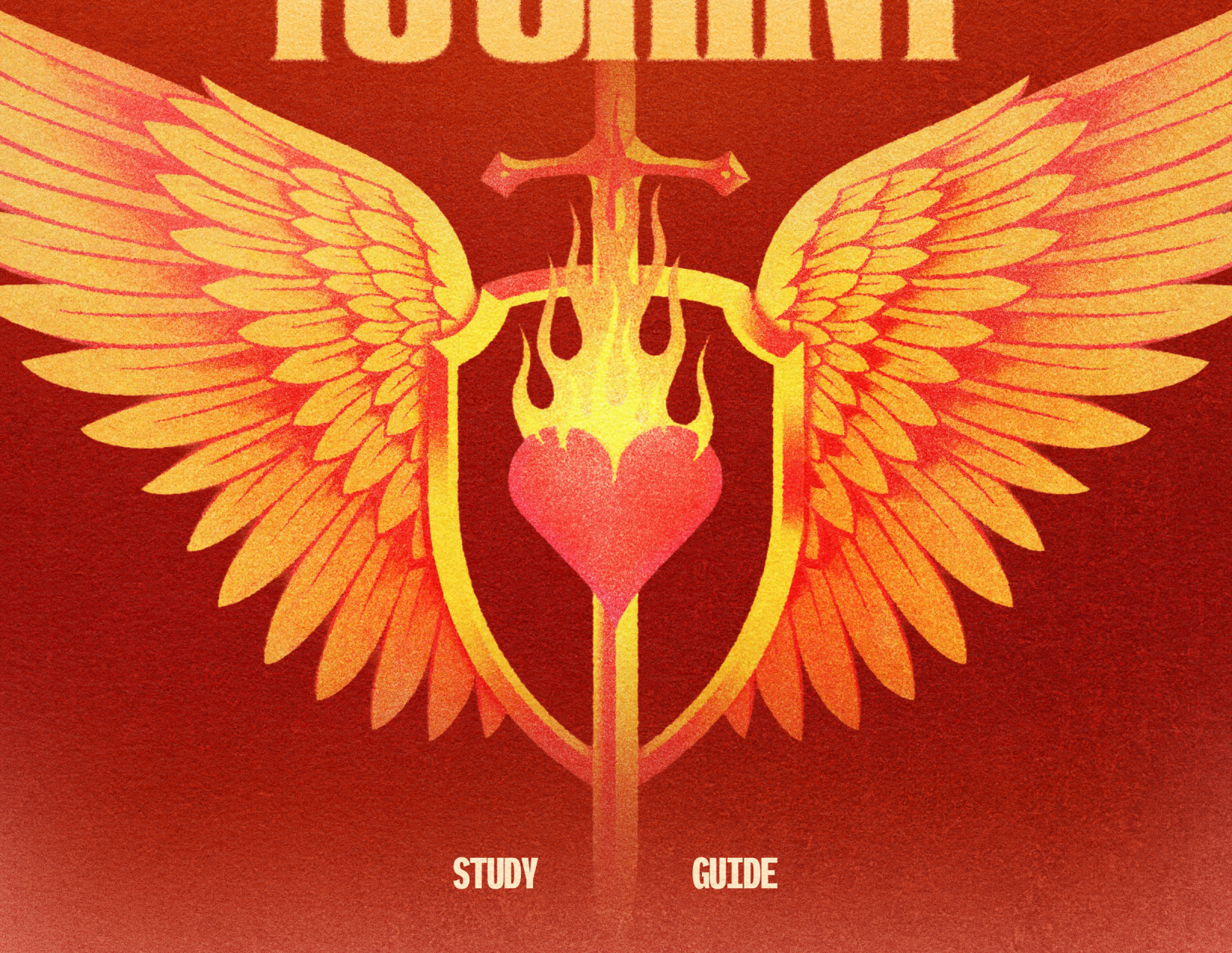


SAINT MICHAEL'S LENT

FROM SINNER TO SAINT

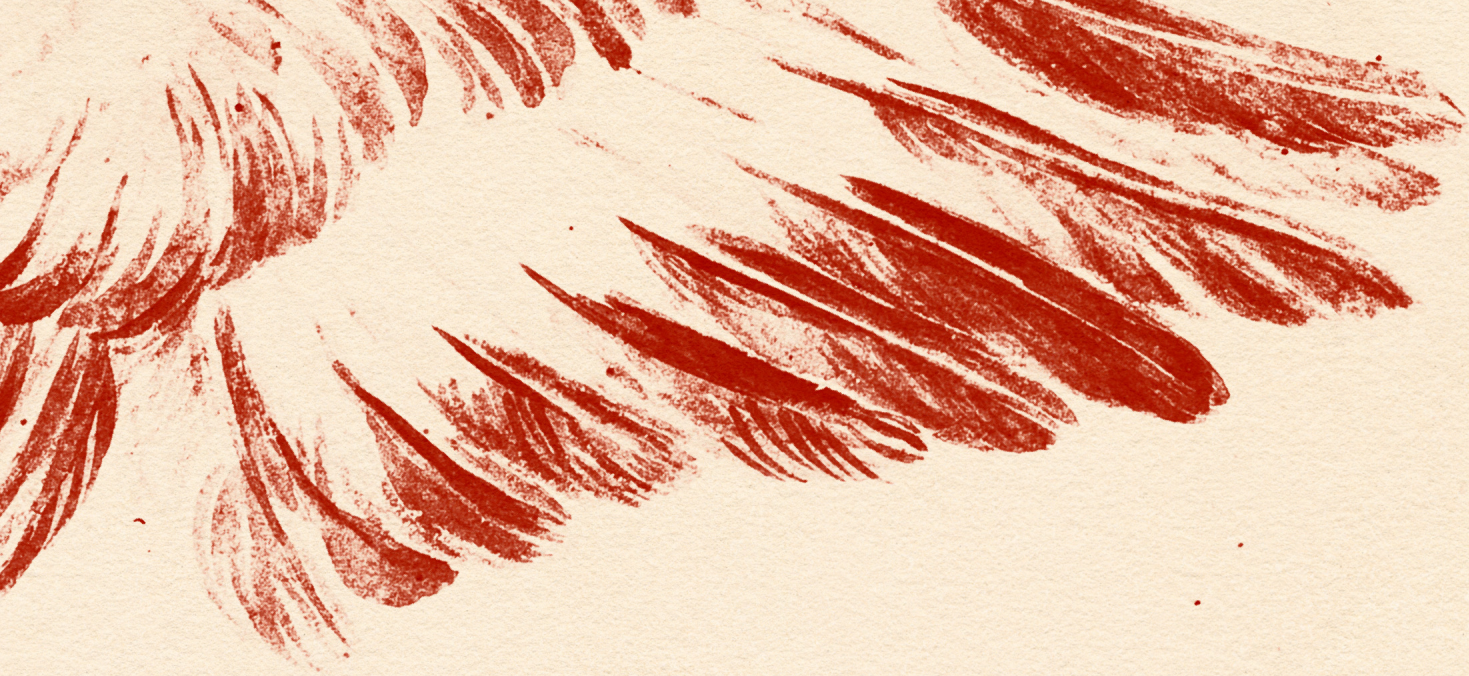
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STUDY

GUIDE



ST. MICHAEL'S LENT 2026

Journey through St. Augustine's Confessions as we take up the fight to become saints. St. Michael's Lent is a 40-day tradition begun by St. Francis of Assisi, leading up to the Feast of St. Michael the Archangel on September 29. Every saint has a past and every sinner has a future – and few stories prove it like Augustine's. We'll walk with him through his restlessness, his failures, and his long road home, and discover that the same grace that transformed reckless, restless, rebellious Augustine can transform us. With St. Michael as our guide, protector, and intercessor, we'll learn to see our sins through God's mercy, trust His providence, receive His conviction, surrender everything, and leave a legacy that points others to Him.

