



# Contents

Foreword by Mark P. Shea	ix
Introduction: Chasing Truth as Javert Does	xv
1. Petition	1
2. Confession	19
3. Examen	39
4. Rosary	55
5. Divine Office	77
6. Lectio Divina	93
7. Mass	113
Conclusion: Trusting Christ as Peter Does	131
Reader's Guide	147
Notes	155