

# H.A.B.I.T.S.

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Sacred Heart Catholic Church  
1627 Grand Ave. West Des Moines, IA 50265

**We were created for a relationship with God, and every healthy relationship grows through spending time together and engaging in ongoing, honest conversation. That conversation is prayer.**

**Prayer is an essential part of drawing closer to God. During the preparation year, we hope to model and encourage each candidate to deepen their relationship with Him by developing consistent habits of prayer and intentionally spending time in His presence.**

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

**Pick 1 or 2 HABITS for the year (as a family is great, too!) and really work on those HABITS. Put a reminder up if you need!**

## **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.

**Visit:** <https://lifeteen.com/blog/start-prayer-journal/>

### ☐ **Attend adoration**

Make guidelines for yourself! When will you go and for how long? (start simple and build up) Sacred Heart has Adoration on the first Tuesday each month from 8:30am-7:00pm.

### ☐ **Form personal devotions: The Rosary, Lectio Divina, Divine Mercy Chaplet, etc.**

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 Julie for suggestions! Sacred Heart has a really amazing library. Check it out!

### ☐ **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/>

### ☐ **Practice Lectio Divina (Praying with Scripture)**

Lectio Divina is another powerful way to pray. There are many great resources to learn to pray through Lectio Divina. Here is one: [https://www.youtube.com/watch?v=R3\\_KmsG7Lgc](https://www.youtube.com/watch?v=R3_KmsG7Lgc)

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

- ☐ **Attend Wednesday SMASH Night**
- ☐ **Participate in Serve Fidem at Dowling Catholic**

## 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? Reach out to Julie or mentor if you need help with where to start!

- ☐ **Attend Wednesday SMASH Night**

## I- Involvement in the parish: Mission, Ministry, and Service

- ☐ **Attend Service Projects**

Service opportunities with SMASH, childcare for parish events, helping the Arts & Environment Committee with changing the décor with the liturgical seasons

- ☐ **Join a liturgical ministry**

Music ministers, altar servers, hospitality committee, lectors and ushers needed.

- ☐ **Join an outreach ministry**

Parish work day (Love in the Heart of Christ), Connection Café, etc., St. Vincent De Paul, Habitat for Humanity

- ☐ **Family Violence Center Casseroles**

Bake a casserole and bring back to Sacred Heart the first full weekend each month (there are directions on the [website](#)).

## 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 – Social Media, electronics, your pillow, etc!

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"*

## S- Sacraments: Eucharist, Reconciliation (Confession), Eucharistic Adoration

☐ **Attend adoration (8:30am-7:00pm Every Tuesday)**

Make guidelines for yourself! When will you go and for how long? (start simple and build up). If you have never been, Julie would be happy to explain what we do in Adoration or even go with you.

☐ **Attend Sunday Mass**

If needed, renew your commitment to attending Sunday Mass each week!

☐ **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? (1x/month is a good place to start)

## Commitment

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 & my Sacred Heart community for support.** I understand that I will need to meet with my mentor & small group 9 times, attend the Confirmation day of reflection (retreat), attend Mass weekly and receive Reconciliation at least once prior to Confirmation .

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(Signature of Confirmandi)

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(Date)

As parents or guardians of my son or daughter I understand the importance of my role as the primary 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)

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(Date)

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)

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(Date)