

# SAINT MICHAEL'S

VICTORY

OVER

VICE

BE OF  
AGAINST  
WICKED  
SNARES  
DEVIL  
REMIKE  
HUMBL  
DO  
OF  
HOSTS  
OF  
INTO  
AND AL  
SPIRITS  
ABOUT  
SEEKING  
OF

20

25



THE  
DEVIL  
PRAY  
CAVING  
THIRST  
E EVIL

SHARES OF THE DEVIL.  
HIM, WE HUMBLY PRAY,  
PRINCE OF THE HEAVENLY  
POWER OF GOD, THRUST  
Satan, AND ALL THE EVIL  
SPIRITS WHO PROWL ABOUT  
THE RUINS OF SOULS. AMEN.

# ST. MICHAEL THE ARCHANGEL DEFEND US IN BATTLE

**St. Michael the Archangel**, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

## ARE YOU READY TO DEFEAT VICE AND GROW IN VIRTUE?

Join Chris Stefanick, Fr. Ambrose Criste, Sr. Alicia Torres, Fr. Isaiah CFR, and more as they guide you through the very special season of St. Michael's Lent. During these weeks, you'll learn from the extraordinary transformation of St. Francis of Assisi. Along the way, you'll also discover the powerful role of St. Michael the Archangel in God's plan for your life. This St. Michael's Lent, come see how Heaven fights for you. The Lord, the angels, and the saints can't wait to help you strive for victory in your **spiritual battles**.

BE OUR DEFENSE  
WICKEDNESS AND SNARES  
MAY GOD REBUKE HIM, W  
AND DO THOU, O PRINCE  
HOSTS BY THE POWER O  
INTO HELL SATAN AND  
SPIRITS WHO PROWL AB  
SEEKING THE RUINS OF S

# TABLE OF CONTENTS

## WEEK 1: ST. MICHAEL'S LENT

DAY 1	VIRTUES & VICES	01
DAY 2	HONOR	01
DAY 3	QUEEN OF ANGELS	02
DAY 4	ST. MICHAEL & SCRIPTURE	03
DAY 5	FR. AMBROSE CRISTE	03

## WEEK 2: PRIDE & HUMILITY

DAY 6	GREATNESS	04
DAY 7	PURSUIT	04
DAY 8	SWEETNESS	05
DAY 9	PRIDE	06
DAY 10	HUMILITY	06
DAY 11	ST. MICHAEL DEVOTIONS	07
DAY 12	FR. AMBROSE CRISTE	07

## WEEK 3: GREED & CHARITY

DAY 13	REBUILD	08
DAY 14	FATHER	08
DAY 15	BEGGAR	09
DAY 16	GREED	10
DAY 17	CHARITY	10
DAY 18	ST. MICHAEL MIRACLES	11
DAY 19	FR. AMBROSE CRISTE	11

## WEEK 4: SLOTH & ZEAL

DAY 20	BURNING LOVE	12
DAY 21	BROTHERS	12
DAY 22	TAKING ACTION	13
DAY 23	SLOTH	14
DAY 24	ZEAL	14
DAY 25	ST. MICHAEL & WARFARE	15
DAY 26	FR. AMBROSE CRISTE	15

## WEEK 5: LUST & CHASTITY

DAY 27	LITTLE PORTION	16
DAY 28	CLARITY	16
DAY 29	WITNESS	17
DAY 30	LUST	18
DAY 31	CHASTITY	18
DAY 32	ST. MICHAEL APPARITIONS	19
DAY 33	FR. AMBROSE CRISTE	19

## WEEK 6: ENVY & JOY

DAY 34	GIFTS	20
DAY 35	PRAISES OF GOD	20
DAY 36	LIBERATION	21
DAY 37	ENVY	22
DAY 38	JOY	22

## NOVENA TO ST. MICHAEL

DAY 39	NOVENA DAY 1	23
DAY 40	NOVENA DAY 2	23
DAY 41	NOVENA DAY 3	24
DAY 42	NOVENA DAY 4	25
DAY 43	NOVENA DAY 5	25
DAY 44	NOVENA DAY 6	26
DAY 45	NOVENA DAY 7	26
DAY 46	NOVENA DAY 8	27
DAY 47	NOVENA DAY 9	27
DAY 48	MICHAELMAS	28

ST. MICHAEL'S LENT

# WEEK ONE

## DAY 1

"At the end of the day, our ability to acquire virtue is usually the difference between mediocrity and greatness. Between becoming stunted in our growth and being fully alive."

