

The 7 Keys to Spiritual Wellness



The Presence of God

Lord Jesus Christ (*breathe in*)
Son of the living God (*breathe out*)
Have mercy on me (*breathe in*)
a sinner. (*breathe out*)

**Lord Jesus Christ
Son of the living God
Have mercy on me
a sinner.**

Prayer Journaling

As you are and feel at this moment, select one word from each column that seems most appropriate.

<u>I.</u>	<u>II.</u>	<u>III.</u>	<u>IV.</u>	<u>V.</u>	<u>VI.</u>	<u>VII.</u>
Dear	God		striving	servant	needs	help
Heavenly	Father		frightened	son	begs for	advice
Gentle	Mother		confident	daughter	thanks you for	love
Kind	Son		fearful	child	asks for	forgiveness
Forgiving	Spirit		sinful	creature	requests	You
Loving	Creator		anxious	brother	appreciates	prosperity
Just	Giver of Life		sorrowful	sister	demands	courage
Mysterious	Sustainer		grateful	people	enjoys	confidence
Unseen	Jesus		confused	community	claims	patience
Merciful	Christ		joyful	family	pleads for	peace
Powerful	Savior		eager	friend	has	an answer
Faithful	Redeemer		hurting	companion	deserves	praise
All Wise	Friend		angry	disciple	searches for	faith
Patient	Protector		peaceful	messenger	hopes for	understanding
Unknown	Judge		depressed	prophet	fears	friendship
Trusting	Master		hopeful		loves	strength
Blessed	Brother		struggling		long for	generosity
Guiding	Guide		determined		shares	acceptance
All Knowing	Higher Power		lonely		gives	guidance
Divine	King		faithful		wants	celebration
Hiding	Sister		troubled		expects	life
Relentless	Ruler		happy			laughter
Ever Present	Victor		trusting			relief
	Lord		brave			nothing
	Presence		loving			everything
			serene			pain
			searching			tears
			unique			mercy
						another chance



A Personal Note

The 7 Keys to Spiritual Growth



- ❖ Key 1- Keep Christ at the Heart of Your Life
- ❖ Key 2- Cultivate an attitude of gratitude
- ❖ Key 3- Look for the Lost/Mission
- ❖ Key 4- Keep It Simple Sweetie! (KISS)
- ❖ Key 5- Be Merciful
- ❖ Key 6- Be Joyful
- ❖ Key 7- A Strong Prayer Life

Key 1-Keep Christ at the Heart of Your Life



The Paradox of Our Time in History is that

we spend more, but have less;

we buy more, but enjoy it less.

We have bigger houses and smaller families;

more conveniences, but less time;

more medicine, but less wellness.

We read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values.

These are the times of tall men, and short character;

steep profits, and shallow relationships.

These are the days of two incomes, but more divorce;

of fancier houses, but broken homes.

We've learned how to make a living, but not a life;

we've added years to life, not life to years;

we've cleaned up the air, but polluted the soul.

Anonymous

Key Findings 2015

Since 2007, there has been a 3% decline in the number of Americans who identify as Catholic.

The median age of Catholic adults is 49 (up from 45 in 2007)

Nearly a third of all U.S. adults (31.7%) were raised Catholic, and most of them continue to identify as Catholics today. **But nearly 13% of all Americans are former Catholics** – people who no longer identify with the faith despite having been raised in the Catholic Church. 2% of Americans are converts to Catholicism

This means that there are more than six former Catholics for every convert to Catholicism.

16% of Millennials identify as Catholic
Catholics were 23.9% of the adult population in 2007 and are about 20.8% now.



25 million additional Catholics were added to the Church in 2013, over 16 million were newly baptized. If brought together in one place, these new Catholics would be the size of the second largest metro area on the planet: Jakarta, Indonesia.

That means an average of 68,493 additional Catholics or a new Pasco, Washington every day of 2013.

That means an average of 2,854 additional Catholics every hour of 2013.

That means an average of 48 additional Catholics every minute of 2013.



The error of assumptions...