ST. MICHAEL'S LENT: ST. AUGUSTINE'S CONFESSIONS

Throughout St. Michael's Lent, we will journey through St. Augustine's Confessions, one of the most influential books in the history of the Church. In the words of philosopher Peter Kreeft, '[After the Bible] the Confessions has been the single most read, reread, and quoted... Christian book ever written.' Through Augustine's honest account of his own sins, struggles, and conversion, we'll discover that sainthood is possible for every one of us.

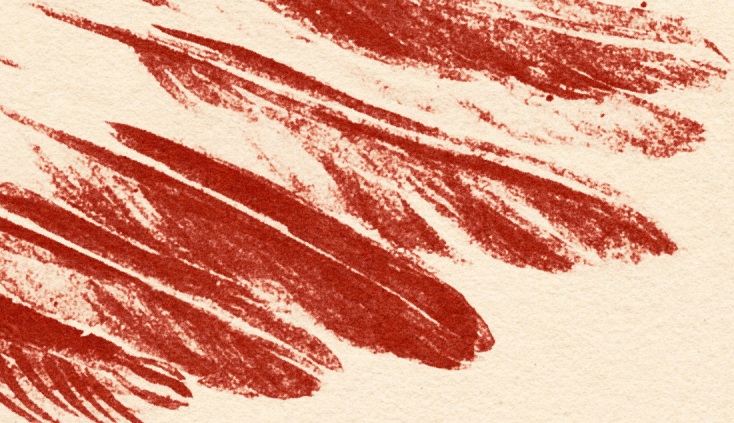


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WEEK ONE

THE CALL TO SAINTHOOD



DAY 01

"Sainthood isn't just for mystics and martyrs or for people who grew up holy or never made mistakes. It's for all of us."

DAY 02

"Not in dissipation and drunkenness, nor in debauchery and lewdness, nor in arguing and jealousy; but put on the Lord Jesus Christ, and make no provision for the flesh or the gratification of your desires."
– Romans 13:13-14

DAY 01

SAINTS

What "dragon scales" have quietly grown over your heart through years of little choices — and where do you need to let Christ do for you what you cannot do for yourself?

DAY 02

CONFESSIONS

Like Augustine pacing in the garden, what is holding you back from the transformation God desires — and what would it mean to stop saying "tomorrow"?