## DAY 2

"There is surely no one in the entire world who can possess a virtue unless he dies first... Each virtue destroys vices and sins."

## DAY 1

# VIRTUES & VICES

God can transform your vices into something beautiful. Like the angel who asks, "May I kill it?" What vice do you desire to have removed from your life? What holds you back?

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 2

# HONOR

Have you decided to offer up as a sacrifice during this time of devotion? It could be something directly related to your transformation from vice to virtue or another sacrifice God wants you to make.

---

---

---

---

---

---

---

---

---

---

---

---



"HOLY MARY, QUEEN OF  
ANGELS, PRAY FOR US."

**DAY 3**

## QUEEN OF ANGELS

How does Mary, Queen of Angels, inspire you toward virtue?

---

---

---

---

---

---

---

---

---

---

---

---

#### DAY 4

## ST. MICHAEL & SCRIPTURE

What is one thing from St. Michael's example that encourages you to increase in the virtue of humility?

---

---

---

---

---

---

---

---

---

---

---

---

#### DAY 5

## FR. AMBROSE CRISTE

Is there a saint whom Jesus used to set the world on fire that you look to for inspiration?

---

---

---

---

---

---

---

---

---

---

---

---

#### DAY 4

"Michael and his angels fought against the dragon. The dragon and his angels fought back, but they were defeated, and there was no longer any place for them in heaven."

#### DAY 5

"I have come to set the earth on fire, and how I wish it were already blazing!"

PRIDE & HUMILITY

# WEEK TWO

## DAY 6

### GREATNESS

In your reflection time today, did you get a sense of where God is calling you to grow? Is there something He is trying to teach you about pride and humility?

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 7

### PURSUIT

Although Francis had a vision, he didn't immediately receive a clear direction. Do you relate to receiving silence or uncertainty in prayer? What do you do while you wait?

---

---

---

---

---

---

---

---

---

---

---

---

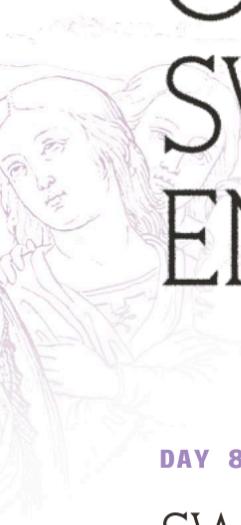
## DAY 6

"All who exalt themselves will be humbled, and those who humble themselves will be exalted."

## DAY 7

"If the soul is filled to the brim with the ego, there is no place left for God."

"WHAT BEFORE MADE  
YOU SHUDDER WILL  
OFFER YOU GREAT  
SWEETNESS AND  
ENORMOUS DELIGHT."



SV  
EN

DAY 8

CL

In your life, what is bitter to you right now that needs to be made sweet? Is there anything sweet that needs to be made bitter?

## DAY 9

# PRIDE

What stood out to you from the conversation between Shayne and Fr. Dave Pivonka? Journal your thoughts below.

---

---

---

---

---

---

---

---

---

---

*"Humility is dependence on God, as pride is independence of Him."*

## DAY 10

# HUMILITY

What is one practical step you will take this week to grow in humility?

---

---

---

---

---

---

---

---

---

---

*"St. Michael, filled with the wisdom of God, Pray for us."*

## DAY 11

# ST. MICHAEL DEVOTIONS

Have you incorporated the Prayer to St. Michael into your life?  
Who do you lean on in times of uncertainty?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 12

# FR. AMBROSE CRISTE

Can you relate to Fr. Ambrose's message about resisting  
change? How do you overcome that resistance?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 11

"St. Michael the Archangel,  
defend us in battle, be our  
protection against the  
wickedness and snares of  
the devil."

## DAY 12

"Strive to enter through the  
narrow door; for many, I tell  
you, will try to enter and  
will not be able."

GREED & CHARITY

# WEEK THREE

## DAY 13

"Our hands could never contain all the gold in the world, but we can wash our hands of its desire. We cannot own the world, but we can disown it."

## DAY 14

"How free is the heart of a man for whom Christ is already enough!"

## DAY 13

# REBUILD

In what ways can you keep the image of Jesus on the Cross in your thoughts? Does the image of Christ on the Cross affect you like it did St. Francis?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 14

# FATHER

What in this world gives you the illusion of safety? What can you forgo this week to help release that false safety to the Lord?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



IS THE ROOT OF  
ORTS OF EVIL."

