, add to it.

If your family doesn't have one, make one.

Use prayer cards, rosaries, a bible, crucifixes, a candle and any other religious sacramentals that you can use as a devotional space. This space can be used to help you focus while praying and bring sacred art into your physical presence.

The first place we learn to be a Christian is in the family, in the home. Make one in your room, next to your bed or atop your drawers.



Love List/Note:

If you were able to write down characteristics, traits, and descriptions of your perfect future spouse. what would you write? What would they look like? What would they believe? How would they speak? By writing down a list, you're reflecting on a standard for yourself and your future spouse (if you're called to marriage). By creating a standard you're not settling. God doesn't want you to settle. He didn't just "settle" for you in love. He gave of His very best- Himself through His Son Jesus. Do you desire love that will give the very best for you? Are they Catholic? Do they believe in God? Do they make you laugh? It's okay to be drawn to blue eyes or brown hair but don't allow the physical details limit your capacity to love someone fully. Do they enjoy certain activities, shopping, cooking, hiking, etc.?

Keep this list somewhere sacred and say a prayer for your future spouse. Ask God to bless them, keep them safe, keep them holy, help them to grow closer to God so that on the day of your wedding, you can tell them, "for this spouse I prayed".



The seven GIFTS of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. Which gift do you feel is lacking in your own life?

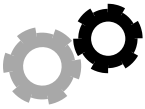
GO TO MASS

DAY 28: SUNDAY, FEBRUARY 16: GROW



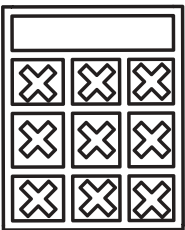
Many young people are concerned about their bodies, trying to build up physical strength or improve their appearance. Others work to develop their talents and knowledge, so as to feel more sure of themselves. Some aim higher, seeking to become more involved and to grow spiritually. Saint John said: "I write to you, young people, because you are strong and the word of God abides in you" (1 Jn 2:14). Seeking the Lord, keeping his word, entrusting our life to him and growing in the virtues: all these things make young hearts strong. That is why you need to stay connected to Jesus, to "remain online" with him, since you will not grow happy and holy by your own efforts and intelligence alone. Just as you try not to lose your connection to the internet, make sure that you stay connected to the Lord. That means not cutting off dialogue, listening to him, sharing your life with him and, whenever you aren't sure what you should do, asking him: "Jesus, what would you do in my place?".

-POPE FRANCIS, CHRISTUS VIVIT



DAY 29: MONDAY, FEBRUARY 17: DO

Write a list of the top 10 people who are GIFTS in your life. Place a word or sentence next to each name sharing why you're grateful for them.



DAY 30: TUESDAY, FEBRUARY 18: BINGO

CATHOLIC BINGO!

Turn to the back of the book and choose your own **say, pray, do** and complete it.

Reflect on it in this box following its completion.

DAY 31: WEDNESDAY, FEBRUARY 19: GROW



Read " If You've Ever Been Told Guys and Girls Can't be Friends..." on the Life Teen blog. Do you find it hard to be friends with the opposite sexes? Is there anything Leah said that gives you a new perspective on your friendships with the opposite sex?

DAY 32: THURSDAY, FEBRUARY 20: DO

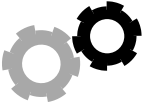


Look for an Instagram post today at 4pm from @echoesofworth - be the first 3 people to share it on your story with some fun GIFS (don't forget to tag us) and we'll shout you out on our story!

DAY 33: FRIDAY, FEBRUARY 21: SAY



Text a couple of friends that you haven't talked to in a while and ask them how you can pray for them today. Say an Our Father, Hail Mary, and Glory Be for each of them and their intentions.



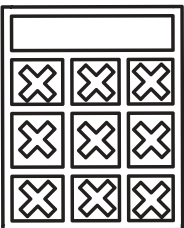
Many parishes offer confession on Saturdays. Go to confession at your parish's scheduled time today to prepare your heart for Lent.

GO TO MASS



In today's Gospel Jesus declares, "But I say to you, love your enemies and pray for those who persecute you."

In honor of people who dislike you or you have issues with them,, pray a Chaplet of Divine Mercy at 3pm today.



Turn to the back of the book and choose your own say, pray, do and complete it. Reflect on it in this box following its completion.



Reflect on the gifts God has given you with that you can use to serve others. Are there any that you are holding back on?

GO TO MASS

You've made it! Today is Ash Wednesday and marks the beginning of Lent.

The Ashes symbolize the times we've caused pain, harm or offended God. We could only offend someone if we love them. Today marks the beginning of a new love life with you and God. Commit to it, commit to Him as much as Jesus is committed to you.

Don't forget to follow us on social media and let us know how this BOUND journal worked out for you. We'll send you some free swag if you post pics of your journal.

Remember, you're an echo of infinite worth. Now be it.

BINGO BOARD: 6 Squares. Pick 1 for each BINGO day

Invite 3 friends to come to Mass with you this Sunday!

Write a thank you note to God for all the GIFTS he has given you.

