

Family Spiritual Growth Plan

Often, when we hear people talk about faith, they talk about a journey. Our “faith journey” is not a one-day or year long trip, but a lifelong path that we walk with God. We are on the path that deepens our relationship with Jesus Christ and God the Father, through the guidance of the Holy Spirit. This faith journey happens on many levels: personal/individual, as a family, and as a Church. Each level influences the other levels. For example, our personal desire for holiness strengthens the Church and makes the world around us a better place.

This year as your son or daughter prepares for the sacrament of Confirmation, we invite your entire family to consider where you are in this faith journey and to map out a plan of where you are going. On this page you will find four topics for your family to reflect upon as you look ahead to this sacrament. After answering the question, please consider *at least* three ways you plan to grow in each area this year.

The first and second questions deal with prayer and the sacramental life. We are called, through the graces of our Baptism, to enter into a deeper relationship with Christ. As we know, with any relationship, communication is key and prayer is our way of communicating with God. Question three asks you to look to the needs of those around you. How are you called to serve? The last question incorporates faith formation – not only the candidate’s faith formation, but also the entire family’s. Formation doesn’t always mean “going to class” but includes reading spiritual books, attending conferences or Bible study groups, participating in youth activities, and reading books or watching movies on the lives of the saints. There are so many resources available to help us develop our understanding of faith and to guide us on this life journey!

So dig in. Answer the questions as honestly and accurately as possible, consider together the ways your family will journey in faith in the upcoming months. Please complete this assignment and turn in to your Confirmation catechist by **September 21, 2016**.

Is participation in sacramental life important to us? How often do we participate in the Mass? How frequently do we go to Reconciliation?

Some ways our family will participate in sacramental life this year:

Is family prayer important to us? How often do we pray as a family? Are we familiar with the Our Father, Hail Mary, rosary, mealtime prayers, etc?

Some ways our family will pray together this year :

Are the needs of others important to us? Do we tend to the needs of others in the community?

Some ways we will tend to the needs of others this year:

Is faith formation important to us? How do we as a family enrich our faith life?

Some ways we will enrich our family's faith this year: