

**** In order for a valid Phase 1, the accompanying Priest must be in Contact**
**** and receiving instructions from the SMD ******

PRAYER PRESCRIPTION/PROTOCOL TABLE

Non-Baptized	Angelus 3 times per day (6am/noon/6pm)
Baptized	Angelus 3 times per day (6am/noon/6pm) Auxilium Christianorum Prayers 3 times per day
Baptized First Communion	Angelus 3 times per day (6am/noon/6pm) Auxilium Christianorum Prayers 3 times per day Confiteor at noon
Baptized First Communion Confirmation	Angelus 3 times per day (6am/noon/6pm) Auxilium Christianorum Prayers 3 times per day Confiteor at noon Act of Contrition at 6pm
Baptized First Communion Confirmation Non-Practicing (habitual mortal sin)	Angelus 3 times per day (6am/noon/6pm) Auxilium Christianorum Prayers 3 times per day Confiteor at noon Act of Contrition at 6pm Psalm 130 3 times per day

Other prayers and disciplines that can also be recommended:

Psalm 130 (only if directed by Case Facilitator)

Media fast - no social media, internet, games, and television.

Gregorian Chant 24/7 at low volume, Benedictine Monks of Domingo de Silos

No reading other than daily Mass readings, that day only, as many times as one wants.

Burning of blessed candles to dispel night terrors or evil presence(s).

Sacred Art and images should replace secular magazines.

May Continue daily Rosary if it is already a discipline but should done at the same time of day.

If you are using this as part of a diagnostic prayer due to suspected diabolic affliction, this regimen should be done under the supervision of your Parish Priest, Confessor, or Spiritual Director. For those who are doing this as a private devotion, the set prayers/hours should be met, but the other disciplines may be done according to one's prudential judgment.

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