

Practice of the Virtues (adapted and/or excerpted from Liturgy Training Publications (LTP))

Faith:

We have very different responses when God appears in our daily life: some may be confused and slow to respond while others may be strikingly certain and bold; both ends of that spectrum are dependent on a quality of openness and an initial willingness to see and hear God. Two models of faith – one that has to be nurtured and grown; one that is authoritative and in full force – lead to a life of following God. Faith is a habit of initial openness followed by responsiveness, often patiently cultivated by a trusted parent, role model, or mentor.

- Take a moment to review your day and ask where you saw and heard God. What did you do in that moment?
- Consider attending or leading a faith formation class, Bible study, or religious education program.
- Come to an evening of praise, worship, prayer and Adoration on Thursday, January 21. Beginning with Mass at 6:30 and ending around 8:30p.m., this is a powerful, prayerful experience, hosted by the Holy Spirit Group Des Moines.

Hope:

Humanity is compelled to seek the animating light that shines over all, to seek God above all things. Oneness with God is the purpose of our earthly life; we are seeking for what we believe, for what we desire: the kingdom of heaven. We persist in that belief despite hardship and danger.

- Prayerfully study the Beatitudes (Matthew 5:1-12). What challenges you about this discourse? What gives you hope?
- Be a Prayer Warrior! Members of this Prayer Chain commit to develop and sustain not only their own personal prayer lives but to bear the burdens of members of our parish community and beyond, through intercessory prayer. Intercessors either pray for these people immediately or involve them in their prayer time each day. If you would like to submit a prayer request or join the team, email prayerchain@saintfrancischurch.org
- Pray for those who are persecuted because of their Christian faith.
- Comfort someone who is suffering.

Charity/Love:

When we make the decision to become a disciple of Christ, we not only decide to take on an utterly changed way of being but also agree to leave behind anything that might present an obstacle to our new mission. Indifference (to injustice, to suffering), selfishness, a stubborn pursuit of unworthy aims – none of these can be part of our new path. The Christian life is a continual process of discernment and formation.

- Check out the [USCCB's website](#) to find practical ways to become involved in charitable actions in the world, the US, or our diocese.
- The Iowa legislature convenes for a new session January 11th. You can find great resources to stay informed; advocate your position; and support the underserved by checking in with the [Iowa Catholic Conference](#). Be sure you are on their email list!
- Donate blood or convalescing plasma for patients recovering from COVID. Learn more at [LifeServe Blood Center's website](#).
- Provide respite to a caregiver of a chronically ill person.