## DAY 15

# BEGGAR

Is there something you detached from that once kept a hold on you? Is there anything you still need to detach from?

## DAY 16

# GREED

What stood out to you from the conversation between Shayne and Katie McGrady? Journal your thoughts below.

---

---

---

---

---

---

---

---

---

---

*"When a man loves wealth inordinately, he has everything to live for, nothing to die for."*

## DAY 17

# CHARITY

What is one practical step you will take this week to grow in the virtue of charity?

---

---

---

---

---

---

---

---

---

---

*"St. Michael, perfect adorer of the Incarnate Word, Pray for us."*

## DAY 18

# ST. MICHAEL MIRACLES

Have you ever witnessed a miracle, small or big? In what ways have you seen God's mighty power in your life or in the lives of others?

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 19

# FR. AMBROSE CRISTE

Fr. Ambrose introduced the idea of a topsy-turvy view of life. What would "accepting the lowest place" look like practically in your life? What saints or what friends would be there with you?

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 18

"Queen of Heaven, rejoice, Alleluia. For the Son whom you merited to bear, Alleluia, has risen as He foretold, Alleluia."

## DAY 19

"Everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."

SLOTH & ZEAL

# WEEK FOUR

## DAY 20

"A servant of God should be burning with life and holiness so brightly that by the light of example and the tongue of his conduct, he will rebuke all the wicked."

## DAY 21

"Blessed is the brother who would love his brother as much when he is far from him as he would when with him."

## DAY 20

# BURNING LOVE

In what ways has God inspired you to take action in your spiritual life?

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 21

# BROTHERS

Who in your community is God calling you to love unconditionally? What words would you use to encourage them?

---

---

---

---

---

---

---

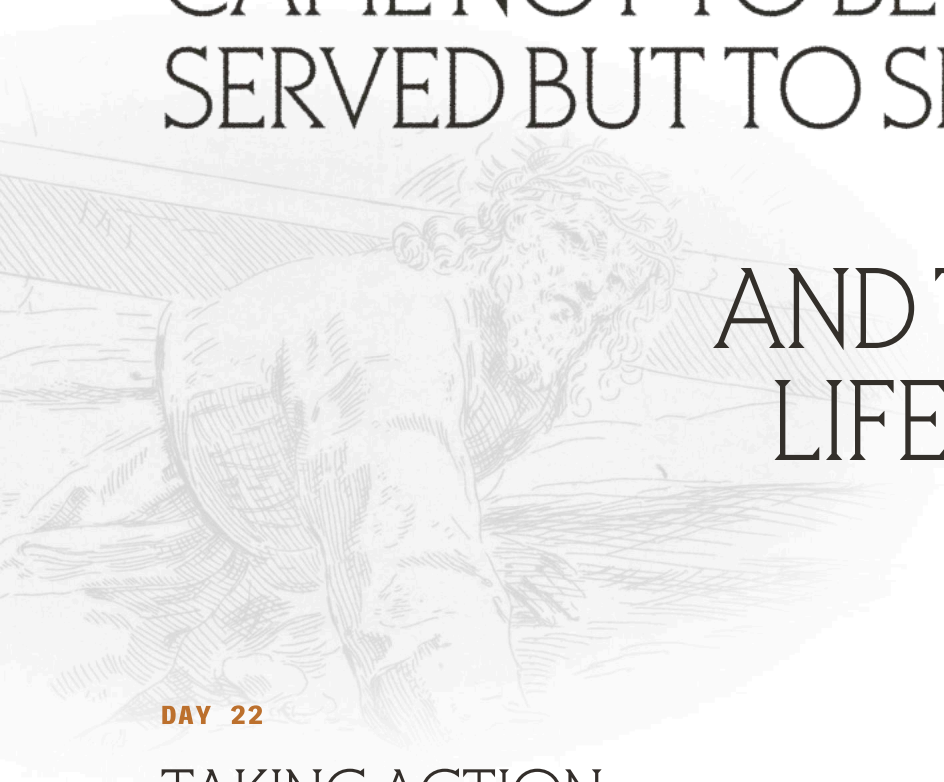
---

---

---

---

---



CAN HE NOT TO BE  
SERVED BUT TO S

AND  
LIFE

DAY 22

TAKING ACTION

AND TO GIVE HIS  
LIFE A RANSOM  
FOR MANY."

