

PROGRAM YEAR 1 A/B

FALL: CYCLE A

WINTER: CYCLE B

SPRING: CYCLE B

PHILOTHEA or INTRODUCTION TO THE DEVOUT LIFE

- **AUTHOR:** SAINT FRANCIS DE SALES
- **PUBLISHER:** Saint Benedict Press, TAN Books
- **TYPE OF MEDIA:** BOOK
- **MEDIA INDEX:**
 - i. INTRODUCTION
 - ii. PART FIRST: *Counsels and Exercises for the Guidance of the Soul from Its First Desire after a Devout Life unto a Full Resolution of Pursuing the Same*
 - iii. PART SECOND: *Counsels Concerning the Soul's Approach to God in Prayer and the Sacraments*
 - iv. PART THIRD: *Rules for the Practice of Virtue*
 - v. PART FOURTH: *Some Needful Remedies against Ordinary Temptations*
 - vi. PART FIFTH: *Counsels and Exercises for the Renewing of the Soul, and Her Confirmation in Devotion*

FALL: CYCLE A

❖ LESSON BREAKDOWN: 9 Lessons

- Supplement YEAR 1/**20th OT** (21st OT) P1, Ch. 9 *Meditation One-Creation*
 - Supplement YEAR 1/**21st OT** (22nd OT) P1, Ch. 10 *Meditation Two-The End for which We Are Created*
 - Supplement YEAR 1/**22nd OT** (23rd OT) P1, Ch. 12 *Meditation Four-Sin*
 - Supplement YEAR 1/**24th OT** (25th OT) P1, Ch. 11 *Meditation Three-The Mercies of God*
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- **Lesson 1** YEAR 1/**25th OT** (26th OT) P1, Ch. 1 *True Devotion Described*
 - **Lesson 2** YEAR 1/**26th OT** (27th OT) P1, Ch. 2 *Fitness and Excellence of Devotion*
P2, Ch. 2 *The Necessity of Prayer*
 - **Lesson 3** YEAR 1/**27th OT** (28th OT) P1, Ch. 3 *Devotion Suitable to All Kinds of Vocations and Professions*
P2, Ch. 10 *A Morning Exercise*
 - **Lesson 4** YEAR 1/**28th OT** (29th OT) P1, Ch. 4 *Necessity of a Spiritual Guide for Progress in Devout Life*
P2, Ch. 2 *Concerning the Presence of God: 1st Point of Preparation*
 - **Lesson 5** YEAR 1/**29th OT** (30th OT) P1, Ch. 5 *The First Step-Purifying the Soul;*
P1, Ch. 6 *The First Purification-That of Mortal Sin*
P1, Ch. 14 *Meditation Six-Judgement*
P1, Ch. 19 *General Confession*
P2, Ch. 3 *Of Invocation: The Second Point of Preparation*
 - **Lesson 6** YEAR 1/**30th OT** (31st OT) P1, Ch. 7 *Purification-From the Affection to Sin*
P1, Ch. 8 *How to Effect This Second Purification*
P1, Ch. 13 *Meditation Five-Death*
P2, Ch. 13 *The Evening Exercise and Examination of Conscience*
 - **Lesson 7** YEAR 1/**31st OT** (32nd OT) P1, Ch. 21 *Conclusion of the First Purification*
P1, Ch. 16 *Meditation Eight-Paradise*
P2, Ch. 12 *Spiritual Retreat*
 - **Lesson 8** YEAR 1/**32nd OT** (33rd OT) P1, Ch. 20 *Fixing in the Mind a Resolution to Serve God*
P1, Ch. 15 *Meditation Seven-Hell*
P2, Ch. 13 *Aspirations, Ejaculatory Prayers, and Holy Thoughts*
 - **Lesson 9** YEAR 1/**33rd OT** (34th OT) P1, Ch.22 *We Must Also Lay Aside Our Disposition towards Venial Sin*
P1, Ch. 23 *Purifying Ourselves from the Taste for Useless and Dangerous Things*
P1, Ch.24 *Purifying Ourselves from Evil Inclinations*
P2, Ch. 14 *Holy Mass, and How to Hear It*

*OT stands for the liturgical season of "Ordinary Time". The number before it represents the week. The week in **bold** represents the time of participation. The week in (parenthesis) indicates the liturgy of study.

