

Creating Our Spiritual Plan

TIME, SPACE, PLACE OF PRAYER AND METHOD OF PRAYER:

My space of prayer will be.....

My place of prayer will be....

My time of prayer will be....

My methods of prayer will be....

SUPPORT FOR MY JOURNEY:

Thin Places: These are the “thin places” that help me more easily connect with God....

Friend Support: Who are the people in my life that will foster my growth in God?

Family Support: What support do I need from my family to help me grow in my faith right now?

My Family's Spiritual Life: What does my family need in terms of our family's prayer life? In terms of our faith? In terms of growing in God?

Community: Who encourages me on my journey? Is there anyone I feel I want to reach out to as I continue my faith journey? Do I want to consider working with a spiritual director? (More resources on spiritual direction can be found here.)

ACTIVITIES THAT SUPPORT ME:

Mind: What books/writers/saints do I want to read to develop and strengthen my faith?

Growth: What activities do I want to take part in as part of my plan to continue to strengthen my faith?

Temptations: What do I need to be aware of that can pull me away from keeping my relationship with God a priority?