

Faith in Five – Adults Spiritual Resolutions



Faith in Five for adult learners was created to help increase your faith and relationship with the Lord. We learn more about God and ourselves when we spend with Him in prayer and scripture, and in service to others through our faith and Church. The more we understand and know about our faith, the more we will love it and be willing to share it with others!



God is not just in our Sundays – He should be part of our every day! For the new year, we invite you to consider making spiritual resolutions to incorporate God more into your life and to grow further in the Catholic faith. Some ideas listed below may be easy, others more challenging. You may already have a spiritual resolution or more in mind! Whatever you choose to do, offer your resolutions to God in prayer: invite the Holy Spirit, Mother Mary and the saints in your endeavors.

God/Holy Trinity

- Praise Him more (see [Heather's video on the Gratitude Rosary](#)). Challenge yourself to see if you can praise God at least twice or more a day!
- Begin listening to praise and worship music, even just for 10-15 minutes a day. Have a Christian music station preset in your car or create a playlist of your favorite praise songs.
- Learn or begin a new devotional, read spiritual books.
- Set an alarm for a certain time during your workday when you can spend a few minutes with God to pray or say a decade of the rosary. Perhaps spend a few minutes of a break or lunch to sit and meditate on your day with God. Even if you have 30 seconds, you can recite the Glory Be.
- Spend extra time with God before or after Mass.
- Ask God what He would have you do today, listen and pay attention to the promptings of the Holy Spirit.
- Purposefully look for Christ in every face you see.

Mary and the saints

- Dwell on the purity of Mary, and her character. Study one or more of her apparitions and messages.
- Ask yourself if you are pointing the way to Christ. How are your actions, words and thoughts?
- Learn more about a religious order and if interested, consider joining a third order (lay members who do not live in a monastery or nunnery but participate in its great works).

- Choose a patron saint, whose intercession you wish to implore for a month or throughout the year. Study their life and virtues.

The Church / Service to others

- Consider getting involved in a church ministry. Even if you are not able, consider donating to them or supporting them in an event that they put together.

- Find out what needs your church may have and donate – liturgical items for Mass, food pantry

- Even if you cannot join a ministry, tidy up your pew before and after Mass

- Consider donating to the Pontifical North American College of Priests or support your local seminarians

- Buy or make a meal for your priest/religious; consider giving them gift cards, movie tickets, etc.

- If you don't already, provide a word of thanks or encouragement to your priest after Mass. Include altar servers! Encourage children to do this also. Learn to be friends with the priests.

- Random acts of prayer for those in your life and those you do not know! Consider visiting A Catholic Mom's Life [Immaculata Prayer Warriors](#) on Instagram to pray for those in need.

- Learn from other Catholics about their faith journey. Support catholic vendors and make more catholic friends!

Yourself

- Learn a new prayer by heart this year.

- Read the Bible more, commit to reading the New Testament; one or all 4 Gospels in a year. You may also want to consider reading the Bible by participating in Ascension Press' podcast, "Bible in a Year" with Fr. Mike or their upcoming "Catechism in a Year".

- Learn how to do the Liturgy of the Hours; if you cannot commit or learn all of it, start small and do the morning or night prayer.

- Say a prayer while standing in line waiting, before exercise, when cooking or cleaning, when grocery shopping, as you sit down in front of a computer or before you look at your phone. It can be a simple prayer of thanks to God; an Our Father, Hail Mary or Glory Be.

- Sit in a different pew at Sunday Mass; attend a different time on Sunday or visit another Catholic church. The idea is to broaden your perspective, meet new people or experience something different.

- Include God more in your conversations with others. A simple, "God is so good" and be bold about sharing with others how God blessed you. Be prepared to share your faith!

- Consider a pilgrimage or visit a shrine. If not this year, add this to your bucket list.

- Consider going on a retreat, or even [a 3 minute retreat!](#)

- Visit a different Catholic church in your area or attend an event there. See if there is anything there with which you can help. Or send an extra donation to another Catholic church.

- If you don't know any, learn to say a few phrases in Latin:

The Sign of the Cross (*In nomine Patris, et Filii, et Spiritus Sancti. Amen*).

The Glory Be (*Gloria Patri, et Filio, et Spiritui Sancto, Sicut erat in principio, et nunc, et semper, et in sæcula sæculorum. Amen*) https://youtu.be/4af_S4o7Lto

Learn other Latin phrases here: <https://www.youtube.com/c/ChoirRoom/videos>

Should you fail to keep your commitment, begin again. Have grace and forgive yourself! Consider adjusting your goal so that it is achievable. Reaffirm your intention to get back on track. Declare your mistakes to God (Psalm 32:5) and re-up your commitment to begin again (Isaiah 43:19). God will be pleased knowing you want to grow closer to Him and making Him known to others. The good work God began in you, will continue it until it is finished when Jesus Christ comes again (Philippians 1:6).

I wish you a year filled with serenity and happiness: may you always be certain of God's love for us. As he did two thousand years ago, Christ comes today with his saving Gospel to guide the uncertain and faltering steps of peoples and nations, leading them towards a future of true hope. I ask him to bless this moment of festivity and good wishes, that it may be the promising beginning of a new millennium filled with joy and peace. Let us enter the year with our eyes fixed on the mystery of the Incarnation. Christ, yesterday, today and forever.

To him belong time and the ages. To him be glory and dominion for ever and ever. Amen!

I thank you. Happy New Year to all. Praised be Jesus Christ!

[Pope John Paul II, Jan. 1, 2000](#)

This is a free resource! For more information, visit www.acatholicmomslife.com