

# A SPIRITUAL PLAN OF LIFE

A Plan of Life is how we spiritually move forward in faith within a Catholic Christian Lifestyle. Having a wholesome balance between Prayer and Work is essential to a spiritual Plan of Life. Our parish community is then a training ground for reaching out in faith to all people of good will.

## PRAYER AND WORK

- Daily Mass or Mass Readings: [usccb.org/daily-bible-reading](http://usccb.org/daily-bible-reading)
- Liturgy of the Hours: [ebreviary.com](http://ebreviary.com), [divineoffice.org](http://divineoffice.org), or the breviary
- Personal Devotions: Lectio Divina, Rosary, other approved devotions

## PRAYER AND WORK

- Liturgical and catechetical ministries to develop our spiritual life together
- Parish organizational and social activities to nurture lasting spiritual friendships
- Parish charitable and outreach activities to start making a difference in the world

Small sharing groups of parishioners, especially those who are graduates of the parish ChristLife course, are essential to the transformation of parishes from Cultural Catholicism to Missionary Discipleship. Since only disciples can make disciples, we promote Intentional Discipleship as the future of the Church.

## PRAYER PARTNERS

- Regular small group meetings for prayer, study, and action are essential to our faith.
- About three or four people who meet together almost weekly provides continuity.
- Three focal points for Prayer Partners provide an effective agenda for their meetings:
  - Discovering: How have I grown in my relationship with Christ this week?
  - Following: How have I engaged with fellow believers in prayer and in work?
  - Sharing: How have I reached out as a friend to bring others to Jesus Christ?

## THREE-FOLD MISSIONARY FOCUS

- **Catechesis:** the Catechism of the Heart as the foundation for ongoing faith formation
- **Evangelization:** training in the new evangelization through the parish ChristLife course
- **Faith into Action:** promoting a Catholic Christian Lifestyle through prayer partner groups

## THE PATH TO NEW LIFE IN CHRIST

- **Looking Upward in Faith,** we discover Christ as our God.
- **Moving Forward in Hope,** we follow Christ in everyday life.
- **Leading Onward in Love,** we share Christ with other people.

## THE GREAT SPIRITUAL RESET

- **The Age of Christendom is now history.** Christianity is no longer the basis for society.
- **The Apostolic Age has already dawned.** We are a creative minority in a secular world.
- **We are on the right side of salvation history.** With Christ, we are victorious even now!

## OVERALL SPIRITUAL VISION

**On the forefront of a new Apostolic Age of the Church,  
we are on a mission from Christ as Catholic Christians.**

Our sacred mission means living and loving our Catholic Faith so fully that we draw all people of good will to convert to Christ as their God.

Through prayer, learning, and service as a parish community of faith, we become the change that Christ is making throughout the world.

## OVERALL SPIRITUAL STRATEGY

- **Unwavering Christo-centrism:** The ChristLife Course
  - Becoming Intentional Disciples of Christ as the God of our Life – Discovering Christ
  - Knowing Christ personally as the Lord and Savior of our life and our reason for living
  - Let us keep our eyes fixed on Jesus! Let us love one another as Christ has loved us.
- **Affirmative Orthodoxy:** The Catechism of the Heart
  - Forming Disciples who embrace the Mind and Heart of Christ – Following Christ
  - Loving everything about Christ from the Bible through the Catechism by the Sacraments
  - Let us speak the truth in love! Let us discern all spirits to confirm that they are from God.
- **Sacramental Spirituality:** The Guardians of Tradition
  - Developing Catholic Christian Lifestyles as Missionary Disciples – Sharing Christ
  - Serving Christ by thinking, loving, and living as Christ still does and as he wants us to do
  - Let us all be one, as the Father and the Son are one! Let us be one in faith, hope, and love!



