

Creating A Spiritual Plan for the Year

Time

When could be my time of prayer?

Place

What could be my place of prayer?

Space

How do I want to make it a sacred space for prayer?

Prayer Method

Is there a certain prayer method or prayer methods I feel drawn to right now?

Community

What support do I need right now....

- From those in my home?

- From my Church Community?

- From my friends?

Ongoing Formation

- What other things would I include as part of a plan for my spiritual life?
- What spiritual books do I want to read? Are there topics I want to learn more about regarding my faith?
- What scriptures or books of the bible do I want to read/pray with?
- Are there any saints I want to learn more about?
- Is spiritual direction something I want to consider?
- Do I want to make an annual retreat?