



# REVERENT ROAD TO SUNDAY

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NOVUS ORDO & VETUS ORDO

A Daily Journal for  
Developing Spiritual Habits  
in the Liturgical Year



20\_\_



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REVERENT CATHOLIC MASS LLC, founded in 2020 is an apostolate dedicated to preserving and highlighting the traditions of the Catholic Church and the fullness of the faith. We develop resources intended to help Catholics initiate the change they want in their spiritual, liturgical, and parish life and to grow closer to our Lord, Jesus Christ.

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## Introduction

Every day brings us a step closer to Sunday, the Lord's Day! If you have ever taken a road trip or gone on a long hike, you know that if you are not prepared for the journey, then you may not make it to your destination. If we want to grow in holiness and grow closer to our Lord, we must make an effort every day to live as missionary disciples. This means dedicating time every day to reverent prayer. When we commit to praying consistently, our lives become an offering to Christ, and we can truly look forward to meeting Him when He comes to meet with us at Sunday Mass in the Holy Eucharist.

If you are like us, you have spent lots of time struggling to figure out how to pray, to find the time to pray, and to be consistent when you pray. If you are still somewhat of a novice, a time-tested method to use for prayer is to utilize the following list in order:

1. Adoration or Praise to God
2. Contrition or Offering God an apology for our sins and asking for mercy
3. Thanksgiving for all God's blessings in our life
4. Supplication or prayer intentions.

This is an easy way to remember how to order your prayer. It also spells ACTS to make it even easier.

## Using This Journal

All of us want to make progress in the spiritual life, but it can be difficult to know where to start. We have developed this prayer journal to help you begin to get into the habit of living an ordered and organized prayer life where you can note your progress as you move through the liturgical year.





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## **Supplies for the Road Ahead (The Check Boxes)**

Many priests and theologians recommend incorporating Fr. John McCloskey's, Seven Daily Habits of Holy Apostolic People into your prayer life.

They are:

1. The Morning Offering
2. Mass
3. 15 Minutes of Silent Prayer
4. 15 Minutes of Spiritual Reading
5. The Angelus
6. Rosary
7. Daily Examen

## **One Step at a Time**

The best method is to start by choosing one of the habits and begin doing it every day, no matter what.

Every day you complete a habit, check it off your list. Make a note in the note section of any difficulties or consolations you have on that day while you are doing them. Try not to just rattle through prayers or "knock them out". You want to take your time in prayer and be intentional. After you have been consistent with one of the habits for a few weeks, add another one. Be consistent. Do not get impatient. Do not add a new devotion until you are ready. Take your time.

## **The Liturgical Calendars**

This calendar follows the secular year and does not include the entire Liturgical Year. It runs from January 1st through December 31st.

We have included the readings for the day, in both the old and new liturgical calendars, as well as the feast days. The Liturgical Year begins on the 1st Sunday of Advent, which is usually in November.





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## **Calendar for 1962 (Traditional Latin Mass)**

The liturgical days for the Traditional Latin Mass are taken from the 1962 Liturgical Calendar. It is focused on the liturgical seasons, major feast days, and memorializing the saints. There is only one set of readings that recycle every year based on the date that coincides with the particular saint or feast day.

You will notice that many of the readings repeat regularly throughout the year. This is because, depending on the kind of saint being celebrated (e.g., a bishop, a martyr, a virgin, a pope) the readings will be the same.

You will also see Feria days, Ember Days, and BVM on the calendar.

A Feria day is a day that has no feast associated with it; therefore, the priest offering the Mass can decide which Votive Mass to follow. No readings are included on many of these days because there is no way to know which Votive Mass will be followed.

Ember Days are a series of days of fasting and abstinence on Wednesday, Friday, and Saturday prescribed for the Church during specific parts of the Liturgical year.

BVM is a Votive Mass for the Blessed Virgin Mary and is usually on Saturdays.

## **General Calendar for the Liturgical Year (Novus Ordo)**

The Liturgical Calendar of the Novus Ordo operates on a 3-year cycle of Year A, B, and C for Sunday Mass and a weekday cycle of Cycle I and II.

This allows for almost the entire Bible to be read in 3 years. The readings have no association with feast days unless it is an important one. The 20\_\_\_\_ liturgical year begins on \_\_\_\_\_, 20\_\_\_\_, and is in Year \_\_, Cycle \_\_. It changes to liturgical year 20\_\_\_\_ on \_\_\_\_\_, 20\_\_\_\_, to Year \_\_, Cycle \_\_.

