



# Introduction

Are you ready to *Go Deep* with God?

You have no idea how excited I am to be with you these next 40 days! Get ready, this is going to be awesome!

Remember to set aside the time and join me as we focus on deepening your relationship with God each day ... *together!*

I designed this program because of people like you.

After my speaking events, without fail, someone asks me, “How can I deepen my relationship with God or How can I shake up my prayer life and get out of this rut?”

So, I decided to share how I have matured in my prayer, my peaks and valleys and the resources that help me stay invigorated to keep God the center of my life all day every day.

## **What to expect during the 40 days:**

The intent is to deepen *your* relationship with God, whether you are a prayer warrior, revert, convert or a newbie to the Faith.

The program is based on weekly themes with specific daily topics that build on one another each day. You will be journaling during your prayer time and throughout the day which will help you reflect on His love and see His grace in your life as you progress through the program.

## **What you will get:**

- ◆ Daily emails with a 3-minute video from me to inspire and motivate you each day
- ◆ An email with the weekly *Go Deep Companion* (similar to this document) to guide you and provide you with additional resources

## **What to do before we get started:**

- ◆ Find a blank journal and keep with you *always*

- ◆ Find a time and place to pray in silence for *a minimum* of 20-30 minutes—the longer, the better
- ◆ Find a device to watch the video each day
- ◆ Have access to the weekly *Go Deep Companion*, which you can download and print or view from the course portal
- ◆ Have a box of tissues close at hand
- ◆ Optional—Coffee, Tea or Beverage of Choice (and a napkin)
- ◆ Optional—Lit candle (have it blessed, if possible)

### **What to expect *after* 40 days:**

This is not a program with “measured results” at the end of the 40 days. It is designed to be a shot in the arm to shake up your prayer life and to deepen your relationship with God and the Faith.

As you know, your spiritual/inner life is *never ending* ... it is a journey—not a destination.

Your soul requires a lot of care and time with God for you to be the best you can be and fulfill your purpose on this earth. When you live life with WITH His help, you are never alone. Our goal as His beloved children is to keep making progress, keep trusting and surrender to God every single day.

Let's remember, this is *your* journey, and it will be 100% unique to *you*.

I know that after these 40 days you will feel refreshed spiritually and look at regular prayer and practices with a new perspective and appreciation. You will learn to rely on Him throughout the day to find peace and know that He loves you *always* and He will help you with *everything*.

### **In the end ... YOU own your outcome!**

This is all about *you* and what *you* decide to do with these 40 days.

You can go deep and dive in all the way, *or* you can stick your toe in the shallow end.

You can spend 30 minutes in prayer and journal throughout the day, *or* you can spend 10 minutes and ignore Him for the rest of the day.

And if you were “all in” for a day or two and found that life got in the way and you fell off the wagon or perhaps you didn’t go as deep for a few days—*it is okay!* Just pick up where you left off and get back on the program!

NOBODY has a perfect prayer life—everyone has their peaks and valleys. God only wants us to keep trying to make progress and keep asking Him to help us live our lives.

All I know is I am LIVING PROOF that a relationship with God and the sacramental graces of the Faith is TRANSFORMATIONAL and I want that for *you too!*

Let’s GO DEEP—hand in hand ... together!

What do you have to lose? Supernatural graces are possible and bonus ... SALVATION!

Are you ready? Here we go!

# Behold, I stand at the door and knock...

*A meditation based on the spiritual teachings of Saint Mother Teresa of Calcutta*

It is true. I stand at the door of your heart, day and night. Even when you are not listening, even when you doubt it could be Me, I am there. I await even the smallest sign of your response, even the least whispered invitation that will allow Me to enter.

And I want you to know that whenever you invite Me, I do come always without fail. Silent and unseen I come, but with infinite power and love, and bringing the many gifts of My Spirit. I come with My mercy, with My desire to forgive and heal you and with a love for you beyond your comprehension—a love every bit as great as the love I have received from the Father (“As much as the Father has loved me, I have loved you...” [John.15:9]).

I come—longing to console you and give you strength, to lift you up and bind all your wounds. I bring you My light, to dispel your darkness and all your doubts. I come with My power, that I might carry you and all of your burdens; with My grace, to touch your heart and transform your life; and My peace I give to still your soul.