DAY 03

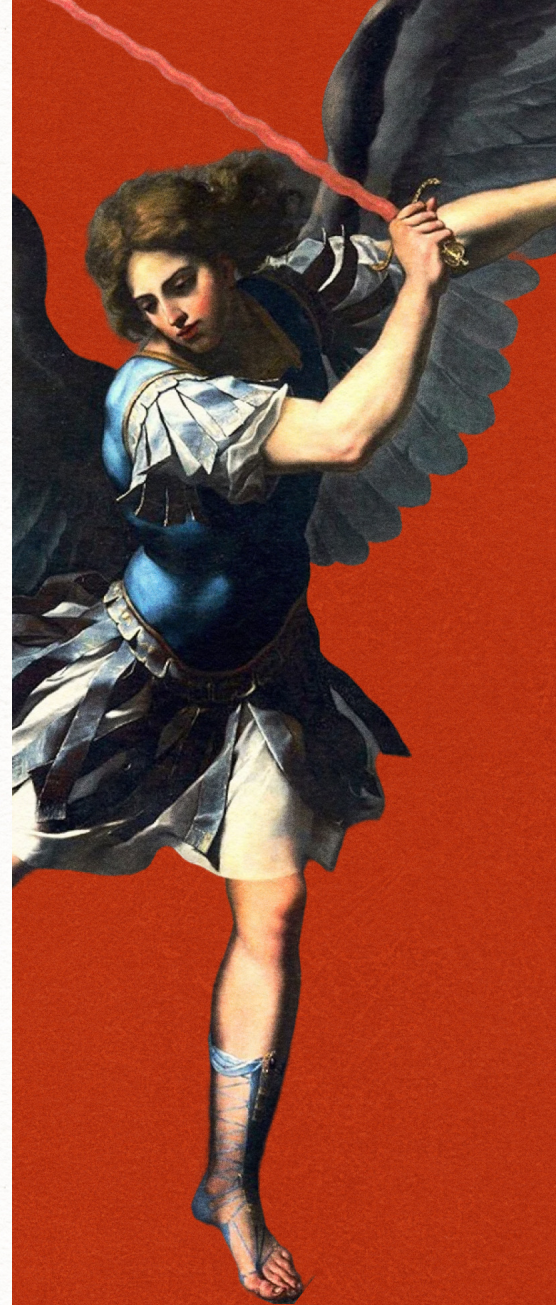
CONFESSIONS & CONVERSATIONS

What stood out to you from this conversation?

DAY 04 • FEAST OF THE ASSUMPTION

OUR LADY

Like Mary and Augustine, what would it look like to begin this journey not with everything figured out, but with praise—trusting that the Lord is already at work in your story?



DAY 03

"So to be in conversation with other people who have thought about this, who have prayed through this, is often very fruitful and helpful because someone gives you a vocabulary and a grammar to discuss conversion."
- Fr. Gregory Pine, OP

DAY 04

"My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior."

WEEK TWO

UNDERSTANDING
OUR SINS



DAY 05

"Woman, great is your faith!
Let it be done for you as you
wish." - Matthew 15:28

DAY 06

"I slid away from You and
wandered away, my God; far from
Your steadfastness I strayed in
adolescence, and I became to
myself a land of famine."

DAY 05 • GOSPEL REFLECTION

THE CANAANITE WOMAN

The Canaanite woman refused to stop asking. As St. Michael's Lent begins, what mercy will you keep boldly asking the Lord for—even when the answer seems slow in coming?

DAY 06

PEARS

Underneath the sin you keep returning to, what lack of trust in God's goodness lies at the root—and can you name it honestly before Him today?

**FOR
AND OUR
UNTIL**



SINS OF THE FLESH

DAY 08

THE WISDOM OF THE WORLD

Is there a belief or explanation you've settled into because it lets you stay unchanged—and what would it cost to follow the truth wherever it leads?

"[Cicero's] book changed my feelings ... It gave me different purposes and desires. Every vain hope became worthless to me, and I longed for the immortality of wisdom with an incredible yearning in my heart."

DAY 09 • STORY OF FAITH

DAN HURLEY

What stood out to you from this testimony?

"Conversion isn't just one big moment where you turn toward God and then everything falls into place. It's a daily decision. It's a daily choice to remember who you are, who you belong to, and what matters most." - Dan Hurley

DAY 10

CONFESSIONS & CONVERSATIONS

What stood out to you from this conversation?

DAY 11

CHAPLET OF ST. MICHAEL

As you look honestly at temptation and the spiritual battle within your own heart, where do you most need St. Michael and the angels to strengthen you this coming week?

DAY 11

"By the intercession of St. Michael and the celestial Choir of Seraphim, may the Lord make us worthy to burn with the fire of perfect charity."

WEEK THREE

PROVIDENCE



DAY 12

"What God wants to do with each of us is much, much more than any of us can imagine."
– Fr. Ambrose

DAY 13

"God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world."
– C.S. Lewis

DAY 12 • GOSPEL REFLECTION

YOU ARE PETER

When you come to prayer or Mass, is it out of duty and routine—or because, like Peter and Augustine, the confession "You are the Christ" is the foundation of your whole life? What would it mean to cooperate with the improbable plan God has for you?

DAY 13

GRIEF

Recall a season of grief or suffering in your own life—what did you turn to for comfort, and where might God have been meeting you in the pain?

DAY 15

MONICA

Like Monica, how can you both speak the truth and keep loving someone in your life who has wandered from the faith?

