

Personal & Group Spiritual Checklist

Say the traditional Come Holy Spirit prayer followed by an Our Father, Hail Mary and Glory Be to the Father.

Spirituality

1. *When this past week did you feel closest to God?*
2. *When this week did you feel most distant from God?*
3. *What can help you grow spiritually?*
 - a. *Morning Prayer/Offering*
 - b. *Mass and Holy Communion*
 - c. *Visits to the Blessed Sacrament/ Adoration*
 - d. *Spiritual Reading*
 - e. *The Rosary*
 - f. *Other Devotions*
 - g. *Confession, Examination of Conscience*
 - h. *Meditation and Contemplation*
 - i. *Spiritual Direction*
 - j. *Evening Prayer*
 - k. *Night Prayer*

Study

1. *What study has helped my faith grow this week?*
 - a. *Scripture Reading / Meditation*
 - b. *Catechism of the Catholic Church*
 - c. *Lives of the Saints*
 - d. *Other Prayer Books (Devotionals, Etc.)*
 - e. *Official Church Documents*
 - f. *Others*

Recommended Readings: Section four of the Catechism of the Catholic Church on prayer. / Sacred Scripture / The Imitation of Christ by Thomas A Kempis / Biography of St. Terese of Liseaux The Way of the Little Flower / Spiritual Passages by Fr. Benedict Groeschel

Action / Ministry

1. *What ministry in the church did the Lord accomplish through me this week?*
2. *What disappointment did I face this week?*
3. *Action /Ministry Plan*
 - a. *How was last week's plan fulfilled?*
 - b. *What is this week's plan?*
4. *Family, Wife, Husband, Children*
5. *Job, Classes and Study, Volunteer*
6. *Recreation – need a good balance in life*
7. *Devotion to a particular ministry*

Community (Parish/Prayer Groups)

1. *Commitment and devotion to our Catholic Faith*
2. *Personal commitment to Jesus Christ as my Lord and Savior*
3. *Open to be guided and empowered by God the Father, God the Son, and God the Holy Spirit*
4. *Want to grow in holiness and a Man/Women of God*
5. *Committed to small weekly men's/women's prayer group*