

# the Stewardship way of life

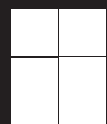
SACRED HEART PARISH  
Halstead, Kansas

## SUGGESTIONS FOR YOUR PERSONAL GROWTH IN FAITH

*Choose any of the items listed to challenge or create your own faith routine.  
Please keep this form for a record of your faith commitment.*

- ✚ Prayerfully prepare in advance for Mass every Sunday and Holy Day of Obligation
- ✚ Spend 15 minutes a day in personal prayer
- ✚ Refrain from gossip
- ✚ Attend weekday Mass as often as able
- ✚ Pray Grace at meal times (even in restaurants)
- ✚ Read one paragraph of the Catechism of the Catholic Church daily/weekly
- ✚ Share a meal with family removed from distractions of TV, phones, etc.
- ✚ Spend time each week in Adoration of the Blessed Sacrament
- ✚ Read Rediscover Catholicism by Matthew Kelly
- ✚ Go to confession at least once a month
- ✚ Visit someone who lives alone or is homebound
- ✚ Schedule a spiritual retreat Spiritual Life Center (316-744-0167 or [www.SLCWichita.org](http://www.SLCWichita.org))
- ✚ Discuss the Catholic Faith with my children/parents
- ✚ Read the Bible each day for at least 5 minutes
- ✚ Pray for the monthly intentions of Pope Francis
- ✚ Invite a friend or neighbor to Mass
- ✚ Pray together with my family
- ✚ Join a formation or prayer group in the parish
- ✚ Refrain from complaining
- ✚ Pray the rosary at least once a day
- ✚ Practice hospitality by greeting others at Mass
- ✚ Join a Parish Book Program study group
- ✚ Unplug from all social media for a period each day
- ✚ Answer this question: What more can I do in order to reach the deeper, more personal level of discipleship called forth by the New Evangelization?

*"Once one chooses to become a disciple of Christ ...  
Stewardship is not an option."*



CATHOLIC  
DIOCESE  
OF WICHITA