*"She wept for me more than mothers weep
for the bodily death of their children."*

DAY 16 • FEAST OF ST. MONICA • STORY OF FAITH

NATALIE STEFANICK

What stood out to you from this testimony?

"He showed me that faith was not merely conforming to a way of life or a set of beliefs, but rather submitting to a Love that was safe, faithful and total. This love is a Person: Jesus."
- Natalie Stefanick

DAY 17 • FEAST OF ST. AUGUSTINE

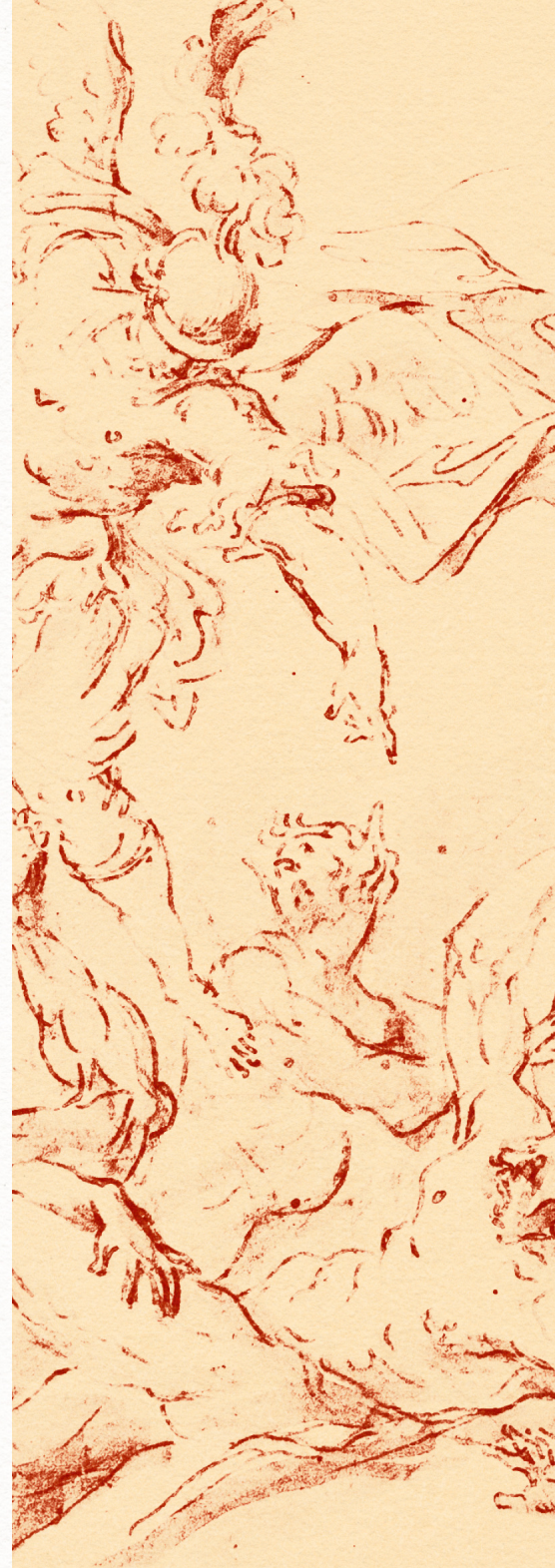
CONFESSIONS & CONVERSATIONS

What stood out to you from this conversation?

DAY 18

CHAPLET OF ST. MONICA

Who in your life are you tempted to give up on —
and what would it mean to place them in God's
hands, as Monica did for thirty-two years?



DAY 18

"I join my tears to yours;
against the spirit of Despair,
toward the spirit of Hope."

WEEK FOUR

CONVICTION



DAY 19

"St. Michael and the Holy Archangels can remind us how the cross is also something triumphant, exalted, a sign of Christ's victory."
- Fr. Ambrose

DAY 20

"Nonetheless as his words, which I enjoyed, penetrated my mind, the substance, which I overlooked, seeped in with them."

