



# Expect *great things* from God!

Spiritual practices  
to help you on your journey

Every day is an opportunity to grow closer to Jesus and to grow in faith. So now is a good time to rededicate ourselves to our daily walk with Jesus. Here are some spiritual practices to help you. If you are already doing these spiritual practices, rededicate yourself to them. If you aren't, begin now. As you meet God each day, your life will change.



**Paulist Prison Ministries**

A Service of

**Paulist Evangelization Ministries**

PO Box 29121 • Washington, DC 20017



## ***Develop your “spiritual discipline.”***

Growing in faith doesn't happen automatically. We need to do our part and work at it. Many spiritual directors recommend that if we want to grow spiritually, we should develop our own “spiritual discipline.” **At the heart of this is that we try to do what we can, not what we can't.** By this they mean that if you don't have an hour a day of quiet for prayer, don't attempt to do that. It won't happen and you'll just end up frustrated and fail. Thus, seek to build a realistic spiritual life that suits your present circumstances.

Everyone's circumstances differ. Your level of spiritual growth will affect the distractions you face and the time you get for some quiet. Even your personality will impact what you can and should try to do. Here are some suggestions for spiritual practices for your life.

A good spiritual discipline consists of several parts. Consider these: 1) Read the Word of God. 2) Worship and pray. 3) Be part of a community. 4) Care for and serve others. Let's take a look at them.

### **First, read the word of God.**

Read Scripture. Listen to Scripture being read. Since every Catholic Mass consists of the Liturgy of the Word and the Liturgy of the Eucharist, Mass provides a good time to hear the word proclaimed.



Listen to it and try to pick up something you can remember afterward to guide you.

It is good to develop a daily habit of reading the Bible. You might want to follow the daily Mass readings. Or you might want to work your way through books of the Bible (starting with the New Testament), and perhaps the entire Bible itself. You don't need to become a Bible scholar; just try to listen to God's voice.

Read slowly and reflect on what you read. Ask the Holy Spirit for insight and understanding. Write down in a notebook, if you can, something that strikes you. (Maintain the privacy of your prayer notes.)

### **Second, worship and pray.**

Attend Mass. The Eucharist is the great sacrament of life and love. Participate with an open heart and mind, with the desire to meet Jesus and learn from him, grow in him, and be healed by him.



For most people, the liturgy is at most once a week for an hour or less. Thus, in addition, have a time of personal prayer each day. Set aside a time and place when you can talk with God. A little such time is better than none. If possible, read Scripture during this time as well.

### **Third, be part of a community.**

When Jesus called a body of followers known as his disciples, he was setting an example for us. It is important to be part of a community.



A community can encourage us, and support us in hard times. They can be people to talk with and grow with, and provide positive relationships. A community of believers is a place where we live out our faith, so it doesn't remain just in our heads. It has to be in our hearts, and our actions, too.

### **Fourth, care for and serve others.**

This follows closely on number three above. Our faith isn't just about ourselves. It is about caring for and serving others as well. Look for ways you can do that.



### **A personal encounter with Christ.**

At the heart of these spiritual resolutions is a “personal encounter with Christ.” All of these things help you to meet Jesus, and that helps you grow spiritually. Encountering Christ means learning about him, but just as important, it means experiencing his presence in your life. You will know when this is happening.

May these practices be special blessings for you on your journey. Expect great things from God.