



RELIGIOUS
GUIDE

**EXPLORE SPIRITUAL PRINCIPLES AND PRACTICES
IN OUR RELIGIOUS GUIDE. THEY WILL HELP
YOU DEEPEN UNDER THE ONLY RELIGION CALLED**

LOVE

RELIGIOUS GUIDE

Manual of faith, spiritual discipline, conduct,
and service for the confined people

Author: Jose A. Concepción Guerra

DEDICATION

To my confined people: because I know what a day without meaning weighs, what loneliness does when nobody sees it, and what confinement causes when the mind has no direction. I dedicate this Guide to you, not to decorate reality with pretty words, but to offer a tool that holds. Because faith, when it is discipline and not appearance, can lift the one who is broken; it can straighten the one who is confused; it can calm the one who lives on the edge of impulse and anger. And because I believe that no one is too far gone to change if they learn to walk with conscience, self-control, respect, and purpose.

To every person who serves: to the one who listens without judging, the one who guides without humiliating, the one who accompanies without taking advantage, the one who corrects without destroying, the one who sets the example without making noise. I dedicate this Guide to those who understand that the spirit also needs order, guidance, and purpose, just as the body needs food. Because serving is not commanding or imposing: serving is helping another person get up. And when a person rises on the inside, their conduct changes on the outside; and when conduct changes, living together improves; and when living together improves, the entire system breathes.

And I dedicate it, too, to those who have been wounded by hypocrisy and fanaticism, but still keep a spark of hope. So they know that real spirituality is not about appearing holy, but about practicing humanity. So they remember that the faith that matters is not the one that is displayed, but the one that is sustained in silence: in patience, in repair, in forgiveness with limits, in respect for the different, and in the daily decision to be better than impulse.

May this Guide be a firm hand in the middle of chaos, a light without theater, and a constant reminder that true change starts inside.

PROLOGUE

I write this Guide because I saw what the lack of meaning does to a human being when the world closes in on them. I saw men and women harden just to survive, and in that hardening get lost on the inside. I saw people turn shame into a mask, rage into a habit, and sadness into silence. I saw the damage caused by living without a “why,” because when there is no purpose, any impulse becomes the boss: vice, hate, manipulation, pride, lies, and emotional violence.

I also saw something that cannot be denied: in here, pain is not theory, it is routine. And when pain builds up without direction, the mind looks for an escape. Some escape into coldness, others into show, others into aggression, others into fanaticism. And that made me understand that spirituality, if it is real, cannot be decoration. It has to be a tool of humanity. A way to hold the mind when the environment tightens, and to hold the heart when life pushes you to harden.

That is why this Guide is born from a human and conscious concern. I do not write it to “win arguments” nor to hand out labels of “saints” and “sinners.” I write it because I am concerned about what happens when people confuse religion with superiority, when they confuse faith with shouting, when they confuse spirituality with manipulation. I am concerned about hypocrisy disguised as prayer, fanaticism disguised as truth, and false holiness used as a tool to judge, control, or humiliate.

I have seen the name of God used as an excuse to point at the fallen, as if pointing were the same as healing. I have seen some fill their mouths with sacred words while their conduct remains the same: gossip, arrogance, two-facedness, emotional abuse, contempt for the weak, and zero responsibility. And I say it clearly: that is

not the faith I defend. That is appearance. That is ego business. That is religion used as a mask to avoid changing.

This Guide is not to impose a religion on anyone. This Guide is to teach a path. I speak from a spirituality that seeks what is essential: conscience, repentance, discipline, forgiveness, respect, service, and hope. I believe that real faith is not measured by how many times I say “God,” but by how many times I truly change. Because true change is the language the spirit understands: mastering my tongue, mastering my impulse, respecting the one who thinks differently, helping without humiliating, asking for forgiveness without justifying myself, and repairing with actions what I damaged.

I also write this Guide to protect the dignity of the one who is tired of being used. Of the one who seeks peace, but is offered fear. Of the one who seeks direction, but is offered guilt. Of the one who seeks love, but is offered condemnation. Because if spirituality does not serve to lift the one who is broken, then it is good for nothing. And if my faith makes me more cruel, more arrogant, or more intolerant, then that is not light: that is darkness with pretty vocabulary.

