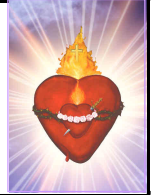




## QUICK REFERENCE GUIDE TO THE MISSIONARY SERVANT'S SPIRITUAL LIFE

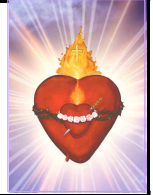


| Spiritual Guidelines for all Missionary Servants  | Secular<br>Order<br>of MSHL            | The Confraternity of<br>the United Hearts |                            |
|---|--|---|----------------------------|
|   |  | MSDL                                      | MSUH                       |
| 3-Day Personal Consecration to the Flame of Holy Love   | ♥                                      | Already<br>Done                           | Already Done               |
| Initial 3-day Confraternity Retreat   |  | ♥   | ♥                          |
| 6-month waiting period after MSDL enrollment  |  |   | ♥                          |
| Additional 3-day Confraternity Retreat  |  |   | ♥                          |
| Discernment of readiness with a Spiritual Director  |  |   | ♥                          |
| GENERAL GUIDELINES  |  |   |                            |
| Obey the Ten Commandments   | ♥                                      | ♥   | ♥                          |
| Obey the two Great Commandments: Love God and neighbor  | ♥                                      | ♥   | ♥                          |
| Devote time to prayer and daily Scripture reading   | ♥                                      | ♥   | ♥                          |
| Spread Devotion to the United Hearts, making known the Message of Holy and Divine Love                                  | ♥                                      | ♥   | ♥                          |
| <b>If Catholic:</b>   |  |   |                            |
| Be faithful to the precepts of the Church   | ♥                                      | ♥   | ♥                          |
| Promote the Papal and Magisterial Teachings of the Church   | ♥                                      | ♥   | ♥                          |
| Attend daily Mass and receive Holy Communion[1]   | Recommended                            |   | ♥                          |
| Frequent confession   | At least monthly                       |   | Recommended weekly         |
| Eucharistic Adoration[2]  | Recommended at least one hour per week |   | Recommended one hour daily |
| SECULAR ORDER RULE OF LIFE  |  |   |                            |
| Conscientious fulfillment of one's state in life (such as married, religious, single) through the practice of Holy Love | ♥                                      | ♥   | ♥                          |
| Consecration to Mary, Refuge of Holy Love, through the Flame of Holy Love ( <i>renewed daily</i> )                      | ♥                                      | ♥   | ♥                          |
| Propagation of the Holy Love Message, either through prayer or action   | ♥                                      | ♥   | ♥                          |
| Daily examination of conscience using Holy Love as the measure  | ♥                                      | ♥   | ♥                          |

**Notes:**  
 [1] If daily Mass is not available in your area, make a spiritual communion  
 [2] If daily or weekly Exposition of the Blessed Sacrament for adoration by the faithful is not available in your area, you may instead make a Holy Hour in front of the Tabernacle where the Blessed Sacrament is in repose.



## QUICK REFERENCE GUIDE (Continued) TO THE MISSIONARY SERVANT'S SPIRITUAL LIFE



| <b>CONFRATERNITY GUIDELINES</b>  | <b>The Confraternity of<br/>the United Hearts</b> |             |
|--|---|-------------|
|  | <b>MSDL</b>                                       | <b>MSUH</b> |
| Pursue the spiritual journey through the Chambers of the United Hearts   | ♥   | ♥           |
| Through prayer and sacrifice, strive to separate themselves from the world through the journey deeper into the Heart of Jesus      | ♥   | ♥           |
| Perform corporal and/or spiritual works of mercy   | ♥   | ♥           |
| Propagate the Blessing of the United Hearts  | ♥   | ♥           |
| Know and practice the Virtues  | ♥   | ♥           |
| Read the lives of the Saints, especially those who point to the “new and divine holiness”  | ♥   | ♥           |
| Read and reflect on the writings of Pope John Paul II  | ♥   | ♥           |
| Wear both the United Hearts Scapular or Medal and the Brown Scapular   | ♥   | ♥           |
| <b>Daily Prayers:</b>  |   |             |
| Pray for priests, especially the Holy Father, and for Orthodox Patriarchs  | ♥   | ♥           |
| Pray for the unborn  | ♥   | ♥           |
| Pray for perfection in the virtues, especially humility and trust  | ♥   | ♥           |
| Pray before an icon of Blessed Mother <i>(if Orthodox)</i>   | ♥   | ♥           |
| <i>Chaplet of the United Hearts</i> for the spiritual well-being of all the members of the Confraternity, both living and deceased | ♥   | ♥           |
| <i>Confraternity Rosary</i>  | ♥   | ♥           |
| One additional 5-decade Rosary   | ♥   | ♥           |
| <i>Divine Mercy Chaplet</i>  | ♥   | ♥           |
| <i>Consecration to the United Hearts</i>   | ♥   | ♥           |
| <i>Consecration to the Flame of Holy Love</i>  | ♥   | ♥           |
| <i>Consecration to Divine Love</i>   | ♥   | ♥           |
| <i>Morning Consecration to the Holy Spirit</i>   | ♥   | ♥           |
| <i>Consecration to the Divine Will</i>   | ♥   | ♥           |
| <i>Prayer to the Precious Blood</i>  | ♥   | ♥           |
| <b>Other Prayers:</b>  |   |             |
| Make the <i>Total Consecration to Jesus through Mary</i> by St. Louis de Montfort and renew yearly                                 | ♥   | ♥           |
| A yearly Novena to the Holy Spirit for Pentecost   | ♥   | ♥           |
| <i>The Family Consecration to the United Hearts</i>  | Recommended                                       |             |

## **Contact Information**

**Please address all questions and correspondence to:**

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