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>	Π.	III.	IV.	V	VI.	VII.
Dear	<i>G</i> od		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



- *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.

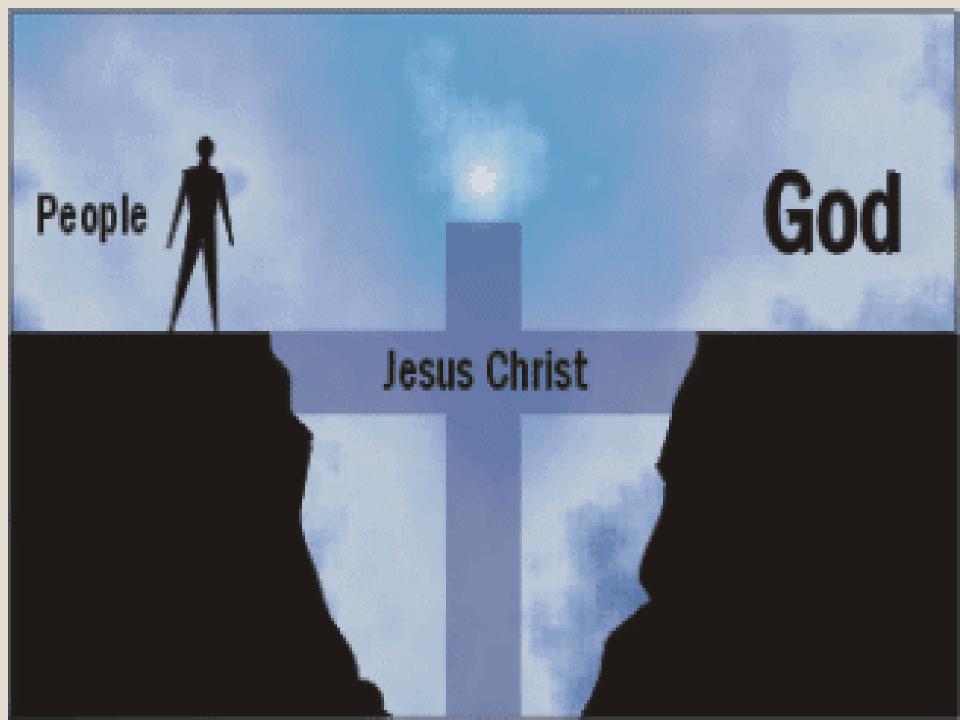


The error of assumptions...

"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

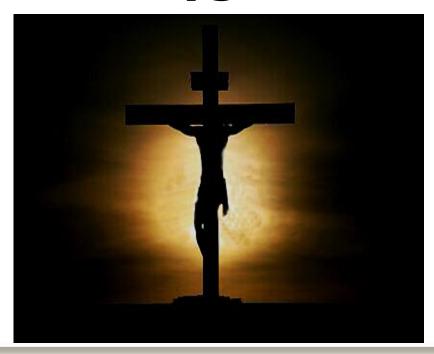
"Forming Intentional Disciples" Sherry Weddell pg 55.



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







We are not teaching a subject...





Go Forth to Make Disciples

Remain (Mt 28:9) United With Me

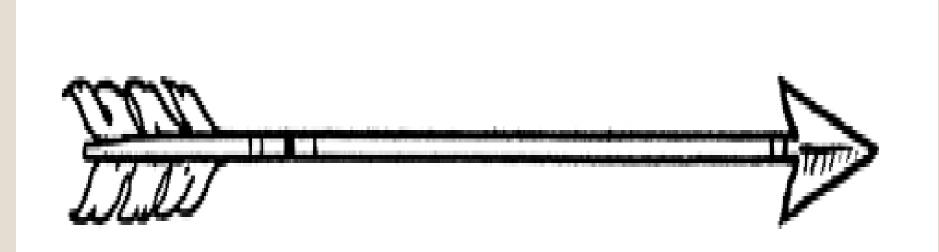
Jn 15:4

Follow me

Mt 9:9 Come to Me (Jn 1:39)

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"

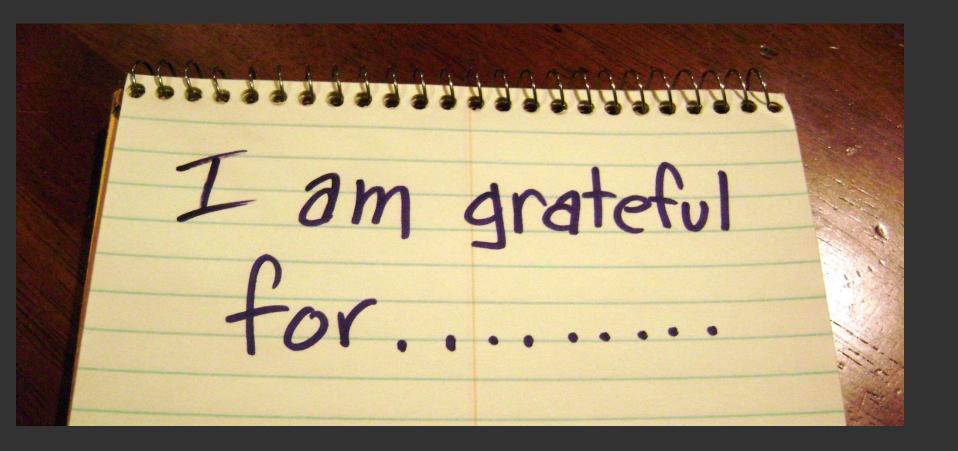






Living the Acts of the Apostles















GROW



Bring the Good News!

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

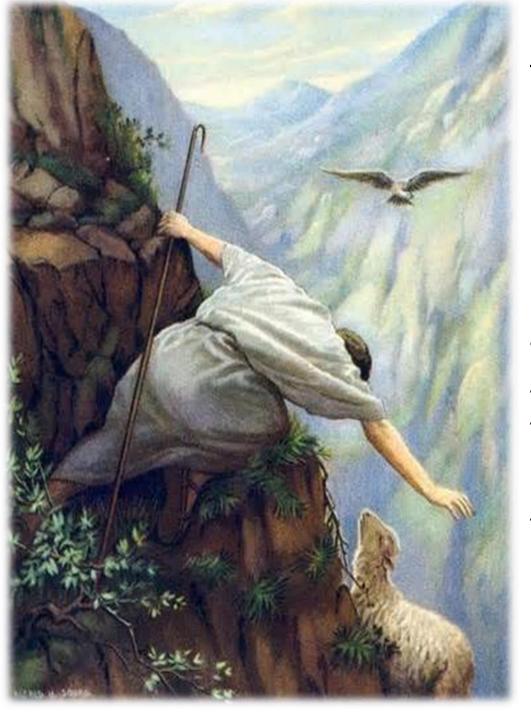
And how are they to believe in one whom they have never heard?

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



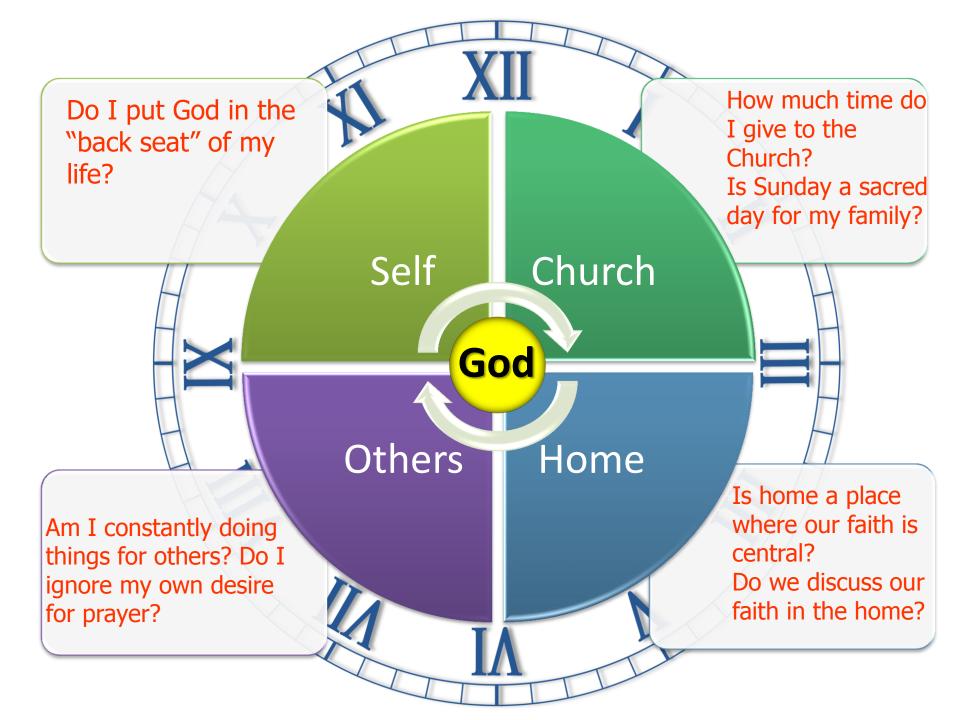
Key 4- KISS- Keep It Simple, Sweetie!



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.



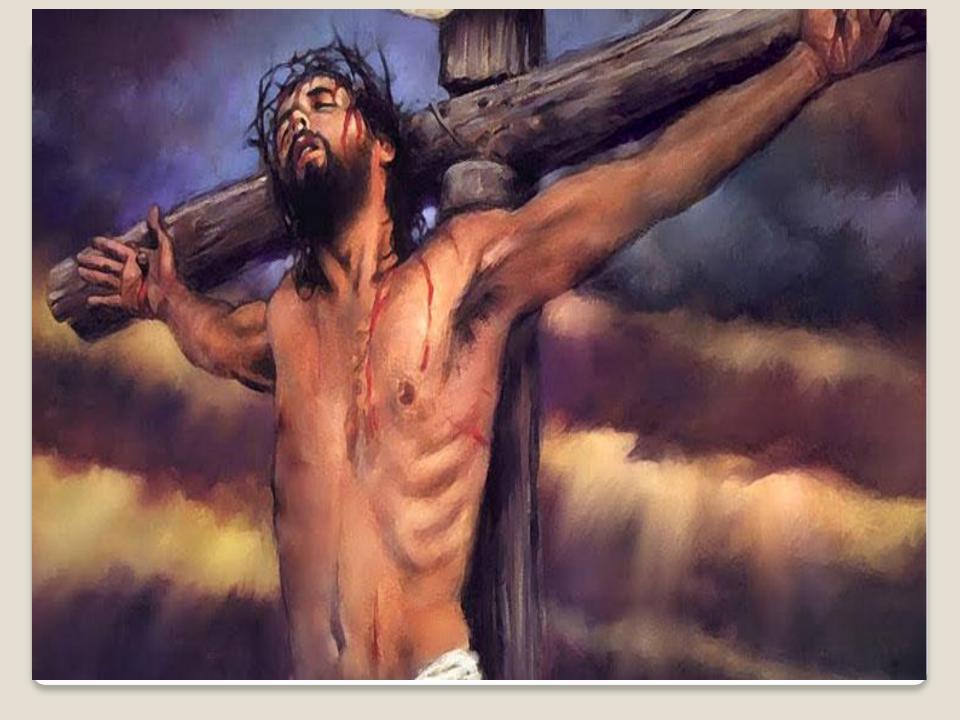
- What do I need to START doing?
- What do I need to STOP doing?
- What do I need to KEEP doing?

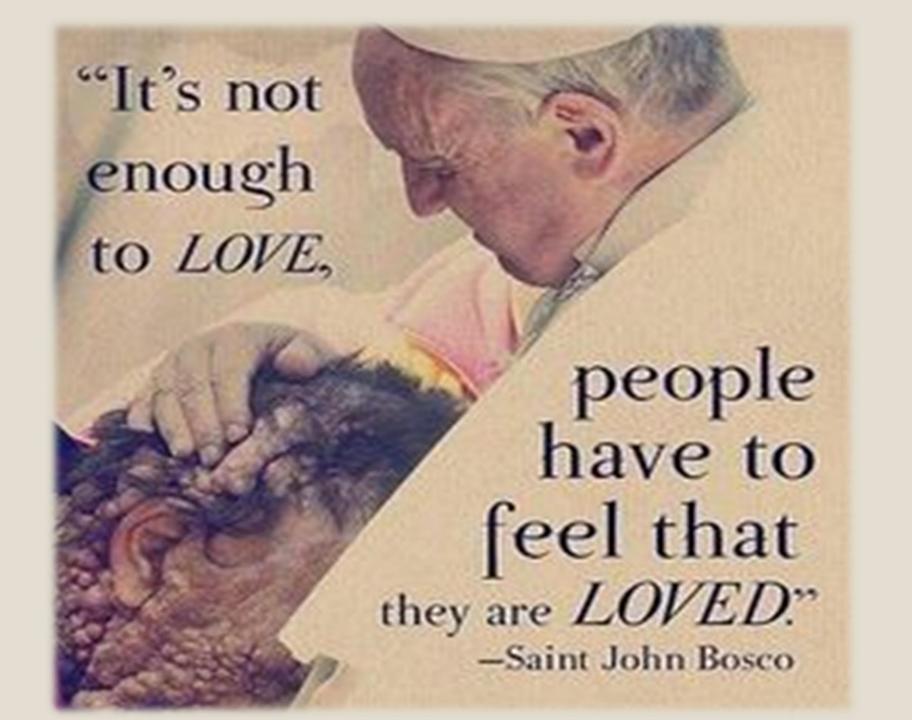
-In my life to be a disciple of Christ and in my ministry to form disciples of Christ?



Key 5- Be Merciful





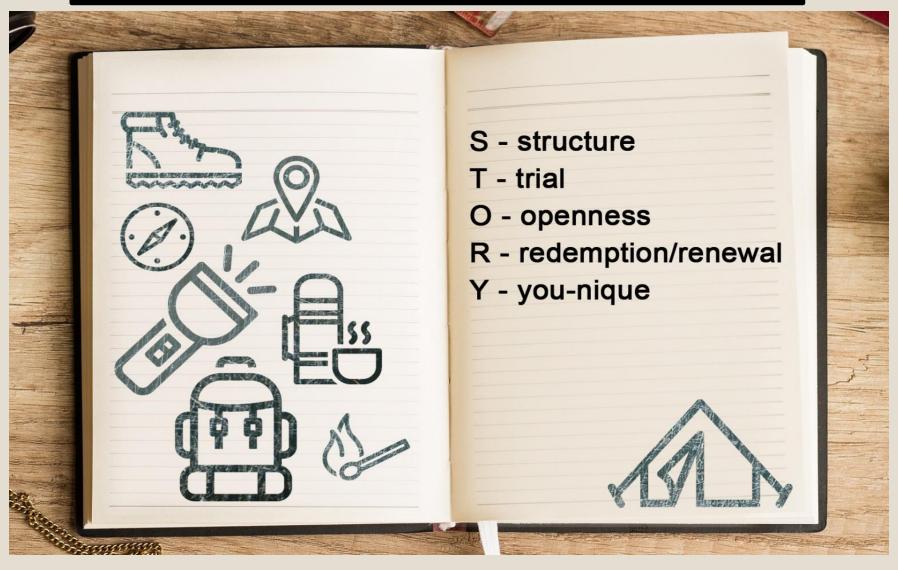






A journey of 18 inches

Your Story of Faith



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







A Healthy Spiritual Diet

MATTHEW 2-9

9 When they had heard the king, they departed; and, lo, the star which they saw in the east, went before them, till it came and stood over where the young child was 10 When they saw the star, they rejoiced

with exceeding great joy.

