

## PERSONAL DAY BY DAY RENEWAL IN CHRISTIAN LIVING

### Prayer

Did I start and end my day with a prayer? Did I take a few minutes during the day to talk things over with the Lord? Did I thank Him for His goodness, for my life? Did I trust Him enough to ask for His help?

### Growth in Prayer

Morning and evening prayers. Examination of conscience: Ask myself how I tried to act as a good Christian today and in what areas did I fail to act as Christ would have me act.

Daily or occasional weekday Masses. Visits to Jesus in the Blessed Sacrament in the Church. Stations of the Cross. Rosary.

Short Prayers: "Jesus Be Praised!"

"Jesus Thanks!"

"Jesus Help Me!"

Taking time to just think about God in complete quiet.

### Study

Did I take a few minutes to get to know the person of Jesus through reading of the Good News (Matthew, Mark, Luke or John?)

1. How did I meet Jesus in the passage I read; as a Friend, Teacher, Healer, Lord? 2. What did He say to me personally? 3. How can I follow through with action?

### Growth in Study

Daily reading of the Gospels (A page a day). Biography of Saints.

Do I really look at creation, the earth, the heavens, the seas, the lakes, the animals and see His Hand? Did I learn anything about Jesus from the people I met today? Did I listen to sermons or lector's readings at Mass?

Do I read the DDA Newsletter, especially the Scripture readings?

What have I learned about living of the Sacraments and Christian morality today from discussions, questions, reading or listening?

### Action

Did I consciously make an effort to let Christ live through me to others by my actions? 1. With my family members.

2. With my friends and strangers in school.

3. In my parish and town community.

### Growth in Action

Did I try to make someone else smile today, especially in my family?

Did I help out at home?

Could I have helped someone at school?

Could I help out at the parish, teach CCD, lector at Mass, etc.?

Could I help out in the community, at the local hospital, etc.?