# **CATHOLIC CHRISTIANITY**

## **ONGOING REFORM IN THE CATHOLIC CHURCH TODAY**

### **As a reformed Catholic Christian, I know that all Church reform begins with myself.**

- **My relationship with Jesus Christ is at the very heart of my own personal identity.**
  - **My commitment to Jesus Christ is evidenced in both my public and private actions.**
  - **My reverence for Jesus Christ is expressed by the way I celebrate his sacraments.**
- 
- The first statement has to do with Unwavering Christocentrism that focuses solely on Christ.
  - The second statement is all about Affirmative Orthodoxy in catechesis and in evangelization.
  - The third statement refers to Sacramental Spirituality as the ongoing source of our salvation.

### **The current reform of the Church is in response to the corruption in the Church today.**

- **We apologize for priests who have hurt children or who lead unchristian lifestyles.**
  - **We apologize for priests who neither live nor teach the doctrines of the Catechism.**
  - **We apologize for priests who are not celebrating the sacramental liturgy properly.**
- 
- The first apology has to do with the renewal of the priestly vow of celibate continence.
  - The second apology has to do with heresy, equivocation, and bad catechesis by priests.
  - The third apology has to do with liturgical antinomianism and false creativity by priests.

### **The reform of the Church is always based on the Kerygma of the Christian Gospel.**

- **We start with ourselves as forgiven sinners who need ongoing conversion.**
  - **We continue our reform with the good example of excellence in Christian life.**
  - **We invite others to experience the grace of deep reform in their lives as well.**
- 
- The first commitment is personal. We become the change that we propose to others.
  - The second commitment is relational. We forge relationships in order to evangelize.
  - The third commitment is evangelical. We evangelize based on healthy relationships.

### **The reform of the Church today is based on the Evangelical Counsels for everyone.**

- **Purity of heart makes chastity a reality for both single and married Christians.**
  - **Detachment from worldly values and possessions grants us Christian freedom.**
  - **Obedience to Christ and his Church makes our personal faith priorities transparent.**
- 
- Chastity is based on the teachings of I Thessalonians 4:35 and in I Corinthians 6:19-20.
  - Poverty is based on the teachings that are found in Matthew 5:3 and in Philipians 3:8-11.
  - Obedience is based on the New Commandment of Jesus Christ as found in I John 5:3.

# QUESTIONS FOR CATHOLIC CHRISTIAN BELIEVERS

**1. How does your faith in Jesus Christ make a difference in how you understand the meaning and the purpose of your life?**

- What is the source of your personal religious faith?
- Can you really be spiritual without being religious?
- Why are you here? What makes your life worth living?

**2. How does your faith in Jesus Christ make a difference in how you live out his faith values in your everyday life?**

- Is Christianity about arbitrary rules or about Christ as your sovereign Ruler?
- What is the source of your values: your opinions? the world? Jesus Christ?
- Where do you turn for guidance in the gray areas of moral decision making?

**3. How does your faith in Jesus Christ make a difference in how you relate to other fellow believers in his Church?**

- Can you do it all alone by yourself, or do you need the support of other believers?
- Is your parish community essential or optional to the experience of your faith life?
- Why did Jesus Christ make it a point to establish the community of His Church?

**4. Would it be okay with you if I shared with you the difference that faith in Jesus Christ makes in my own personal life?**

- Jesus Christ teaches me the truth about who I am, and also about what I am. (Doctrine)
- Jesus Christ shows me that the Christian life is the only life really worth living. (Morality)
- Jesus Christ leads me to heaven within his sacramental faith community. (Ecclesiology)

**5. Are you ready to come to faith in Jesus Christ right now or is there something I can do to help you prepare for it?**

- The world as we know it is not how God intended it to be when he created it for us.
- God did not abandon us when we turned away from him but sent Christ to save us.
- In the community of his Church, we discover our true identity and ultimate destiny.

**Final Comment.** Catholic Christian believers really know their faith, love their faith, and live their faith in the ordinary circumstance of their everyday lives. Catholic Christianity is thus the future of the Church in a New Apostolic Age. Would you like to know more about Catholic Christianity? Your starting point is the ChristLife Course. Please check out the [ChristLife.org](http://ChristLife.org) website today!