

DEVELOPING A PERSONAL PLAN OF LIFE

Daily Prayer: Give your heart to God!

- Receive the sacraments worthily and often.
- Morning and evening prayer are essential.
- Daily Mass, or at least Saturday morning are great.
- Monthly Confession is essential to spiritual growth.
- Nightly examination of conscience is

Daily Learning: Give your mind to God!

- Spend at least 1% of your day (fifteen minutes) in study.
- The Bible and the Catechism are the foundation.
- The Lives of the Saints inspire us to holiness of life.
- Catholic Websites keep us up-to-date on faith.
- Adult formation and parish programs are helpful.

Daily Service: Give your life to God!

- Develop the seven virtues as part of your lifestyle.
- Practice the spiritual and corporal works of mercy.
- Volunteer for service in parish charitable endeavors.
- Make personal sacrifices to help others each day.
- Do everything for the greater honor and glory of God!

INSPIRATIONAL ONLINE RESOURCES

Online Catechism: MyCatholic.Life
Bishop Barron: WordOnFireInstitute.org
Formed: AugustineInstitute.org
Returning: CatholicsComeHome.org
Matthew Kelly: DynamicCatholic.org
Family Values: ForYourMarriage.org
Evangelization: ChristLife.org

CATHOLIC CHRISTIAN LIFESTYLES

UNDERSTANDING THE FOUR SPIRITUAL LAWS

What is the basic message of Catholic Christianity and why should it matter to me? The main thing here is to keep the main thing the main thing by focusing on God's plan, our problem, his provision, and our pathway to Christ our God.

- **God's Plan:** God has a loving plan for our happiness. God made us to know him, to love him, and to serve him in this world, so that we could be happy with him forever in heaven. God loves us that much!
- **Our Problem:** We did not accept God's plan for us. And thus, we sadly brought harm and evil into our world, our lives, and all our relationships. But none of our solutions to our problem worked.
- **God's Provision:** Jesus Christ came to be our Savior. Christ saved us from the problems we caused, entered into a new relationship with us, and gave us his Church as a community of faith.
- **Our Pathway:** When we accept Christ as our Savior, we enter into a special relationship with him in the community of his Church and begin to live a new life as followers of Christ.

When we enter into a personal relationship with Christ in the community of his Church, our whole life is changed forever!

HOW DO WE KNOW THAT WE REALLY NEED CHRIST?

- **Consider the Good:** the best is never good enough
- **Consider the Bad:** none of our solutions work well
- **Consider the Ugly:** the irony is that we all die anyway

WHAT DO WE DISCOVER THROUGH FAITH IN CHRIST?

- **Truth:** there is a reason and a purpose to everything in life
- **Goodness:** there are values that truly endure forever
- **Beauty:** life in Christ is the only life truly worth living

DEFINITIONS: **WORLDLY** → **RELIGIOUS** ← **SPIRITUAL**

- **Worldly:** acting as if this world was all that there is
- **Spiritual:** realizing that the best is still yet to come
- **Religious:** living out the spiritual life in this world

ABOUT BEING SPIRITUAL AND BEING RELIGIOUS

- **Being religious without being spiritual** is like going through the motions, but without faith.
- **Being spiritual without being religious** is like talking the talk, but without walking the walk.
- **Being both spiritual and religious** is a lifestyle that can transform our this-worldly existence.

SPIRITUAL PEOPLE RELIGIOUSLY PRACTICE FAITH

- **Prayer:** celebrating the spiritual sacraments of Christ
- **Learning:** believing the spiritual teachings of Christ
- **Service:** following the spiritual example of Christ

THREE DIMENSIONS OF LIVING FAITH

- **Mind:** When you really know Christ, then you want to know all about him as well, through the Bible, the Catechism, spiritual reading, small sharing groups, and parish programs. This is the saving dimension of doctrine.
- **Heart:** When you really love Christ, then you want to draw even closer to him through the Sacraments he entrusted to his Church, and through your personal plan of daily prayer. This is the saving dimension of devotion.
- **Self:** When you really know and love Christ well, then you want to be like him in every way. Religion is the bridge that connects what we believe and how we live each day. This is the saving dimension of discipleship.

THREE DIMENSIONS OF FAITH DEVELOPMENT

- **Discovering:** Come for the Experience of Christ!
- **Following:** Stay for a Journey with Christ!
- **Sharing:** Go Forth on a Mission for Christ!

THREE LEVELS OF CHRISTIAN PRAYER

- **Liturgy:** Prayer in Word and Sacrament
- **Meditation:** Prayer through Sacred Images
- **Contemplation:** Prayer beyond Words and Images

THREE LEVELS OF CHRISTIAN MISSION

- **Look Upward in Faith:** Keep your eyes fixed on Jesus!
- **Move Forward in Hope:** Trust in the promises of Jesus!
- **Lead Onward in Love:** Let Jesus show you the way!