11 And when they were come into the house, they saw the young child with Ma'ry his mother, and fell down, and wor-shipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense, and myrrh. 12. And being warned of God in a dream that they should not return to Her od, they departed into their own country another

The Flight to Egypt

13 And when they were departed, behold, the angel of the Lord appeareth to Jo'seph in a dream, saying, Arise, and take the young child and his mother, and flee into E'-gypt, and be thou there until I bring word for Her od will seek the young

14 When he arose, he took the young child and his mother by night, and de parted into E'gypt: 15 And was there until the death of

Her od that it might be fulfilled which was spoken of the Lord by the prophet, saying, Out of E'gypt have I called my

16 Then Her'-od, when he saw that he was mocked of the wise men, was exceeding wroth, and sent forth, and slew all the chil dren that were in Beth le-hem, and in all the coasts thereof, from two years old and under, according to the time which he had diligently enquired of the wise men. 17 Then was fulfilled that which was spo-

ken by Jer'e-my the prophet, saying,
18 In Ra'ma was there a voice heard, lamentation, and weeping, and great mourning. Ra'-chel weeping for her chil-dren, and would not be comforted, because they are not.

The Return to Nazareth

19 But when Her od was dead behold an angel of the Lord appeareth in a dream to

Jo'seph in E'gypt, 20 Saying, Arise, and take the young child and his mother, and go into the land of Is'-ra-el: for they are dead which sought the young child's life.

And he arose, and took the young child and his mother, and came into the land of

22 But when he heard that Ar-che-la'-us did reign in Ju-dae'a in the room of his father Her'od, he was afraid to go thither: notwithstanding, being warned of God in

The Gospe 187ccording to

a dream, he turned aside into the parts of 23 And he came and dwelt in a city called Naz'-a-reth: that it might be fulfilled was spoken by the prophets. He shall be called a Naz'a-rene.

John the Baptist's Ministry 3 In those days came John the Bap tist, preaching in the wilderness of Ju-

dae'a,
2 And saying, Repent ye: for the kingdom of heaven is at hand.
3 For this is he that was spoken of by the 3 For this is he that was spoken of by the prophet E-sa'las, saying. The voice of one crying in the wilderness. Prepare ye the way of the Lord, make his paths straight 4 And the same John had his raiment of

wild honey.

Then went out to him Je-ru'-sa-lem and all Ju-dae'a, and all the region round

about Jor'dan, 6 And were baptized of him in Jor'dan,

6 And were haptized of him in Jor-dan, confessing their sins.
7 But when he saw many of the Phar-jasees and Sad-du-cees come to his bap-tism, he said unto them. O generation of vipers, who hath warned you to fice from the wrath to come?
8 Bring forth therefore fruits meet for re-

9 And think not to say within your-selves, We have A'bra-ham to our father

for I say unto you, that God is able of these stones to raise up children unto A-bra-10 And now also the axe is laid unto the

10 And now also the axe is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire.

11 I indeed baptize you with water unto repentance; but he that cometh after me

is mightler than I, whose shoes I am not worthy to bear-he shall baptize you with the Holy Ghost, and with fire: 12 Whose fan is in his hand, and he will

throughly purge his floor, and gather his wheat into the garner; but he will burn up the chaff with unquenchable fire.

