

Four Steps to Holiness (or how to become a Saint!) 😊

1. Daily Meditation and Resolution

- a. Four R's of Mental Prayer
 - Read—short meditation
 - Reflect—how it applies
 - Relate—tell Jesus and LISTEN
 - Resolution—small, concrete, doable

2. Frequent Reception of the Sacraments

- a. Practices to make the reception of Sacraments more fruitful
 - 1. Daily Examen
 - 2. Examination of Conscience
 - 3. Act of Thanksgiving after Mass
 - 4. ASK to be made more receptive

3. Root out sin and live a life of Virtue

- a. Ways to help rooting out sin and live a life of virtue
 - 1. Knowledge of self—Human formation
 - 2. Know your Temperament, predominant vices (PAGGLES)
 - 3. Follow a Rule of Life

4. Abandon yourself to the Will of God

- a. Abandonment to Will of God
 - 1. Obedience
 - 2. Discernment
 - 3. Detachment
 - 4. Devotion to Our Lady

7 Characteristics of Saints

1. Frequent reception of the sacraments
2. Daily Meditation
3. Thanksgiving/Resolution
4. Daily Examen
5. Devotion to the Blessed Mother
6. Rule of Life
7. Cultivate friendships with others who desire holiness