## DAY 22

## TAKING ACTION

Which do you find easier to accept doing for the Lord: the small daily things or the larger, more public, challenges?

## DAY 23

# SLOTH

What stood out to you from the conversation between Shayne and Heather Khym? Journal your thoughts below.

---

---

---

---

---

---

---

---

---

---

*"Sloth is spiritual when it shows itself in an indifference to character betterment, a distaste for the spiritual, a hurried crowding of devotions, lukewarmness, and failure to cultivate virtue."*

## DAY 24

# ZEAL

What is one practical step you will take this week to grow in the virtue of zeal?

---

---

---

---

---

---

---

---

---

---

*"St. Michael, most powerful Prince of the armies of the Lord, Pray for us."*

**DAY 25**

## ST. MICHAEL & WARFARE

What actions or prayers have helped strengthen you during spiritual battles?

---

---

---

---

---

---

---

---

---

---

---

---

**DAY 26**

## FR. AMBROSE CRISTE

In what ways have the "crosses" in your life helped you "become all flame"?

---

---

---

---

---

---

---

---

---

---

---

---



**DAY 25**

"Fear not. Who is like God!"

**DAY 26**

"Whoever does not carry his own cross and come after me cannot be my disciple."

LUST & CHASTITY

# WEEK FIVE

## DAY 27

### LITTLE PORTION

Today, what is one way you can make a sacrifice for God?

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 28

### CLARITY

What is one sacrificial thing you can do for a friend this week?

---

---

---

---

---

---

---

---

---

---

---

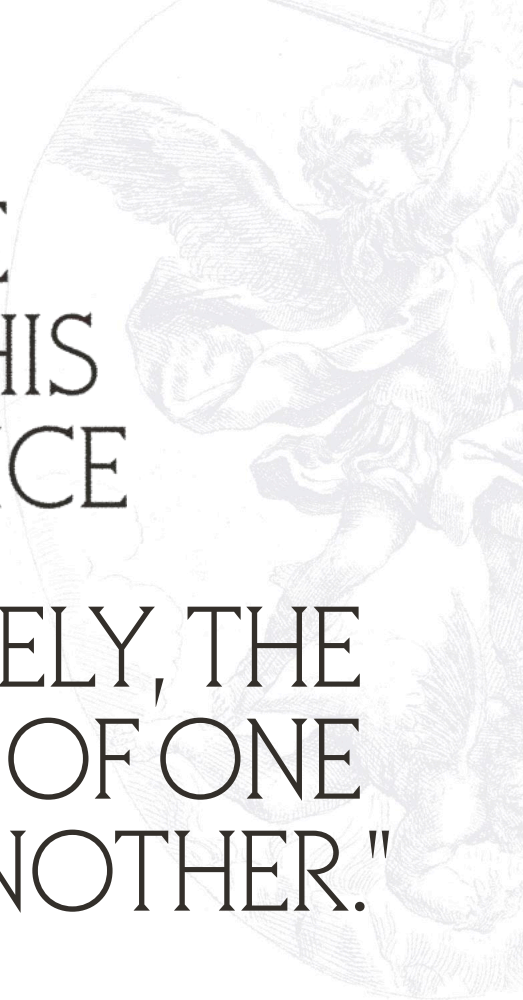
---

## DAY 27

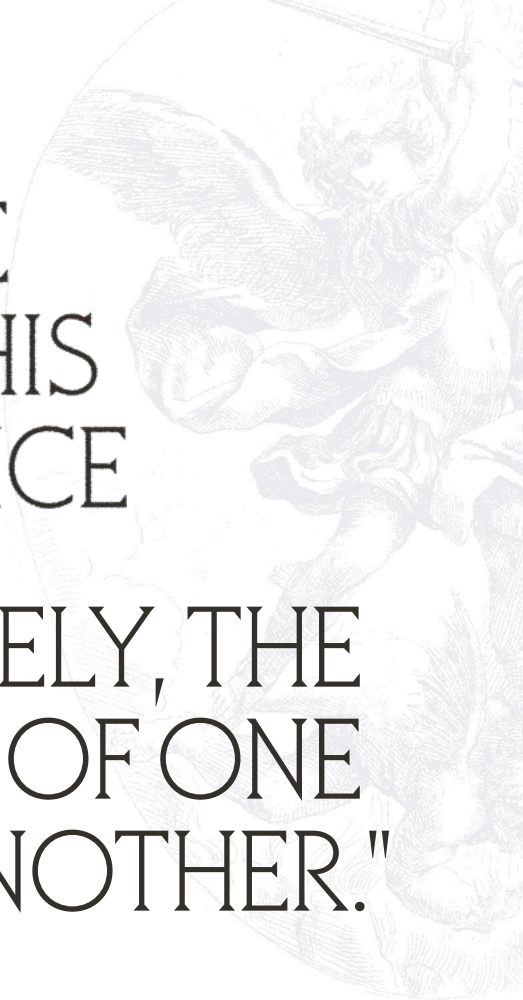
"Come, Lord Jesus, fill the hearts of your faithful."

