

Creating A Spiritual Plan for the Year

Time: When could be my time of prayer?

Place: What could be my place of prayer?

Space: How do I want to make it a sacred space for prayer?

Prayer Method: Is there a certain prayer method or prayer methods I feel drawn to right now?

Community: What support do I need right now....

- From those in my home?

- From my Church Community?

- From my friends?

Ongoing Formation:

- What other things would I include as part of a plan for my spiritual life?

- What spiritual books do I want to read? Are there topics I want to learn more about in regard to my faith?

- What scriptures or books of the bible do I want to read/pray with?

- Are there any Saints I want to learn more about?

- Is spiritual direction something I want to consider?

- Do I want to make an annual retreat?

