

Introduction to the Spiritual Life  
Grade 7

Students should do at least **four** of the following spiritual and service actions. Choose **two from each category**. They are asked to share their experiences/reflections with their classes after they do them. We hope that students grow spiritually and perhaps develop a practice of prayer and service that will continue in their lives. **The spiritual and service actions must have been completed between May 2019-May 2020.**

SPIRITUAL ACTIONS	SERVICE ACTIONS
<p>1. Read the upcoming Sunday readings and journal about them (what are they about? What struck me? What questions do I have? What is God saying to me/us in any of these passages?). Readings can be found online at <a href="http://uscgb.org">uscgb.org</a> or in the church bulletin. Do this for two Sundays in a month.</p> <p>2. Read a section of the Gospels and journal about it (The Infancy Narratives in Luke 1-2 and Matthew 1-3 <b>OR</b> The passion, death, and resurrection in John 18-20 <b>OR</b> three parables of Jesus ó what does Jesus reveal about God through the story? Possibilities include Luke 8:4-15, 16-18; Luke 15; Matthew 13 <b>OR</b> Healings and exorcisms of Jesus, for example Mark 1,2,3, or 5).</p> <p>3. Participate in any of the devotional prayer services at church (Stations of the Cross, May devotions, etc.)</p> <p>4. Go to Eucharistic Adoration, especially at one of the Quiet Days of Prayer offered once per month at St. Danø.</p> <p>5. Say a Rosary at least once per week for two weeks.</p> <p>6. Go to Confession and/or a Penance Service during Advent or Lent.</p> <p>7. Make a prayer list and pray for those people/situations for a full week.</p> <p>8. Read a book or watch two movies about a saint. Louis de Wohl is a popular author of</p>	<p>1. Say hello, hold the door for, smile, and converse with someone you don't know at church at least twice in a month.</p> <p>2. Sign up with the Worship office (248) 625-1482 to be a greeter at a mass. They hold the door for people, say good morning, etc.,</p> <p>3. Invite someone to mass. (Even if they decline your offer, share with the class what it was like to askí maybe ask a couple people!)</p> <p>4. Tell someone that God loves them; share something good about your faith with a friend or family member who doesn't go to church.</p> <p>5. Serve others. Examples include</p> <ul style="list-style-type: none"> <li>• working at a soup kitchen</li> <li>• volunteering at a service activity at the parish. You may do two of these to count for your two service actions.</li> <li>• helping an elderly person</li> <li>• helping someone who is sick or injured</li> <li>• assisting a veteran</li> <li>• helping care for someone's child</li> <li>• offering to help or work without having to be asked (at home, at school, at your grandparents' house, etc.)</li> </ul> <p>6. Write letters/cards of thanks and love to your grandparents, parents, or relatives. (What do you appreciate about them? How have they influenced your spiritual life? What are the things you love about them?)</p>

<p>novels based on the lives of saints. There are also many good movies about the saints, especially on EWTN. The library in the Cushing Center may contain some books on saints.</p> <p>9. Serve at mass or sing in the choir.</p> <p>10. Visit, attend, or tour a shrine or cathedral (How did the art and architecture affect me? How did the visit speak to me about God? What did I learn or experience?)</p>	<p>7. Help someone who needs assistance with their homework or studies.</p>
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1. Fulfill an action, journal about it on the sheet provided by the Faith Formation office, and let your religious ed teacher know you are ready to share.
2. Share with your class about the experience and how you felt about it as well as any outcomes of it.
3. Have your teacher sign your journal form. Once you have fulfilled all four actions, turn the sheet in to the Faith Formation office.
4. When you have fulfilled four of the actions, you have fulfilled this introduction to the spiritual life. We hope you will continue these practices on your own!

Many blessings!

Rebecca Joseph and Vikki Toth

If you have any questions, please call our office at 248-625-1750 or email [rjoseph@stdanielclarkston.org](mailto:rjoseph@stdanielclarkston.org).