“All too often those of us in positions of Church leadership assume that all folks in the pews on Sundays, all the children in our grade schools, high schools and...in our youth groups and all the members of our RCIA team are already disciples. Many are not. The same can be said of staffs and faculties of Catholic institutions. Our people may be very active in the programs of our parishes, schools and institutions but unfortunately, such participation does not qualify for discipleship”

Father Damien Ference

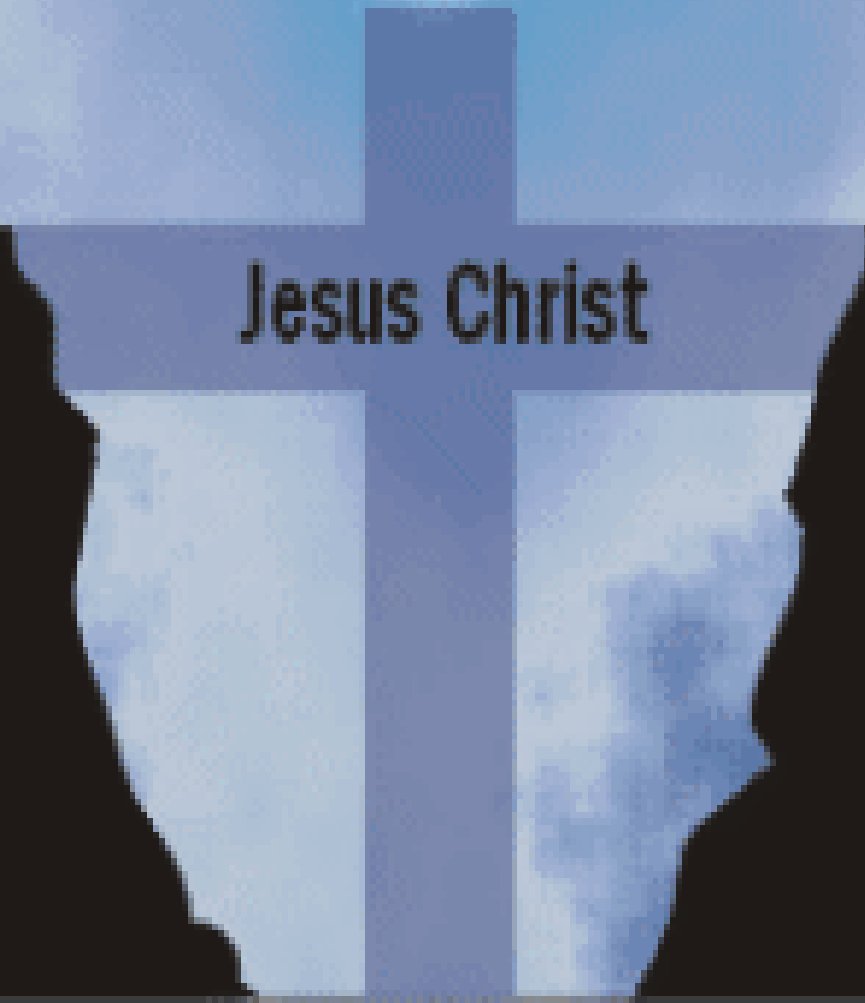
“Forming Intentional Disciples” Sherry Weddell pg 55.

People



God

Jesus Christ



Your GPSS- Global Positioning Spiritual System



We share the Gospel by
proclaiming the basic story of
salvation which is called the
kerygma.





I was.



God did.



I am.

Diocese of Green Bay-Core Framework

- 1. God is love and has created me for relationship with Him.
- 2. I have broken my relationship with God by my sin.
- 3. Jesus restores my relationship with God through his life, death, resurrection.
- 4. **Jesus invites me to trust him, to turn from sin and to give my life to Him.**
- 5. Jesus has poured the Holy Spirit into my heart to bring me to new life in His Church and sends His Church on mission so that others can experience new life.

