

MY FAITH HABITS

Remember to include what it is you will be doing to fulfill the HABIT and how much time you will spend on the HABIT.

H- Hang time with God: regular personal prayer and quiet time

Keep a prayer journal

How to: The more you listen to the Holy Spirit's voice, the easier it gets to hear it. Writing about how the Spirit is working in your life can, over time, make you more conscious of God's will. Have you ever had that sudden inspiration to say or do something, but repressed it because it was outside our comfort zone? Keep a record in your journal of the times you felt God nudge you like this, and whether you responded. It becomes a brief examination of conscience and makes you sensitive to whether you are staying open to God's calls. You might also include any inspiring words from others or events through which God spoke to you that day.

<http://www.catholiccompany.com/blog/how-to-keep-a-prayer-journal>

Attend adoration

Make guidelines for yourself! When will you go and for how long?

Form personal devotions: The Rosary, Lectio Divina, and Divine Mercy Chaplet.

When? How many times a week?

"Bring me my weapon" – St. Padre Pio referring to his rosary.

Read religious literature

How many books? What books? Check out our parish library for lots of great options! Ask Sam for books to read!

*See what is in the SPX library by going to our website and looking at the Saint Jerome's Library tab under the resources tab!

Practice the Ignatian Examen

This form of prayer is unbelievably powerful. Try it with journaling! Find more information here:

<http://www.ignatianspirituality.com/ignatian-prayer/the-examen/>

A- Accountability: How will you stay accountable in the preparation year?

Small group sessions: I will attend all of the Confirmation preparation Sessions and participate including follow-up my adult leader ask me to do

Attend Wednesday Night FISH

B- Bible study and reflection on the Word of God and our Catholic Faith

Read the Bible

Which books? When? How many times a week?

Attend Wednesday Night FISH

I- Involvement in the parish: Mission, Ministry, and Service

Attend Service Projects

Join a liturgical ministry

Music ministers, altar servers, greeters, and ushers needed.

Join an outreach ministry

Parish work day, and helping hands.

Volunteer at the Knights of Columbus Fish Fry's on Friday's during Lent

Volunteer at Trinity Methodist

Serve a meal at Trinity Methodist

T- Tithing or offerings: Stewardship and Self-giving

Make a tithing commitment

Tithing isn't just for parents! What will you tithe? How much?

Fast

From what will you abstain? For how long? Note: You can fast from more than food!

Attend adoration

Make guidelines for yourself! When will you go and for how long?

Attend Sunday Mass

If needed, renew your commitment to Sunday liturgy!

Attend Daily Mass

What time? Which days?

Once, St. Teresa was overwhelmed with God’s Goodness and asked Our Lord “How can I thank you?” Our Lord replied, “ATTEND ONE MASS.”

Receive Reconciliation regularly

What days? How often?

I fully understand and commit to the following Habits set for myself leading up to Confirmation. I will rely on help from my parents & family, friends, sponsor, and St. Francis Church community for support

(Signature of Confirmandi)

As parents or guardian of my son or daughter I understand my importance as the primary role as educator of the Catholic Faith and will make Confirmation a priority in my child’s life. I will support my child and help with their Habits this Confirmation year as they set their own personal faith goals and work on my own personal faith goals along with them.

(Signature of Parents)