DAY 19 • GOSPEL REFLECTION

TAKE UP YOUR CROSS

What unexpected cross has shown up in your life—and how might embracing it joyfully, lovingly, and courageously, rather than resenting it, become your own path to holiness, as grief became for Augustine?

DAY 20

AMBROSE

Where has God's word been quietly at work in you—cutting through an excuse you've gotten used to, or separating what you say you want from what you're actually holding onto?

“WRETCHED MAN THAT I AM! WHO WILL
DELIVER ME FROM THIS BODY OF DEATH?

**THANKS BE TO GOD THROUGH
JESUS CHRIST OUR LORD.”**

DAY 21

GOOD NEWS

Where do you most feel the gap between what you want to do and what you actually do—
and what would it mean to let Jesus, rather than willpower, be your answer?

DAY 22

VICTORY

Whose approval has the greatest influence over you — and where is fear of others' judgment keeping you from boldly professing what you know is true?

"I was drawn toward you by your beauty but swiftly dragged away from you by my own weight... and this weight was carnal habit."

DAY 23 • STORY OF FAITH

BEAR GRYLLS

What stood out to you from this testimony?

"Even the youths shall faint and be weary, and the young men shall utterly fall. But those who wait upon the Lord shall renew their strength. They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not faint." - Isaiah 40: 29-31

DAY 24

CONFESSIONS & CONVERSATIONS

What stood out to you from this conversation?

DAY 25

LITANY OF ST. MICHAEL

When evil feels near or courage feels weak, where do you need St. Michael's defense in your own battles this week?



DAY 25

"His name means, 'Who is like God?' ... It reminds us that no temptation and no false promise can compare with the Lord."

WEEK FIVE

SURRENDER



DAY 26

"We are not simply a collection of individuals, each struggling on his own to live the Christian life; no, we are all struggling together as God's people... and we are responsible for each other."

– Fr. Ambrose

DAY 27

"If you would be perfect, go, sell what you possess and give to the poor... and come, follow me."

– Matthew 19:21

DAY 26 • GOSPEL REFLECTION

RESPONSIBLE FOR EACH OTHER

Is there someone God is asking you to lovingly correct—or to forgive? What kind of self-sacrificing love would it take to address it head-on rather than avoid it?

DAY 27

ANTHONY

Where have you been saying "not yet" to God—and what would it take to see that surrender is not about what you give up, but who you give yourself to?

GARDEN

DAY 29

GRACE

What commitment to God has grown harder or more mundane than you expected—and where do you need Him to meet you in the follow-through?

"Late have I loved you, Beauty so ancient and so new, late have I loved you!"

DAY 30 • STORY OF FAITH

SCOTT WEEMAN

What stood out to you from this testimony?

"I began to encounter God as a real father. A father who was waiting to welcome me - a prodigal son - back with open arms." - Scott Weeman

DAY 31

CONFESSIONS & CONVERSATIONS

What stood out to you from this conversation?

DAY 32

SURRENDER NOVENA

What burden feels too heavy right now—a relationship, a diagnosis, a decision, a loved one far from God—and can you hand it over to Jesus completely today?



DAY 32

"O Jesus, I surrender myself to
You, take care of everything!"

WEEK SIX

LEGACY



DAY 33

"Lord, I was not a very good Christian today. Maybe tomorrow I will be better."
– Cardinal Gustaaf Joos, as told by Fr. Ambrose

DAY 34

"[Monica] made it her business to win him for you by preaching you to him through her way of life."

DAY 33 • GOSPEL REFLECTION

THE RESET BUTTON

Who in your life needs you to "push the reset button" of forgiveness today—and can you extend it even before they ask, the way the Lord extends His mercy to you?

DAY 34

OSTIA

Whose hidden, patient faithfulness shaped your own faith—and who might be watching yours today without you knowing it?



'ALL THE GIFTS AUGUSTINE HAD BEEN GIVEN,
HE NOW POURED INTO
SHARING THE WORD OF GOD."