**He, Shee, Thee, All
Things in Three!**

Share Prayer

- You can call on God the following ways: God, Lord, Father, Jesus, Holy Spirit, etc.
- Thank God for the person you are praying with and ask for God's blessing upon them: "Thank you for Francis, you son. Please bless him."
- Then ask God for what the person needs: "Heal Francis' grandmother. Help Francis' family to make the right decisions about the nursing home. Continue to give Francis and his grandmother a wonderful relationship."
- Finish the prayer with a doxology: "We ask this through Christ our Lord." OR "We ask this in Jesus' name." OR "Through Our Lord Jesus Christ you Son, who lives and reigns with the Holy Spirit, one God forever and ever." OR etc

Share prayer practice



The one who prays
without speaking
evangelizes more than
the one who speaks
without praying.

Cantalamessa, 34

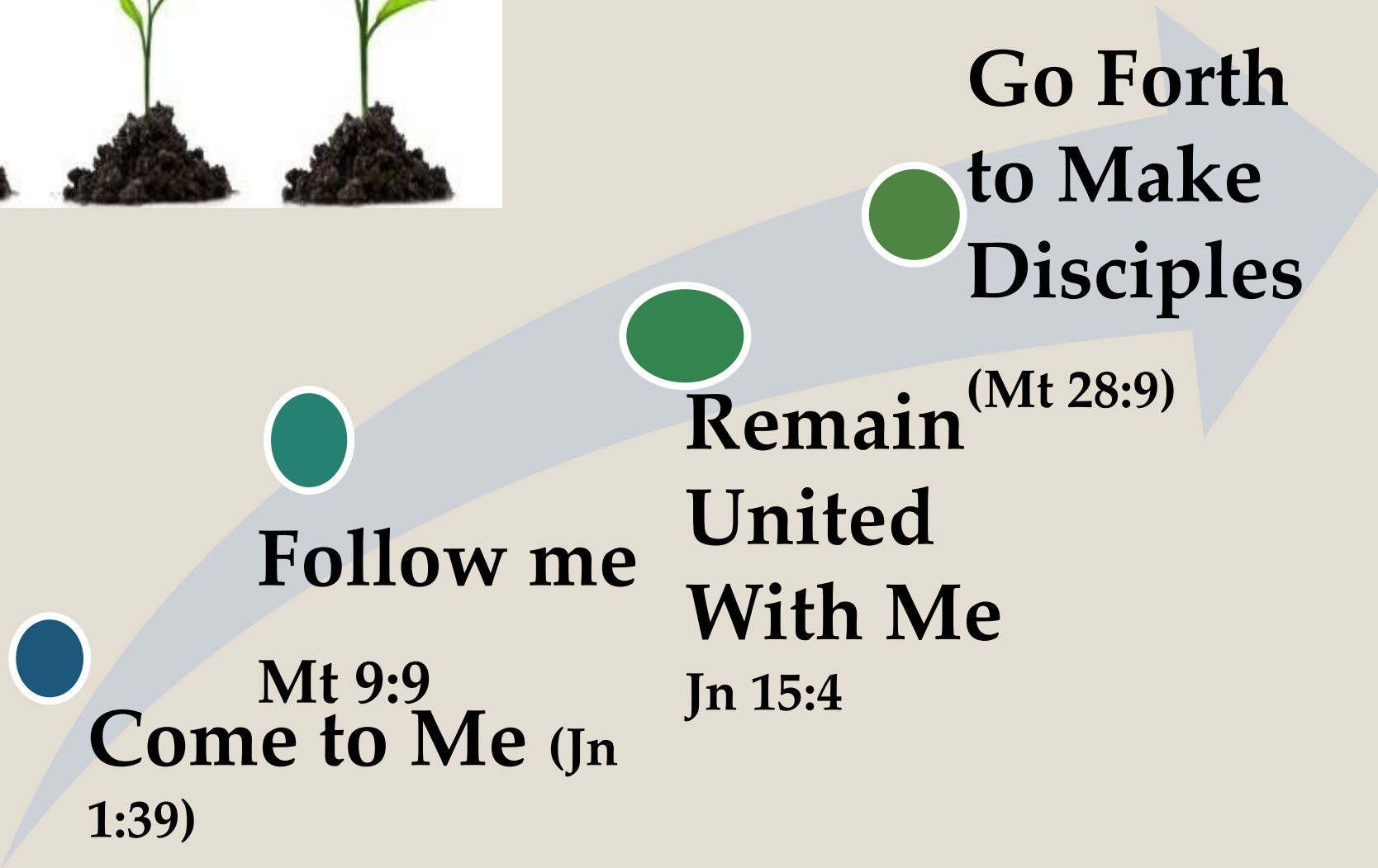




We are not teaching
a subject...