WINTER: CYCLE B

❖ LESSON BREAKDOWN: 7 Lessons

- Supplement YEAR 1/**34th OT** (1st AD) P3, Ch. 31 *Amusements: First of Those Which Are Lawful*
P3, Ch. 32 *Forbidden Games*
P3, Ch. 33 *Balls and Recreations Which Are Lawful but Dangerous*
- Supplement YEAR 1/**1st AD** (2nd AD) P3, Ch. 34 *When We May Play or Dance*
P3, Ch. 35 *We Must Be Faithful in Things Great and Small*

- **Lesson 1** YEAR 1/**The Epiphany** (2nd OT) P2, Ch. 4 *Setting Forth the Mystery: 3rd Point of Preparation*
P3, Ch. 1 *The Selection of Virtues to Be Practiced*
P3, Ch. 2 *Choice of Virtues*
- **Lesson 2** YEAR 1/**2nd OT** (3rd OT) P2, Ch. 5 *Second Part of Meditation: Reflections*
P3, Ch. 3 *Patience*
P3, Ch. 4 *External Humility*
- **Lesson 3** YEAR 1/**3rd OT** (4th OT) P2, Ch. 6 *Third Part of Meditation: Affections and Resolutions*
P3, Ch. 5 *Inward Humility*
P3, Ch. 6 *Humility Makes Us Love Our Own Abasement*
- **Lesson 4** YEAR 1/**4th OT** (5th OT) P2, Ch. 7 *The Conclusion*
P3, Ch. 7 *How to Preserve a Good Reputation Together with the Practice of Humility*
- **Lesson 5** YEAR 1/**5th OT** (6th OT) P2, Ch. 8 *Further Rules for Meditation*
P3, Ch. 8 *Meekness and the Remedies for Anger*
P3, Ch. 11 *Obedience*
- **Lesson 6** YEAR 1/**6th OT** (7th OT) P2, Ch. 9 *The Dryness Which May Trouble Meditation*
P3, Ch. 9 *Gentleness Towards Ourselves*
P3, Ch. 10 *We Must Be Careful in Our Business Without Overeagerness*
- **Lesson 7** YEAR 1/**7th OT** (8th OT) P2, Ch. 15 *Other Public Services*
P3, Ch. 19 *True Friendship*
P3, Ch. 22 *Further Counsels Concerning Friendship*
P3, Ch. 23 *The Practice of External Mortification*

- Supplement YEAR 1/**8th OT** (9th OT) P2, Ch. 17 *How to Hear and Read the Word of God*
P3, Ch. 17 *Friendship-First of Bad and Frivolous Friendships*
P3, Ch. 18 *Flirtations*
P3, Ch. 21 *Counsels and Remedies against Evil Friendship*
- Supplement YEAR 1/**9th OT** (10th OT) P2, Ch. 18 *How to Receive Inspirations*
P3, Ch. 20 *The Difference Between True and False Friendships*
P3, Ch. 28 *Rash Judgement*
P3, Ch. 29 *Detraction*

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SPRING: CYCLE B

❖ LESSON BREAKDOWN: 5 Lessons

- **Lesson 1** YEAR 2/**8th-10th OT** (1st LENT) P3, Ch. 12 *The Necessity of Chastity*
P3, Ch. 27 *Modesty in Conversation, and Becoming Reverence*
P3, Ch. 30 *Further Counsels Concerning Conversation*
P3, Ch. 36 *The Necessity of a Just and Reasonable Mind*
 - **Lesson 2** YEAR 2/**1st LENT** (2nd LENT) P3, Ch. 13 *Rules for the Preservation of Chastity*
P3, Ch. 37 *Desires*
P4, Ch. 1 *We Must Not Give Heed to "What Will the World Say?"*
P4, Ch. 2 *We Must Be of Good Courage*
 - **Lesson 3** YEAR 2/**2nd LENT** (3rd LENT) P3, Ch. 14 *Poverty of Spirit in the Midst of Wealth*
P3, Ch. 41 *A Word to the Unmarried*
P4, Ch. 3 *The Nature of Temptation and the Difference between
Feeling It and Yielding to It*
P4, Ch. 4 *Illustration of This Principle*
 - **Lesson 4** YEAR 2/**3rd LENT** (4th LENT) P3, Ch. 15 *How to Practice Real Poverty, While Being Actually Rich*
P4, Ch. 6 *How Temptations and Attraction May Become Sinful*
P4, Ch. 7 *Remedies for Great Temptation*
P4, Ch. 8 *The Importance of Resisting Small Temptations*
P4, Ch. 9 *How to Remedy Such Temptations*
 - **Lesson 5** YEAR 2/**4th LENT** (5th LENT) P3, Ch. 16 *The Practice of Spiritual Riches amidst Real Poverty*
P4, Ch. 10 *How to Arm the Heart against Temptation*
P4, Ch. 11 *Anxiety*
P4, Ch. 12 *Sadness*
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- Supplement YEAR 1/**5th LENT** (Passion Sunday) P4, Ch. 13 *Consolations, and How to Receive Them*
P4, Ch. 14 *Dryness and Spiritual Barrenness*
P4, Ch. 15 *An Example and Illustration*

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