

Making it Personal

Athletes train for competitions; students study for classes; musicians rehearse for performances. We all have to put in work and effort to train, practice, and prepare for the things that matter to us.

Learning to listen to God is no different. God reveals Himself to people across time and cultures through the sacraments, but we are more likely to notice Him when we have a daily habit of listening for His voice. This spiritual discipline or training can take many different forms: meditation, grace before meals, praying, journaling, doing a daily devotional, and reading the bible are just some of them. What is common is that they are all a daily, consistent habit of spending time with God.

Choose a spiritual discipline you will do daily between now and our next Confirmation Prep meeting.

Remember that the spiritual discipline you do should be:

- Safe (no fasting, etc.)
- Be something you can easily do (For example, since you brush your teeth each day, dedicating that time to talk with God should be easy!)
- Open you up to God more; make more room for God in your life

The day before our next meeting (Saturday 10/13), write down answers to the following questions and bring your answers with you to our meeting.

My spiritual discipline: _____

How successful were you? How often did you actually do the spiritual discipline you selected?

What was the easiest part of this?

What was the hardest thing about it?

What did you learn from the experience?