

Four Steps to Holiness

(or How to Become a Saint!)

1. Daily Meditation and Resolution

- a. Four R's of Mental Prayer
 - Read—Scripture and/or short meditation
 - Reflect—think about how it applies to your life
 - Relate—tell Jesus about it and LISTEN
 - Resolution—a small, concrete, doable action

2. Frequent Reception of the Sacraments

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

3. Grow Daily in a Life of Virtue

- a. Root out sin
 - 1. Knowledge of self—Human formation
 - Gifts/Talents/Temperament/Motivations
 - 2. Spiritual Reading—Church Teaching, Saints
 - 3. Work to Subdue Your Predominant Vices
 - 4. Spiritual Direction/Spiritual Friendships
- b. Cultivate a Life of Virtue
 - 1. Daily Resolution
 - 2. Follow a Rule of Life

4. Abandon/Entrust Yourself to the Will of God

- a. Abandon/Entrust Yourself to Will of God
 - 1. Practice Obedience
 - 2. Continuous Discernment
 - 3. Grow in Detachment
 - 4. Cultivate Devotion to Our Lady