Eat cold cereal for dinner in solidarity with those in need who can't get a hot meal tonight.

Post a meme that describes your relationship with Jesus before and after the retreat and tag us! @echoesofworth

Find a nearby church that has adoration or an adoration chapel. Go and pray for at least 20 minutes in front of the Blessed Sacrament.

GIFT your parents a night off from doing the dishes/laundry/cleaning.



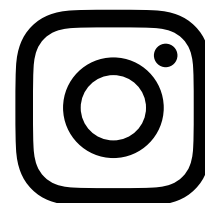
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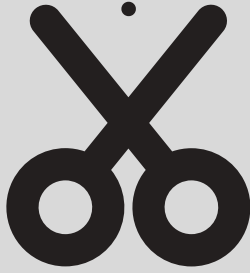
Echoes of Worth

SAVE THE DATE:

JANUARY 15 - 17, 2021

@echoesofworth





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ECHOES OF WORTH

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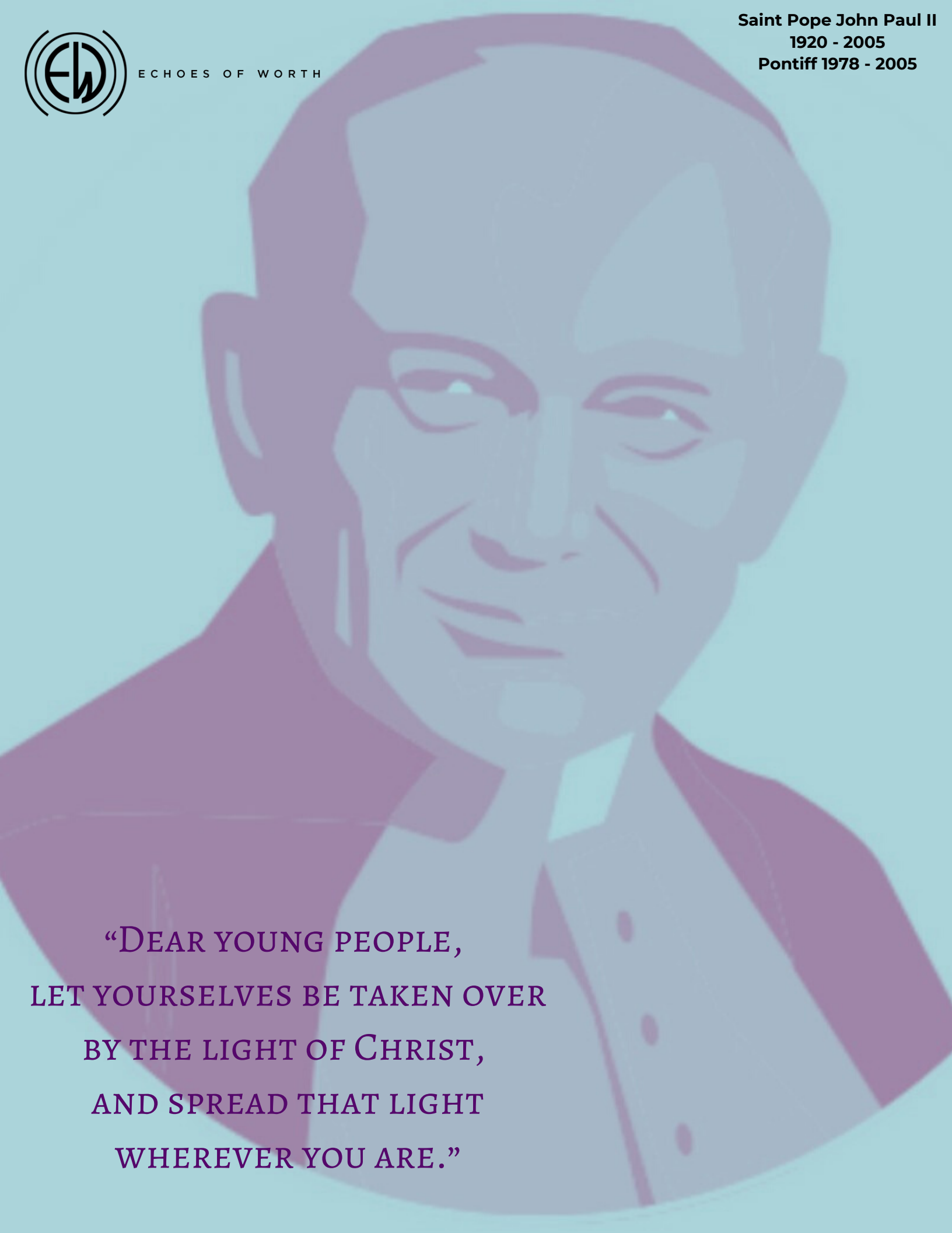
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Phone:



ECHOES OF WORTH

Saint Pope John Paul II
1920 - 2005
Pontiff 1978 - 2005



“DEAR YOUNG PEOPLE,
LET YOURSELVES BE TAKEN OVER
BY THE LIGHT OF CHRIST,
AND SPREAD THAT LIGHT
WHEREVER YOU ARE.”