**Individual Spiritual Advancement Options**

St. Pius X Catholic Church

3663 66th St. Urbandale, IA. 50322

**HABITS**

Note: This list is **not** all encompassing and Spiritual advancement options that are not listed are welcome!

**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/
\*There are also videos under the Worship 🡪 Radiate Christ tabs on the SPX website!

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**A- Accountability with the followers of Christ: Small Groups**

☒  **Mentors: 6 meetings**

☐ **Attend Wednesday Night SPY Night**

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**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 SPY Night**

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**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.

☐**Salvation Army Casseroles**

Each month we invite you to pick up a casserole pan to bake a casserole and bring back to St. Pius the following weekend.

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**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!

St. John Paul II the Great on Fasting:

*“Fasting is to reaffirm to oneself what Jesus answered Satan when he tempted him at the end of his 40 days of fasting in the wilderness: ‘Man shall not live by bread alone but by every word that proceeds from the mouth of God’ (Mt 4:4)… Today, especially in affluent societies, it is difficult to grasp the meaning of these Gospel words. Consumerism, instead of satisfying needs, constantly creates new ones, often generating excessive activism. Everything seems necessary and urgent and one risks not even finding the time to be alone with oneself for a while . . . Penitential fasting is obviously something very different from a therapeutic diet, but in its own way it can be considered therapy for the soul. In fact practiced as a sign of conversion, it helps one in the interior effort of listening to God"*

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**S- Sacraments: Eucharist, Penance, Eucharistic Adoration**

☐ **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?

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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, mentor & St. Pius Church community for support. I understand that I will need to interview with Sam for 20 minutes, write a letter to my mentor, meet with my mentor 6 times, spend 30 minutes during the Meet Your Mentor evening, and attend a Confirmation retreat on TBD.

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(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.

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(Signature of Parents)

Mentors, I understand that I will do my best to introduce, coach, and encourage the students in developing spiritual habits that will help them grow in faith and prepare them for the Sacrament of Confirmation.

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(Signature of Mentor)