

Stewardship of Prayer

FOR ADULTS

Keep this copy for your records.

St. Paul writes that the greatest virtue is love. But it is impossible to love without faith. Faith is a gift from God. But like anything else, faith must be nurtured so it can grow. One of the best ways of nurturing our faith is through prayer.

Please indicate what prayer commitments you are willing to make.

- Attend mass weekly
- Attend mass daily
- Attend a retreat
- Join a Bible Study group or a prayer group
- Discuss the "Question of the Week" every week
- Attend an Adult Faith Formation session offered in our parish or outside
- Read a book from the parish library, or join the Book Club
- Read the Catholic Star Herald every week
- Attend Exposition of the Blessed Sacrament
- Read Scripture each day -- 15 minutes or more
- Pray each day -- 15 minutes or more
- Listen attentively to the homily on Sundays and discuss with family after Mass
- Receive the Sacrament of Reconciliation at least twice a year
- Other: _____

Name: _____

Date: _____



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