

Faith in Action Activity

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

In Step 11, we develop a daily routine that deepens our relationship with the Lord and leads us on the path toward wholeness. Everyone's relationship with Christ is unique and, as such, may incorporate more or less of various elements of worship. For example, some people may go to daily Mass but only spend time in Eucharistic Adoration once every so often. This Step is about coming to radically accept God's will for us and to make knowledge of his will and power to carry that out our primary concern. Reflect on the following list and integrate three practices into your spiritual routine:

- Start attending daily Mass.
- Read and reflect on the daily Mass readings in your *Magnificat*, *Word Among Us*, at usccb.org, or on the Laudate app.
- Commit to spending one Holy Hour per week with the Lord.
- Pray the Liturgy of the Hours throughout the day, using the Hallow app.
- Receive the Sacrament of Reconciliation monthly.
- Read and meditate on scripture regularly.
- Repeat and meditate on the short prayer "Lord Jesus Christ, Son of God, have mercy on me a sinner" throughout the day.
- Do spiritual journaling.
- Join a local Bible study or prayer group that interests you.
- Make the Total Consecration to Jesus Christ through Mary.
- Be of service at your parish as a volunteer based on your gifts and talents.
- Pray the Rosary or Chaplet of Divine Mercy.
- Make a rosary or learn how to tie prayer knots.
- Read a book about a saint who resonates with you.
- Recite an intercessory novena to a saint.
- Go on a pilgrimage.
- Attend Eucharistic Adoration at a church you've never visited before.
- Consume only technology that inspires holiness. This applies to websites, music, movies, and TV.
- Meet with your spiritual director, sponsor, or faith mentor on a regular basis.