We are encountering a Mystery!





Key 2-Cultivate an Attitude of Gratitude





An Arrow Aimed at the Head Will Not Pierce the Heart

St. Patrick of Ireland- A Servant Heart

“I give thanks unceasingly”





Living the Acts of the Apostles



I am grateful
for.....

Key 3- Look for the Lost











GROW

YOU

Bring the Good News!

"But how are they to call on one
in whom they have not
believed?

And how are they to believe in
one whom they have never
heard?

And how are they to hear without
someone to proclaim him?

And how are they to proclaim him
unless they are sent?

As it is written, "How beautiful
are the feet of those who bring
good news!"

Romans 10.14-15





“ Where does Jesus send us? There are no borders, no limits: he sends us to everyone. The Gospel is for everyone, not just for some. It is not only for those who seem closer to us, more receptive, more welcoming. It is for everyone. Do not be afraid to go and to bring Christ into every area of life, to the fringes of society, even to those who seem farthest away, most indifferent. The Lord seeks all, he wants everyone to feel the warmth of his mercy and his love.”

Pope Francis *WYD 2013*
Address



Key 4- KISS- Keep It Simple, Sweetie!

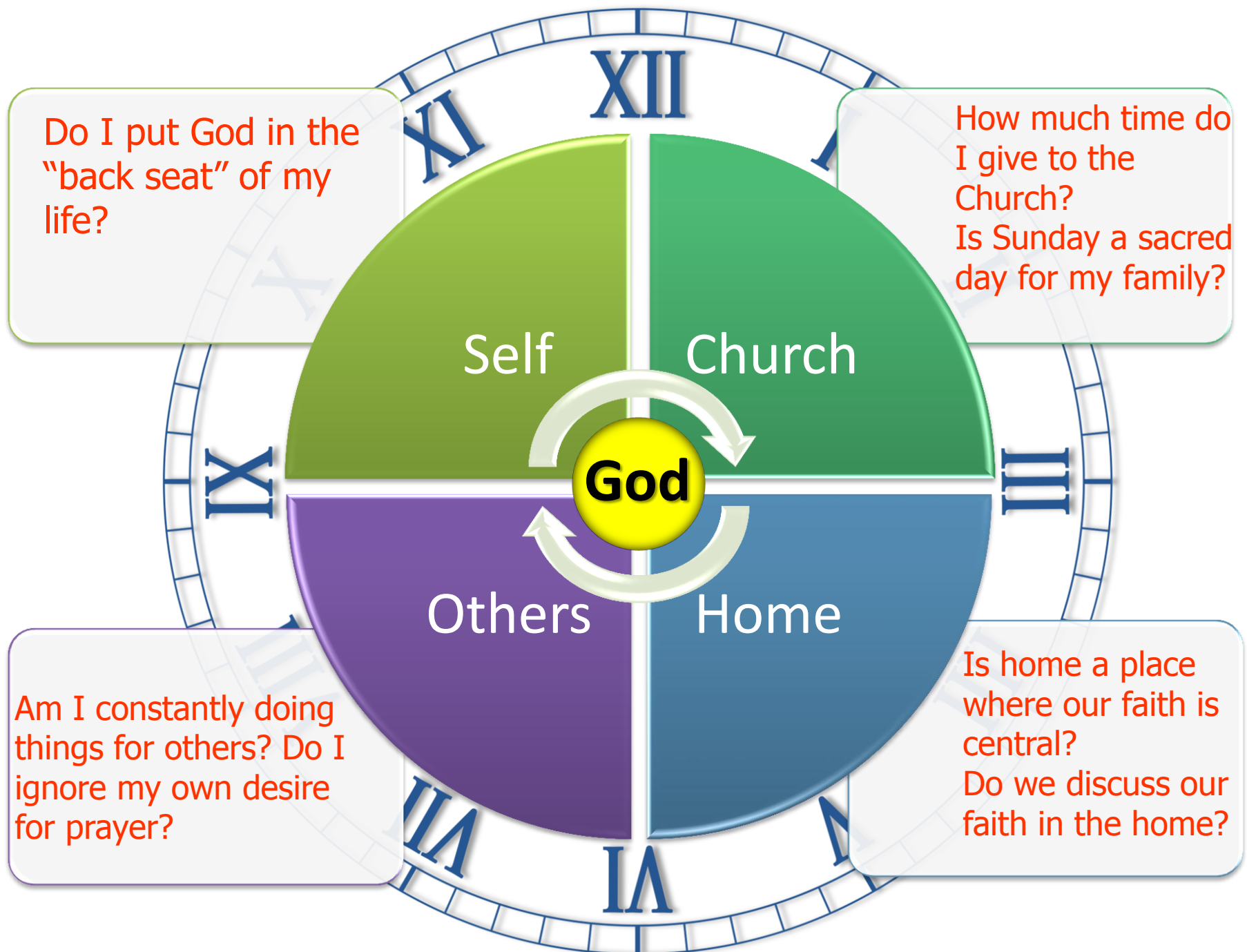


Three Types of Poverty

- ❖ Material Poverty
 - ❖ Moral Poverty
 - ❖ Spiritual Poverty

“People are made to be loved and
things are made to be used but we love
things and use people”

Matthew Kelly



How do you respond?

A man fell into a pit and could not get himself out:

A SUBJECTIVE PERSON said, *“I feel for you down there.”*

AN OBJECTIVE PERSON said, *“How could someone possibly fall down there?”*

A PHARISEE said, *“Only bad people would fall into a pit.”*

A NEWS REPORTER wanted an exclusive story on the pit.

A MATHEMATICIAN calculated how he fell into the pit.

How do you respond?

THE INCOME TAX MAN asked if he was paying taxes on the pit.

A SELF-PITYING PERSON said, *“You haven’t seen anything until you have seen my pit.”*

AN OPTIMIST said, *“Things could get worse.”*

A PESSIMIST said, *“Things will get worse.”*



**JESUS, seeing the man, took him
by the hand, and lifted him up
out of the pit.**



- What do I need to START doing?
- What do I need to STOP doing?
- What do I need to KEEP doing?