I know you through and through—I know everything about you. The very hairs of your head I have numbered. Nothing in your life is unimportant to Me. I have followed you through the years, and I have always loved you—even in your wanderings. I know everyone of your problems. I know your needs and your worries.

And yes, I know all your sins. But I tell you again that I love you—not for what you have or haven’t done—I love you for you, for the beauty and dignity My Father gave you by creating you in His own image. It is a dignity you have often forgotten, a beauty you have tarnished by sin. But I love you as you are, and I have shed My Blood to win you back.



*The Light of the World* by  
William Holman Hunt

If you only ask Me with faith, My grace will touch all that needs changing in your life; and I will give you the strength to free yourself from sin and all its destructive power.

I know what is in your heart—I know your loneliness and all your hurts—the rejections, the judgments, the humiliations. I carried it all before you. And I carried it all for you, so you might share My strength and victory. I know especially your need for love—how you have thirsted in vain, by seeking that love selfishly, striving to fill the emptiness inside you with passing pleasures—with the even greater emptiness of sin.

Do you thirst for love? “Come to Me all of you who thirst...” (John 7:37). I will satisfy you and fill you.

Do you thirst to be cherished? I cherish you more than you can imagine—to the point of dying on a cross for you.

I thirst for you. Yes, that is the only way to even begin to describe My love for you: I THIRST FOR YOU. I thirst to love you and to be loved by you—that is how precious you are to Me. I THIRST FOR YOU. Come to Me and I will fill your heart and heal your wounds. I will make you a new creation and give you peace, even in all your trials. I THIRST FOR YOU. You must never doubt My mercy, My acceptance of you, My desire to forgive, My longing to bless you and live My life in you. I THIRST FOR YOU.

If you feel unimportant in the eyes of the world, that matters not at all. For Me, there is no one any more important in the entire world than you. I THIRST FOR YOU. Open to Me, come to Me, thirst for Me, give Me your life—and I will prove to you how important you are to My Heart.

Don't you realize that My Father already has a perfect plan to transform your life, beginning from this moment? Trust in Me. Ask Me every day to enter and take charge of your life—and I will. I promise you before My father in heaven that I will work miracles in your life. Why would I do this? Because I THIRST FOR YOU. All I ask of you is that you entrust yourself to Me completely. I will do all the rest.

Even now I behold the place My Father has prepared for you in My kingdom.

Remember that you are a pilgrim in this life, on a journey home. Sin can never satisfy you or bring the peace you seek. All that you have sought outside of Me has only left you more empty, so do not cling to the things of this life. Above all, do not run from Me when you fall. Come to Me without delay. When you give Me your sins, you give Me the joy of being your Saviour.

There is nothing I cannot forgive and heal, so come now and unburden your soul.

No matter how far you may wander, no matter how often you forget Me, no matter how many crosses you may bear in this life, there is one thing I want you to always remember, one thing that will never change: I THIRST FOR YOU—just as you are. You don't need to change to believe in My love, for it will be your belief in My love that will change you.

You forget Me, and yet I am seeking you every moment of the day—standing at the door of your heart and knocking. Do you find this hard to believe? Then look at the cross, look at My Heart that was pierced for you. Have you not understood My cross? Then listen again to the words I spoke there—for they tell you clearly why I endured all this for you: “I THIRST...” (John 19:28).

Yes, I thirst for you—as the rest of the psalm—verses I was praying says of Me: “I looked for love, and I found none...” (Ps 69:21). All your life I have been looking for your love—I have never stopped seeking to love you and be loved by you. You have tried many other things in your search for happiness; why not try opening your heart to Me, right now, more than you ever have before?

Whenever you do open the door of your heart, whenever you come close enough, you will hear Me say to you again and again, not in mere human words but in spirit: “No matter what you have done, I love you for your own sake. Come to Me with your misery and your sins, with your troubles and needs, and with all your longing to be loved. I stand at the door of you heart and knock...Open to ME, for I THIRST FOR YOU...”

“Jesus is God, therefore His love, His thirst is infinite. He the creator of the universe, asked for the love of His creatures. He thirsts for our love...These words: I thirst—do they echo in our souls?”~Mother Teresa