The Baptism of the Beloved Son

13 Then cometh Je'sus from Gal'i-lee to Jor'dan unto John, to be baptized of him 14 But John forbad him, saying, I have need to be baptized of thee, and comest

15 And Je'sus answering said unto him, Suffer it to be so now: for thus it becometh us to fulfil all righteousness. Then he suf-

16 And Je'sus, when he was baptized,

is the heavens were opened unto him, and be saw the Spirit of God descending like a gree, and lighting upon him: If And lo a voice from heaven, saying, the saw halowed San in whom Law well. This is my beloved Son, in whom I am well

The Three Temptations of Jesus

4 Then was Je'sus led up of the spirit into the wilderness to be tempted of the

2 And when he had fasted forty days and forty nights, he was afterward an hungred.
3 And when the tempter came to him, he

3 And when the tempter came to him, he said, if thou be the Son of God, command that these stones be made bread.
4 But he answered and said, it is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God

5 Then the devil taketh him up into the

holy city, and setteth him on a pinnacle of the temple.

6 And saith unto him, If thou be the Son

of God, cast thyself down: for it is written. He shall give his angels charge concerning thee and in their hands they shall bear thee up, lest at any time thou dash thy foot

against a stone.
7 Je'-sus said unto him, It is written again, Thou shalt not tempt the Lord thy

Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them;

9 And saith unto him, All these things will I give thee, if thou wilt fall down and

worship me. 10 Then saith Je'-sus unto him, Get thee hence, Sa'tan: for it is written, Thou shalt worship the Lord thy God, and him only

shalt thou serve. 11 Then the devil leaveth him, and, behold, angels came and ministered unto

The Preaching Ministry of Jesus

12 Now when Je'sus had heard that John was cast into prison, he departed into Gal'-

And leaving Naz'-a-reth, he came and dwelt in Ca-per'-na-um, which is upon the sea coast, in the borders of Za-bu'-lon and

sea coast, in the borders of Za-bu'lon and Neph'tha-lim: 14 That it might be fulfilled which was spoken by E-sa'ias the prophet, saying, 15 The land of Za-bu'lon, and the land of Neph'tha-lim, by the way of the sea, bevond Jor'-dan. Gal'-i-lee of the Gen'-tiles. 16 The people which sat in darkness saw great light; and to them which sat in the region and shadow of death light is sprung

The Calling of the First Four Disciples

18 And Je sus, walking by the sea of Gali-ilee, saw two brethren, Si mon called Pe-ter, and An drew his brother, casting a net into the sea: for they were fishers.

19 And he saith unto them, Follow me,

and I will make you fishers of men.
20 And they straightway left their nets,
and followed him.
21 And going on from thence, he saw
other two brethren, James the son of Zebiedee, and John his brother in a ship with
Zebi-edee their father, mending their nets,
and he called them.
22 And they immediately left the ship and
their father, and followed him.

The Healing Ministry of Jesus

23 And Je'sus went about all Gal'i-lee teaching in their synagogues, and preach-ing the gospel of the kingdom, and healing all manner of sickness and all manner of

disease among the people.

24 And his fame went throughout all
Syr'i-a and they brought unto him all sick people that were taken with divers dis people that were taken with divers dis-eases and torments, and those which were possessed with devils, and those which were lunatick, and those that had the palsy; and he healed them. 25 And there followed him great multi-tudes of people from Gal'i-lee, and from De-Cap'-Glis, and from Jeru'sa-lem, and from Ju dae's, and from beyond Jor'dan.

The Beatitudes

5 And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him: 2 And he opened his mouth, and taught

them, saying,

3 Blessed are the poor in spirit: for theirs

is the kingdom of heaven.

4 Blessed are they that mourns for they shall be comforted.

5 Blessed are the meek for they shall erit the earth

6 Blessed are they which do hunger and

Blessed are the merciful: for they shall

8 Blessed are the pure in heart: for they shall see God.

9 Blessed are the peacemakers: for they shall be called the children of God.

10 Blessed are they which are persecuted

for righteousness' sake: for theirs is the

11 Blessed are ye, when men shall revile

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



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?

Contact me at:

Julianne Stanz

jstanz@gbdioc.org

Gurbh Mile Maith Agait (A Hundred Thousand Thank Yous)