## DAY 28

"This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends."



HIS  
 CE  
 ELY, THE  
 OF ONE  
 NOTHER."



HIS  
 CE  
 ELY, THE  
 OF ONE  
 NOTHER."

## DAY 29

# WITNESS

Think about someone you have been praying for a conversion of heart.  
How can you reach out to them today and be the love of Christ in their life?

## DAY 30

# LUST

What stood out to you from the conversation between Shayne and Dr. Breuninger? Journal your thoughts below.

---

---

---

---

---

---

---

---

---

---

*"The only real escape from the demands of the flesh is to find something more than the flesh to love."*

## DAY 31

# CHASTITY

What is one practical step you will take this week to grow in chastity or sacrificial love?

---

---

---

---

---

---

---

---

---

---

*"St. Michael, most powerful Prince of the armies of the Lord, Pray for us."*

## DAY 32

# ST. MICHAEL APPARITIONS

Now that you know the story behind the Feast Day of St. Michael the Archangel, what is one thing you could do to celebrate this day?

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 33

# FR. AMBROSE CRISTE

Which of the three lessons from the Cross (the incarnation, the gift of salvation, or our participation) is the easiest for you to embrace? Which one is the hardest?

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 32

"I am the Archangel Michael, and I am always in the presence of God."

## DAY 33

"Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life."

ENVY & ZEAL

# WEEK SIX

## DAY 34

### GIFTS

How do your gifts differ from others' gifts?  
How has God strengthened those gifts?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 35

### PRAISES OF GOD

In prayer today, you meditated on the characteristics of God from the "Praises of God." Which quality stood out to you the most?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