The liturgical days for the Novus Ordo are taken from the Liturgical Calendar for the Diocese of the United States of America, 20\_\_\_\_, produced by the Secretariat of Divine Worship, United States Conference of Catholic Bishops.





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## Note Taking Section

A few ways to use the note taking section are as follows:





1. Note where you see God walking with you in your day.
2. Write down things you are struggling with so you can do better at avoiding them.
3. Note intentions you have or people you said you would pray for.
4. Write down books or thoughts that you have to which you want to return.
5. Did the daily scripture or spiritual reading speak to you? Write it down.
6. Plan to celebrate an upcoming feast day and write down what you want to do.

Track your progress and at the end of the year, see how far you have come.

## Additional Items

Use the readings for your daily spiritual readings or read about a saint whom you do not know. Celebrate a Feast Day that you have never celebrated before. The possibilities are endless. Most importantly, use this as a way to progress and track your growth in the spiritual life.

Finally, there are four icons of which to make you aware:

1.  This is a reminder to abstain from meat according to traditional disciplines.
2.  This is a reminder to abstain from meat except for your main meal according to traditional disciplines.
3.  This is a reminder to fast according to traditional disciplines.
4.  This is a reminder to go to confession this month.





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## Heading Down the Old Reverent Road

When traveling and hiking, there are bumps in the road, delays, and you are stretched. Through these hurdles, you learn to grow and develop. We learn from each other, from those who have gone before us on the road less traveled, and from those who are still traveling. May we always continue to seek Truth, find Goodness along the way, and at our destination, behold Beauty.

We pray that this journal makes a real difference in your life and it draws you closer to our Lord, Jesus Christ. We really hope this helps you grow in holiness and make some real progress in your journey on the path to Heaven. Every day down the Reverent Road leads us one step closer to Sunday.





Monday

- ☐ Morning Offering
- ☐ Mass
- ☐ Silent Prayer
- ☐ Spiritual Reading
- ☐ Angelus
- ☐ Rosary
- ☐ Daily Examen



Tuesday

- ☐ Morning Offering
- ☐ Mass
- ☐ Silent Prayer
- ☐ Spiritual Reading
- ☐ Angelus
- ☐ Rosary
- ☐ Daily Examen



Wednesday

- ☐ Morning Offering
- ☐ Mass
- ☐ Silent Prayer
- ☐ Spiritual Reading
- ☐ Angelus
- ☐ Rosary
- ☐ Daily Examen



Thursday

- ☐ Morning Offering
- ☐ Mass
- ☐ Silent Prayer
- ☐ Spiritual Reading
- ☐ Angelus
- ☐ Rosary
- ☐ Daily Examen



Friday

- ☐ Morning Offering
- ☐ Mass
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- ☐ Rosary
- ☐ Daily Examen



Saturday

- ☐ Morning Offering
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Sunday

- ☐ Morning Offering
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## Reverent Road to Sunday

<p>MONDAY</p> <p>(Traditional Latin Mass)</p> <p>(Novus Ordo)</p>	
<p>TUESDAY</p> <p>(Traditional Latin Mass)</p> <p>(Novus Ordo)</p>	
<p>WEDNESDAY</p> <p>(Traditional Latin Mass)</p> <p>(Novus Ordo)</p>	
<p>THURSDAY</p> <p>(Traditional Latin Mass)</p> <p>(Novus Ordo)</p>	
<p>FRIDAY</p> <p>(Traditional Latin Mass)</p> <p>(Novus Ordo)</p>	
<p>SATURDAY</p> <p>(Traditional Latin Mass)</p> <p>(Novus Ordo)</p>	
<p>SUNDAY</p> <p>(Traditional Latin Mass)</p> <p>(Novus Ordo)</p>	





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Sunday

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## **Congratulations!**

You made it through the whole year!

We pray that with God's grace you have grown spiritually and have built a foundation that will help you move forward on your journey.

Christ be Praised!

Special Thanks to

To, Jesus Sincerely  
<https://tojesussincerely.com/>

&

Mom

You have always inspired us with your example to live a life of service and dedication to God, family, and others.

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## Notes



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