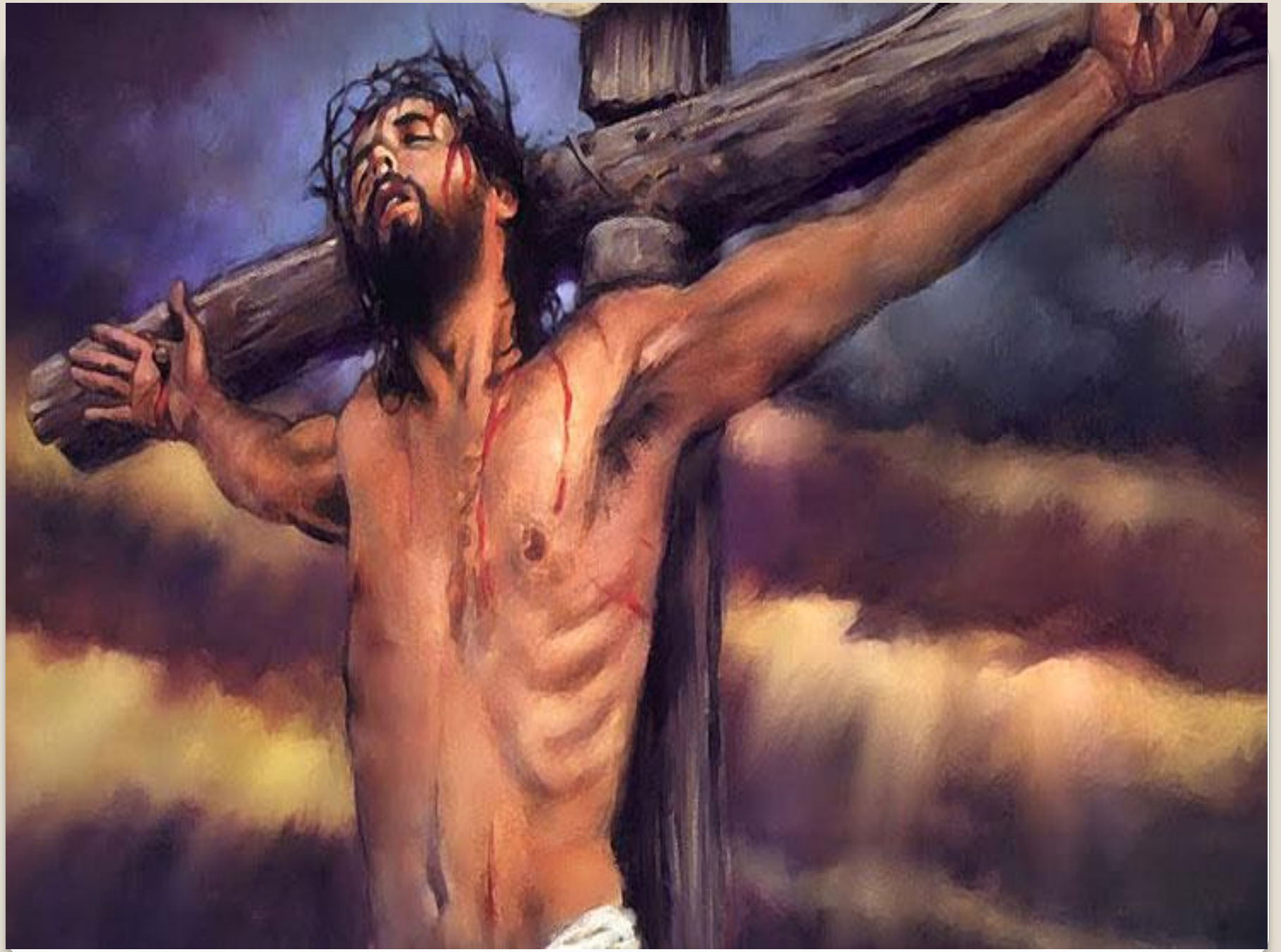
-In my life to be a disciple of Christ and in my ministry to form disciples of Christ?