In here, the faith that matters is not the one that is displayed, it is the one that is sustained when nobody is watching. The faith that matters is the one that shows up in daily living: when they provoke me and I decide not to react; when they insult me and I decide not to degrade myself; when I have the opportunity to abuse and I decide to be fair; when I have emotional hunger and I decide not to hurt anyone to feel big. That faith turns the cell into a school, pain into humility, and shame into commitment. Not because I romanticize suffering, but because I refuse to let suffering turn me into a worse version of myself.

That is why this Guide is practical. It does not come to entertain. It comes to put order. It brings structure, habits, brief prayers, conscience exercises, weekly plans, rules of spiritual conduct, and tools to heal relationships. Because in here believing is one thing; sustaining faith in daily conduct is another. And I am not interested in a Sunday faith. I am interested in a Monday-to-Monday faith: firm, humble, responsible, human.

I write for the uninformed, for the tired, for the one who is lost, for the one who wants to change but does not know how. And I also write for the system, because a human being with real spiritual direction is a more stable human being, more disciplined, less conflictive, and more capable of reintegrating with dignity. This is not fanaticism: this is social conscience. It is understanding that internal transformation has a direct impact on collective coexistence.

If this Guide achieves anything, let it be this: that my confined people find a spirituality without theater and without abuse; a faith that does not humiliate, that does not manipulate, and that does not turn anyone into a target of mockery. A faith that heals the mind, straightens conduct, and returns purpose. And that whoever reads it understands from the beginning that we are not here to pretend: we are here to change.

HOW TO USE THIS GUIDE (IN 7 RULES)

1. I begin with what is essential: humility and truth.
2. Faith without conduct is appearance; I seek transformation.
3. I respect diversity: my faith does not authorize me to humiliate anyone.
4. I do not use spirituality to manipulate; I use it to serve.
5. I build habits: prayer, reading, reflection, and action.
6. I make repair: forgiveness, restitution, and responsibility.
7. I live with purpose: pain becomes mission.

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CHAPTER 1 — WHAT FAITH IS AND WHAT IT IS NOT

For me, faith is trust in God and commitment to good, even when my environment is hard. It is an inner strength that forces me to improve, to respect, to control my tongue, to control my impulses, and to live with purpose.

FAITH IS

- Truth with myself
- Humility and discipline
- Active hope
- Responsibility
- Love expressed in conduct

FAITH IS NOT

- Appearance to obtain benefits
- Fanaticism to judge others
- An excuse to evade guilt
- Words without change
- Spiritual manipulation

CHAPTER 2 — ELEMENTS OF A FIRM SPIRITUAL LIFE

I sustain my spiritual life with these pillars:

1. Conscience: recognizing my reality without lying to myself
2. Humility: accepting that I need direction
3. Discipline: habits, not emotions
4. Repentance: changing conduct, not only feeling guilt
5. Forgiveness: releasing resentment without justifying what is wrong
6. Service: helping without expecting applause
7. Purpose: turning pain into mission
8. Community: learning to live together without imposing

CHAPTER 3 — DAILY DISCIPLINE: MY FAITH ROUTINE

Faith grows by repetition, not by impulse. I have a simple, sustainable, and real routine.

DAILY ROUTINE

1. Silence (2–5 min): I breathe and center myself
2. Brief prayer (2–5 min): I speak with sincerity
3. Brief reading (5–10 min): a passage or reflection
4. Meditation (3–5 min): what that tells me today
5. Action of the day (1 min): what I will do today to live it
6. Closing (1 min): gratitude

RULE

If I don't feel like it, I do it anyway. Discipline holds me when emotion is not there.

CHAPTER 4 — PRAYER: HOW I PRAY WITHOUT PRETENDING

I do not pray to impress. I pray to order my mind and align myself with God.