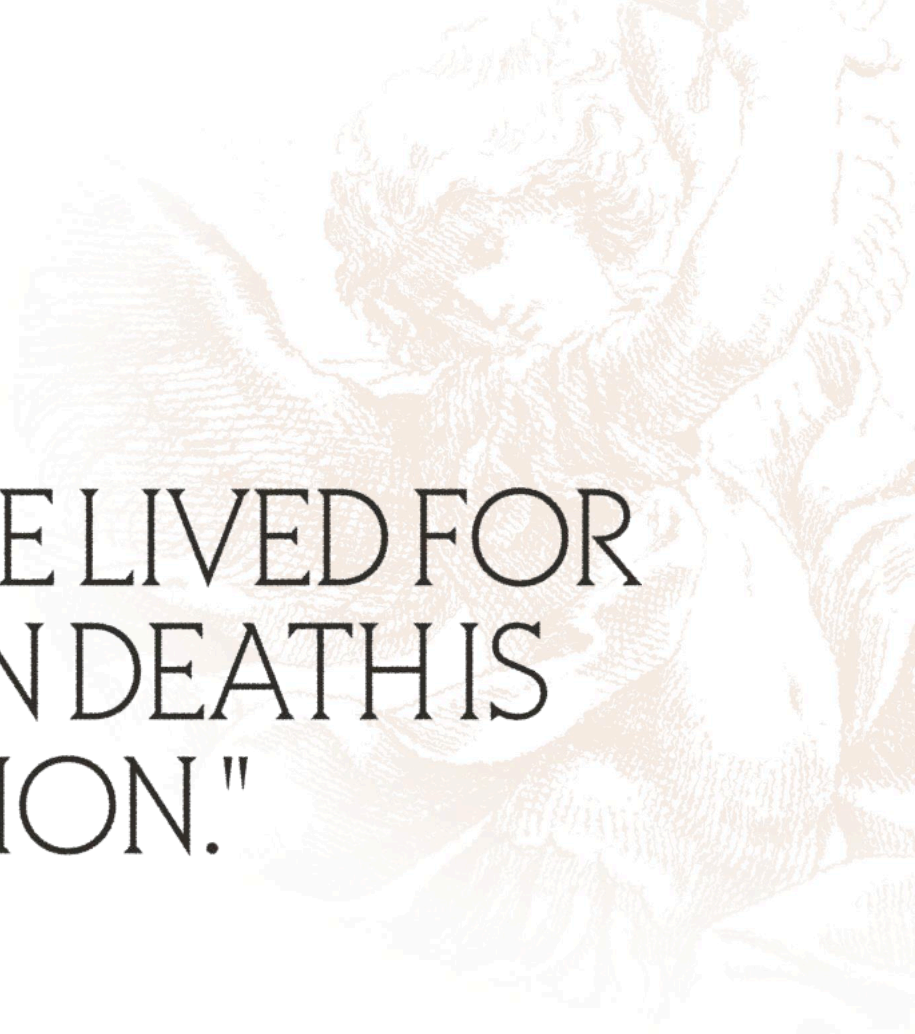
---

## DAY 34

"Francis saw everything upside down. That which the world loves, he fled; that which the world flees, he loved and embraced."

## DAY 35

"You, Lord, are love, charity. You are wisdom. You are humility. You are patience. You are rest. You are gladness and joy."



E LIVED FOR  
N DEATH IS  
ION."

## DAY 36

## LIBERATION

St. Francis chose Psalm 142 to pray at the end of his life.  
What stood out to you from meditating on that Psalm today?

**DAY 37**

# ENVY

What stood out to you from the conversation between Shayne and Mari Pablo? Journal your thoughts below.

---

---

---

---

---

---

---

---

---

---

---

---

**DAY 38**

# JOY

What is one practical step you will take this week to grow in the virtue of joy?

---

---

---

---

---

---

---

---

---

---

---

---

**DAY 37**

"Envy is sadness at another's good, and joy at another's evil."

**DAY 38**

"St. Michael, light and confidence of Souls at the hour of death, Pray for us."

NOVENA & MICHAELMAS

# WEEK SEVEN

## DAY 39

"Great Saint Michael,  
Prince of the Heavenly  
Host, your name is a  
question filled with awe:  
'Who is like God?'"

## DAY 40

"'Who is like God?' Your  
name, Michael, teaches  
us that nothing can  
compare with His might  
and goodness."

## DAY 34

### NOVENA DAY 1

In the space below, journal your thoughts  
from this day of the Novena.

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 40

### NOVENA DAY 2

In the space below, journal your thoughts  
from this day of the Novena.

---

---

---

---

---

---

---

---

---

---

---

---



"WE P  
CHU

ALS;  
NDS  
OF  
CE."



In the space below, journal your thoughts from this day of the Novena.

**DAY 42**

## NOVENA DAY 4

In the space below, journal your thoughts from this day of the Novena.

---

---

---

---

---

---

---

---

---

---

*"We pray for our families who are shielded by  
the angels who guard us on our way to heaven."*

**DAY 43**

## NOVENA DAY 5

In the space below, journal your thoughts from this day of the Novena.

---

---

---

---

---

---

---

---

---

---

*"We pray for the sick; for sinners; for the dying;  
for our dear, departed loved ones."*

**DAY 44**

## NOVENA DAY 6

In the space below, journal your thoughts from this day of the Novena.

---

---

---

---

---

---

---

---

---

---

*"We pray for protection from all the forces  
of evil who oppose these intentions."*

**DAY 45**

## NOVENA DAY 7

In the space below, journal your thoughts from this day of the Novena.

---

---

---

---

---

---

---

---

---

---

*"We are safe under Michael's shield and with  
his fiery sword of burning love for God."*

**DAY 46**

## NOVENA DAY 8

In the space below, journal your thoughts from this day of the Novena.

---

---

---

---

---

---

---

---

---

---

*"Christ the Lord is your King and ours."*

**DAY 47**

## NOVENA DAY 9

In the space below, journal your thoughts from this day of the Novena.

---

---

---

---

---

---

---

---

---

---

*"Blessed be God, glorious in His fair hosts of angels led by you,  
Michael, the leader of the bodiless powers of heaven! Amen."*

## DAY 48

## MICHAELMAS

Reflect on these past weeks of St. Michael's Lent. What have you learned? How have you grown in your faith?

## DAY 48

"We have received  
incredible freedom in  
Christ and victory over  
our vices because of  
the blood of the Lamb!"