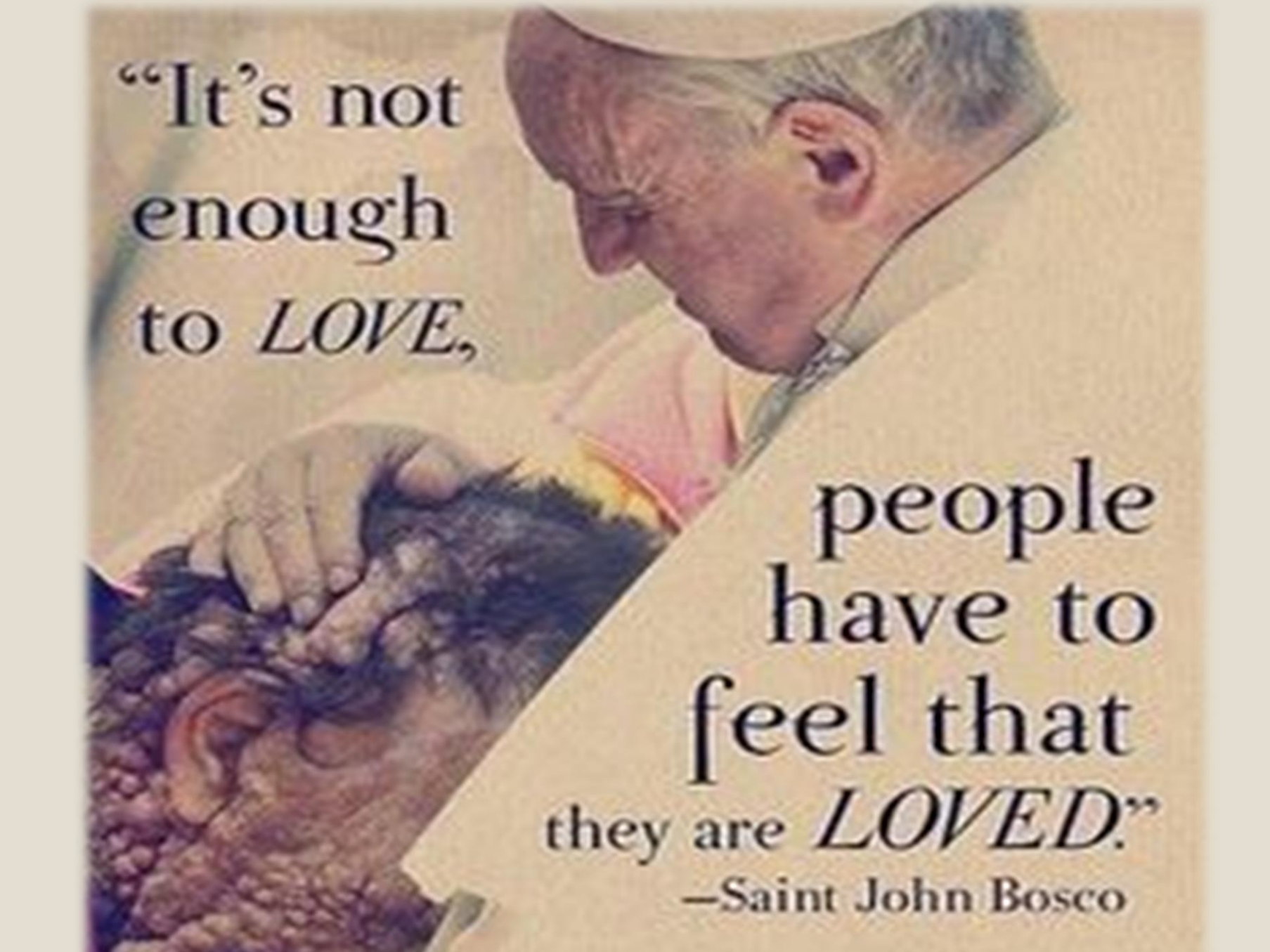


Key 5- Be Merciful

Key 5- Be Merciful







“It’s not
enough
to *LOVE*,

people
have to
feel that
they are *LOVED.*”
—Saint John Bosco

Key 6- Be Joyful



finding JOY in the journey



A journey of 18 inches

Your Story of Faith



S - structure
T - trial
O - openness
R - redemption/renewal
Y - you-nique



Check Out- *"The Catechist's Backpack: Spiritual Essentials for the Journey"* by Joe Paprocki and Julianne Stanz published by Loyola Press.

The Pickled Pepper

"Don't wear a cross
around your neck if all
you're going to do is
complain about the one
on your back."

~ Pope Francis



Key 7- Pray





A Healthy Spiritual Diet



Your Prayer Life

Which of these ways of praying are part of your prayer life?

- Meditation
- Traditional prayers
- Liturgy of the hours
- Rosary
- Scriptures and other spiritual writings
- Way of the Cross
- Morning and Night prayers
- Retreats
- Novena
- Song, music



WOW-WOOPS-PLEASE-THANK YOU

Mary Presenting Jesus to the World





A Discerning Leadership

Name one thing that you heard today that involves new learning?

What difference will that learning make for you in your personal life and in your ministry?

St. Patrick's Lorica

I bind unto myself today, The virtues of the starlit heaven,
The glorious sun's life giving ray, The whiteness of the moon at
even,
The flashing of the lightning free, The whirling wind's tempestuous
shocks,
The stable earth, the deep salt sea,
Around the old eternal rocks.

I bind unto myself today, The power of God to hold and lead,
His eye to watch, his might to stay, His ear to hearken to my need,
The wisdom of my god to teach, His hand to guide, his shield to
ward,
The Word of God to give me speech, His heavenly host to be my
guard. Amen.



Questions? Comments?

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***Gurbh Mile Maith Agait (A Hundred
Thousand Thank Yous)***