MY PRAYER HAS 4 PARTS

1. Gratitude: I recognize what is good, even if it is small
2. Confession: I speak my truth without excuses
3. Request: I ask for direction, strength, and patience
4. Commitment: I choose one concrete action

RULE

I do not ask God to remove consequences; I ask Him to change me inside so I can face reality with dignity.

CHAPTER 5 — READING AND MEDITATION: HOW I LEARN IN SILENCE

Spiritual reading is not to repeat phrases: it is to examine myself.

THE 3-QUESTION METHOD

1. What does the text say?
2. What does it say about me?
3. What am I going to change today?

NOTE

I can read the Bible, proverbs, psalms, Christian texts, reflections, or spiritual literature. The key is not the book: the key is the change.

CHAPTER 6 — REPENTANCE AND REPAIR: CHANGING FOR REAL

Repenting is not crying; it is changing. I separate guilt from responsibility.

REAL REPENTANCE

- I acknowledge what I did
- I acknowledge whom I harmed
- I acknowledge the internal cause (pride, vice, anger, emptiness)
- I change one specific conduct
- If I can, I repair

REPAIR (IF IT IS POSSIBLE AND SAFE)

- Ask for forgiveness without justifying myself
- Restore (if applicable)
- Change habits
- Maintain respect even when they do not forgive me immediately
-

CHAPTER 7 — FORGIVENESS, PEACE, AND ANGER CONTROL

In here, resentment is gasoline. I do not carry it.

FORGIVENESS DOES NOT MEAN

- justifying what is wrong
- allowing abuse
- forgetting overnight

FORGIVENESS DOES MEAN

- releasing the poison
- setting limits
- choosing inner peace

TECHNIQUE AGAINST ANGER

1. Pause
2. I take 5 deep breaths
3. I ask myself: “What do I lose if I react?”
4. I respond calmly or I walk away

CHAPTER 8 — SERVICE: FAITH THAT SHOWS IN ACTION

Faith is tested when nobody applauds. I serve discreetly.

FORMS OF SERVICE INSIDE

- Guide the uninformed without humiliating them
- Help write a document with respect
- Listen to someone without judging
- Promote peace and discipline
- Take care of the environment (cleanliness, order, coexistence)

CHAPTER 9 — COMMUNITY AND RESPECT: LIVING TOGETHER WITHOUT FANATICISM

I respect those who believe differently. Faith is not an excuse for contempt.

RULES OF RESPECT

- I do not impose
- I do not humiliate
- I do not argue to “win”
- I do not use religion to manipulate
- If I speak of God, let my conduct back it up

CHAPTER 10 — SPIRITUAL CRISES: WHEN I FALL AND HOW I GET UP

There are days I feel empty, guilty, or without hope. I do not give up.

SPIRITUAL EMERGENCY PLAN

1. Silence and breathing
2. Short prayer: “God, hold my mind.”
3. A brief reading (a psalm, proverb, or reflection)
4. One concrete decision: “Today I will ____.”
5. Speak with someone I trust (if applicable)
6. Sleep and eat with discipline (when possible)

CHAPTER 11 — ERRORS THAT DAMAGE FAITH AND HOW I AVOID THEM

ERROR 1: Wanting to look holy without changing.

CORRECTION: humility and daily practice.

ERROR 2: Judging others to feel superior.

CORRECTION: examine myself first.

ERROR 3: Using faith as an excuse not to take responsibility.

CORRECTION: repair and discipline.

ERROR 4: Praying without action.

CORRECTION: one concrete daily action.

ERROR 5: Fanaticism.

CORRECTION: respect and prudence.

CHAPTER 12 — 30-DAY PLAN TO STRENGTHEN THE SPIRIT

DAYS 1–3: basic daily routine + gratitude

DAYS 4–7: real confession + anger control

WEEK 2: forgiveness and healthy limits

WEEK 3: discreet and consistent service

WEEK 4: personal purpose and spiritual life plan

I close this Guide by reminding myself that true faith is not a shout; it is a daily decision. I cannot change my past, but I can change my conduct. And when I truly change, my spirit stops being a slave to guilt and becomes an instrument of purpose. My faith is not to escape reality; it is to walk it with dignity, discipline, and love.