'ALL THE GIFTS AUGUSTINE HAD BEEN GIVEN,
HE NOW POURED INTO
SHARING THE WORD OF GOD."

BISHOP

DAY 36

LEGACY

What has God been saying to you during this challenge — and what is one grace or surrender you will carry forward as your own legacy begins?

*"You called, shouted, broke through my deafness; you flared, blazed, banished my blindness...
I tasted you, and I hunger and thirst; you touched me, and I burned for your peace."*

DAY 37 • STORY OF FAITH

FR. KEN GERACI

What stood out to you from this testimony?

"I'm here today to share my Magnificat with you. These great and glorious things that God has done in my life. How I was born to a Catholic family but fell into the darkness of agnosticism, and then by God's divine grace, found the light and moved from that encounter of that light of Christ, ultimately home to Catholicism." - Fr. Ken Geraci

DAY 38

CONFESSIONS & CONVERSATIONS

What stood out to you from this conversation?

DAY 39

LITANY OF THE HOLY GHOST

As Augustine's story concludes, what has the Holy Spirit stirred in you over these weeks—and where do you need Him to bring new life, comfort, or courage?



DAY 18

"Come, Holy Ghost! Fill the hearts of Your faithful, and enkindle in them the fire of Your love."

WEEK SEVEN & EIGHT

THE MICHAELMAS
NOVENA

DAY 40

"Most glorious Saint Michael, Prince of the heavenly host and vigilant defender of the Church of Christ, turn your powerful protection toward the Roman Pontiff, successor of blessed Peter and shepherd of the universal flock."

DAY 41

"Saint Michael, guardian of the sacred order established by Christ, come to the aid of the bishops, successors of the Apostles and guardians of the flock purchased by the Blood of the Lamb."

DAY 40 • GOSPEL REFLECTION

NOVENA DAY 1

What stood out to you from Fr. Ambrose's homily?

DAY 41

NOVENA DAY 2

What stood out to you from today's novena reflection?

DAY 42

NOVENA DAY 3

What stood out to you from today's novena reflection?

"Holy Michael, protector of the ministers of the altar, look with compassion upon the priests of Jesus Christ, marked with the sacred character of Holy Orders and entrusted with the mysteries of divine grace."

DAY 43

NOVENA DAY 4

What stood out to you from today's novena reflection?

"Powerful Saint Michael, champion of divine order and defender of the household of God, protect all fathers called to reflect within their homes the provident and sacrificial care of the heavenly Father."

DAY 44

NOVENA DAY 5

What stood out to you from today's novena reflection?

"Saint Michael, faithful guardian of the people redeemed by Christ, extend your protection over all mothers and over the children entrusted to their love."

DAY 45

NOVENA DAY 6

What stood out to you from today's novena reflection?

"Most noble defender of the innocent, Saint Michael the Archangel, guard every child formed by the hand of God, born and unborn, created in His image and called to eternal life."

DAY 46

NOVENA DAY 7

What stood out to you from today's novena reflection?

"Saint Michael, radiant servant of the Most High, come to the aid of young people who seek happiness amid false lights and conflicting voices."

DAY 47

NOVENA DAY 8

What stood out to you from today's novena reflection?

"Invincible Saint Michael, strength of the martyrs and defender of those who confess the name of Christ, hasten to the aid of Christians who suffer persecution throughout the world."

DAY 48

NOVENA DAY 9

What stood out to you from today's novena reflection?

DAY 49 • FEAST OF ST. MICHAEL THE ARCHANGEL

MICHAELMAS

As St. Michael's Lent comes to a close, how has God transformed you from sinner toward saint—and what battle will you keep fighting with St. Michael at your side?



DAY 48

"Most glorious Saint Michael, heavenly patron and powerful protector of our community, look with favor upon Abbot John and the confreres of St. Michael's Abbey, and upon all monks, canons, friars, religious priests, brothers, nuns, and sisters consecrated to God."

DAY 49

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