

Spiritual Plan of Life

“ YOU CAN'T FIT GOD INTO YOUR LIFE, YOU HAVE TO
build your life around God.”

- Fr. Larry Richards

1. **Continue to reflect and remember your insights and resolutions from our programs; consider reading other recommended reading and ongoing journaling.**
2. **Share about your experiences from our programs, or your story, with a good trusted friend, married couple, spiritual director, and/or a faith-based community at your parish.** (The surest way to healing and virtue is through good, faith-filled friendships. In particular, seek out great models for marriage and love and an active parish life.)
3. **Be intentional when making the Sign of the Cross for any prayer, remembering that you belong to God the Father, Son, and Holy Spirit through the Sacrament of Baptism.** (You are God's beloved, capable of great love! You are a child of a perfect marriage.)
4. **Spend at least 10-15 minute a day in daily prayer; take insights from our written materials and programs to God in prayer; from time to time consider doing the suggested spiritual practices in those materials.** (We cannot know Christ if we do not know His holy words, His love letter to us.)
5. **Pray in front of the Blessed Sacrament or Eucharistic Adoration once a month or more.**
6. **Go to Mass on Sundays and take advantage of daily Mass whenever you can.** (“The Eucharist is the supreme proof of the love of Jesus. After this, there is nothing more but Heaven itself.” – Saint Peter Julian Eymard)
7. **Practice virtue, especially the virtue of forgiveness. Pray the Divine Mercy Chaplet frequently and ask for the grace of merciful love. Go frequently to the Sacrament of Reconciliation.** (If you fall into sin, then simply go to confession and recommit yourself to living God's plan of life and love.)
8. **Cultivate a friendship with Mary and the saints.** Continue to learn from them about how to develop one's interior prayer life, to suffer well, and to live other virtues.
9. **Take advantage of other spiritual resources for your healing – Life-Giving Wounds support groups,** the many resources listed at www.lifegivingwounds.org, counseling, spiritual direction, etc. Stay in touch with Life-Giving Wounds as well (Facebook page, newsletter)!
10. **Be involved in a faith-based ministry to continue to grow your faith.** If dating, engaged or married, then make sure to find good mentors for love to learn from and lean upon in marriage.



www.lifegivingwounds.org