Paradisus Dei®

Building Your Spiritual Plan of Life

"Wherever you are in the spiritual life, Jesus Christ wants to encounter you right there, and take you further." - Steve Bollman.

1. Stay deeply united to Jesus sacramentally in the Eucharist and through Reconciliation.
2. Commit to a daily prayer life, as guided by the 7 Daily Practices of Prayer.
3. Commit to practicing virtue and removing vice in your life using The 7 Steps.

"A what without a when, is a never." - Shelly Bollman

7 Daily Practices of Prayer

1. Morning Prayer
2. Midday Prayer
3. Night Prayer
4. Pray the Rosary
5. Reading Scripture using Lectio Divina
6. Liturgy of the Dinner Table
7. Practice of the Presence of God

The 7 Steps

1. Honor your wedding vows
2. Use money for others
3. Give God some of your time
4. Set your mind on the things above
5. Find God in yourself
6. Find God in other people
7. Practice superabundant mercy

INSTRUCTIONS

Worksheets with practical examples for the practices and steps areas are available HERE. Use these guides to choose 1-2 things to write down in your plan. Be specific. Find an accountability partner. Practice these until they become a habit, then choose 2 more.

EXAMPLES OF WHAT & WHEN

Pray the Angelus	at lunch 5 days/week
Confession	first week of each month

Next Steps in My Spiritual Plan

WHAT	WHEN