

# Tools for Growing in Holiness

Four Steps to Holiness Overview Sheet

How to Meditate (Handout only)

Prayer Evaluation Sheet

Daily Examen

Recommended Reading

Growing in Virtue Resolution Worksheet

# **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

## **My Prayer Life**

What is the state of my prayer life?

	Daily	Weekly	Monthly	Quarterly	Annually	Other/ Don't Know
Vocal Prayer (Rosary, other formula prayers)						
Mental Prayer						
Examination of Conscience						
Other						

What form(s) of prayer do I enjoy most and why?

What form(s) of prayer do I struggle with the most and how?

Do I struggle with prayer in general? If yes, in what way(s)?

# DAILY EXAMEN

**Become aware of the love with which God looks upon you as you begin this examen.**

**GRATITUDE:** Note the gifts that God's love has given you this day, and give thanks to God for them.

**PETITION:** Ask God for an insight and a strength that will make this examen a work of grace, fruitful beyond your human capacity alone.

**REVIEW:** With God, review the day. Look for the stirrings in your heart and the thoughts that God has given you this day. Look also for those that have not been of God. Review your choices in response to both, and throughout the day in general.

**FORGIVENESS:** Ask for the healing touch of the forgiving God who, with love and respect for you, removes your heart's burdens.

**RENEWAL:** Look to the following day and, with God, plan concretely how to live it in accord with God's loving desire for your life.

*Adapted from The Examen Prayer by Timothy M. Gallagher, OMI*

# Recommended Reading

**Prayer Primer - Fr. Thomas Dubay**

Time for God - Fr. Jacques Philippe

**Introduction to the Devout Life -St. Francis de Sales**

Impact of God - Fr. Iain Matthew

Thirsting for Prayer - Fr. Jacques Philippe

**Navigating the Interior Life - Dan Burke**

Difficulties in Mental Prayer - Fr. Eugene Boylan

**Fulfillment of all Desire - Ralph Martin**

The Screwtape Letters - C.S. Lewis

Hidden Mountain - Secret Garden - Anthony Lilles

**Divine Intimacy - Fr. Gabriel of St. Mary Magdalen O.C.D**

Fire Within - Fr. Thomas Dubay

**Searching for and Maintaining Peace - Fr. Jacques Philippe**

Deep Conversion/Deep Prayer - Fr. Thomas Dubay

**The Interior Castle - St. Teresa of Avila**

**The Better Part - Fr. John Bartunek**

# More Recommended Reading

## **Abandonment to Divine Providence – Caussade**

Christian Perfection and Contemplation – Reginald Garrigou-Lagrance

## **Collected Works of St. John of the Cross**

Collected Works of St. Teresa of Jesus

Complete Spiritual Doctrine of St. Therese - Jamart

## **Divine Mercy – Diary of St. Faustina Kowalska**

The Imitation of Christ – Thomas a' Kempis

I Want To See God – P. Marie-Eugene, O.C.D.

## **Life of Christ – Bishop Fulton J. Sheen**

Meeting God in the Heart – Douglas Bushman

Summa Theologica – St. Thomas Aquinas

On Prayer—St Jane de Chantal

## **The Three Ages of the Interior Life – Reginald Garrigou-Lagrance**

The Dialogue - St. Catherine of Siena

## **Story of a Soul - St. Therese of Lisieux**

Catechism - Part Four on Prayer

## **The Joy of the Gospel—Pope Francis**

# Growing in Virtue Resolution Worksheet

## Virtue Resolution Worksheet

Describe the practical action you will take

**Day**

**List the virtue you wish to grow in today**

**Resolution (Action)**

*Wed*

*Ex: Patience*

*Will refrain from complaining when confronted with delays during the day*

**Sun**

Mon

Tues

Wed

Thurs

Fri

Sat

**Sun**

Mon

Tues

Wed

Thurs

Fri

Sat



1. It agrees with Scripture.
2. God usually repeats it.
3. The idea comes to us while praying.
4. The desire grows stronger with time.
5. It involves an element of risk or faith.



# 14 Rules of the Chain of Love

## Formula / Practice

1. Work on being humble and sacrificing.

Mortify your five senses. Enjoy yourself when you encounter small humiliations.

2. To be pure in body and soul.

Guard your eyes from impurity and excess. Call on the Holy Spirit with frequency. Procure internal union with Jesus as you go about your day.

3. Work on being a person of prayer.

Make the Chain of Love with care. Make many spiritual communions through out the day.

4. Love the hidden life, immersing yourself in God.

Practice modesty and hiddenness. Try not to speak of your spiritual experiences. Be simple, natural and without presumption in your interactions.

5. Have affection for the virtue of poverty.

Try to feel some effects of poverty in your choices and lifestyle. Gain patience when you are being despised like Jesus.

6. Forget yourself and think only of Jesus.

Seek not comfort. Do not desire consolation. Control yourself in conversation and learn to challenge yourself to avoid laziness or repugnance towards distasteful things.

7. Have your heart empty of all earthly affection in order that Jesus can fill you with His totality.

Meditate about the shortness of your life. Think about how creation is in light of eternity. Learn to accept and offer everything in life for Jesus. See God in your relationships with others.

# 14 Rules of the Chain of Love cont

## Formula / Practice

8. Love and imitate Mary in her obedience to God and man.

See God in action by whom He sends to us. Say with frequency: “God what do you want for me to I do right now?” Listen and obey the Holy Spirit when He inspires you.

9. Work with purity of intention, under the watchfulness of Jesus.

Offer every action to Jesus. See God in the depth of your soul.

10. Tend without ceasing to all that is right and holy.

Do not strive after human respect. Manage your impulses and practice discernment in your work.

11. Let your soul be tempered by learning to accept pain that comes from loving others. This does not mean you remain in abusive situations.

Do not seek to escape from pain but learn to offer it for others. Ask for the love of the cross. Never lose peace in your pain.

12. Love God, without petty interest for who He is, with generosity, without interruption, and abandonment to His will.

Practice the virtues through pure love, without excluding hope. Do not measure the heights of your Calvarys (sufferings). Be generous.

13. Correspond to the graces of the Holy Spirit without hesitation and be faithful to the inspirations when they come.

Love with enthusiasm and much fire. Desire your sacrifices, to be victims, in order to prove our love.

14. Live in God and only for God, dead to all that is not God.

Die to all the created order to be able to live in God. Love others through God and for Him. Nothing grows without loving and suffering. When they look at us, they find Jesus.

# St John of the Cross'

## Guidance for the Spiritual Life

- To reach satisfaction in all – desire satisfaction in nothing.
- To come to the knowledge of all – desire the knowledge of nothing.
- To come to possess all – desire the possession of nothing.
- To arrive at being all – desire to be nothing.
- To come to enjoy what you have not – you must go by a way in which you enjoy not.
- To come to the knowledge you have not – you must go by a way in which you know not.
- To come to the possession you have not – you must go by a way in which you possess not.
- To come to be what you are not – you must go by a way in which you are not.
- In this nakedness, the spirit finds its quietude and rest ...