APPENDIX A — PRAYERS AND DECLARATIONS (READY TO USE)

A1) MORNING PRAYER

“God, today I place my mind and my conduct in Your hands. Give me self-control, respect, and patience. Help me act with conscience and not react by impulse. Amen.”

A2) PRAYER IN TENSION

“God, calm my heart and order my tongue. Teach me to respond with wisdom and to step away if necessary. Amen.”

A3) PRAYER OF REPENTANCE

“God, I acknowledge my errors without excuses. Clean me inside and teach me to repair with actions. Give me discipline to change. Amen.”

A4) PRAYER FOR MY FAMILY

“God, take care of my family. Heal what is broken, strengthen what is weak, and guide us to peace. Amen.”

A5) DAILY DECLARATION

“Today I decide to be better than my impulses. Today I practice respect. Today I choose discipline. Today I walk with purpose.”

APPENDIX B — TABLES AND WEEKLY PLANS

B1) WEEKLY SPIRITUAL DISCIPLINE PLAN

Week: // ____ to // ____

I close this book with a certainty that holds me: true faith is not announced, it is practiced. Here, where confinement can break the mind and harden the heart, I understood that spirituality is not an ornament for good days; it is a discipline for difficult days. It is not a mask to pretend, it is a tool to transform myself inside.

I learned that believing is not enough if I keep reacting the same. That is why this Guide leaves me a firm path: silence, sincere prayer, reading with reflection, self-control, repair, forgiveness with limits, and service without spectacle. Because my relationship with God is proven in how I treat the one who provokes me, in how I respond when it does not benefit me, in how I accept responsibility without excuses, and in how I get up when I fall.

I close by reaffirming my mission: that my confined people find a faith that does not deceive them, a faith that does not turn them into fanatics, and a faith that puts them in order. A faith that returns purpose to the one who is tired, and dignity to the one who feels pointed at. If I achieve anything with this Guide, let it be this: that pain not be my identity, that the past not be my inner sentence, and that my spirit not be a slave to guilt or resentment.

I do not control everything external, but I do control one thing: my conduct. And when my conduct aligns with God, my mind calms, my respect grows, and my life regains direction. That is the faith I defend: the one that changes me, the one that disciplines me, and the one that turns me into a useful hand.

***“MY FAITH IS NOT APPEARANCE: IT IS DISCIPLINE AND
CONSCIENCE;***

***I PRAY IN SILENCE, I CHANGE THROUGH DEEDS, AND I SERVE
WITHOUT DEMANDING;***

***BECAUSE FAITH WITHOUT WORKS DIES... AND WORK WITHOUT
FAITH, EVEN IF IT DOESN'T WALK, IS STILL WORK;***

***GOD STRAIGHTENS ME FROM WITHIN... AND I RESPOND WITH
OBEDIENCE.”***

**LET'S GO PEOPLE!
LET IT BE CLEAR,
THIS IS A CRY FOR PEACE,
AND NOT FOR WAR,
THE PHILOSOPHY,
REMAINS ALIVE,
LET'S FOLLOW CARLOS'S PHILOSOPHY,
WE DON'T WANT HUGS WITH LIFE,
UNTIL OUR PEOPLE ARE FREE,
LET'S ALL UNITE,
IN A SINGLE LINE,
OF THOUGHT,
AND CONSCIOUSNESS,
TO COMBAT,
OUR GREATEST OPPRESSOR,
THE MONSTER,
WITH SEVEN HEADS,
AND IN MEMORY,
OF OUR SUPREME LEADER,
CARLOS TORRES MELÉNDEZ,
AND OTHER FALLEN BROTHERS,
IN THE STRUGGLE OF PAIN,
FIGHT,
SHARE,
AND LIVE IN HARMONY,
AS STIPULATED,
BY OUR PHILOSOPHY OF LIFE,
ASOCIACIÓN ÑETA,
ASOCIACIÓN ÑETA,
ASOCIACIÓN ÑETA.**

