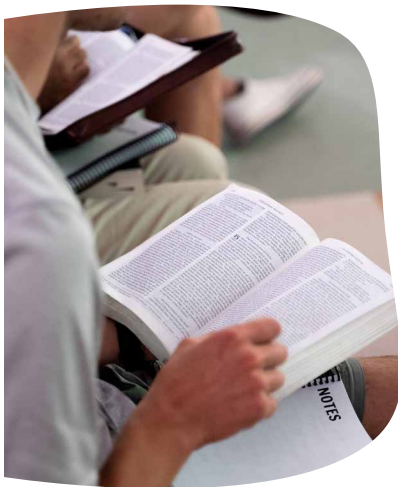


# Spiritual Preparation

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## Prayer

One of the best ways to prepare for training and your NET year is to set aside time daily to be with our Lord. If you don't have an established prayer time, start now! The goal is to establish the habit of prayer, which is our relationship with God.



### Planning for Prayer

It has been said that a failure to plan is a plan destined to fail. With that in mind, we recommend creating a prayer plan that suits your current lifestyle. We suggest you answer these questions to help:

- **Where will you pray?** Put yourself somewhere you can be free of distraction and as uninhibited in your response to God as possible.
- **When will you pray?** Choose a time that you can confidently keep consistent and where you have enough energy to enter into prayer.
- **What will you pray with?** Pick something to reflect on that helps you hear God's voice.

### Your Personal Prayer Time

Now that you have a plan, it's time to pray. If you don't have a set form of prayer, we propose you use this four-part plan.

#### 1. Enter His Presence

Sit in silence, focusing on the Lord. Ask Him to prepare your heart and invite the Holy Spirit to help you pray.

#### 2. Thanksgiving & Praise

Thank the Lord for what He has done for you, and what He has given you. Praise Him for who He is: Creator, Redeemer, the Shepherd, the Way, the Truth, and the Life. The Psalms in scripture are a helpful guide for this.

### 3. Listen

Start by asking the Lord to speak to you and give Him time to respond. You may be able to hear him in the silence. It can also be helpful to reflect on scripture or another resource.

- If you aren't presently using a plan for reading the Scriptures, you may want to consider reading the Mass readings of the day. They can be easily accessed here: [readings.livingwithchrist.ca](http://readings.livingwithchrist.ca).
- You might also consider reading through the Gospel of Mark, which is a summary of the life of Jesus, and the letter of St. James, which outlines the lifestyle of the Christian.
- There is a treasury of holy books written by saints that can also be helpful in your prayer.

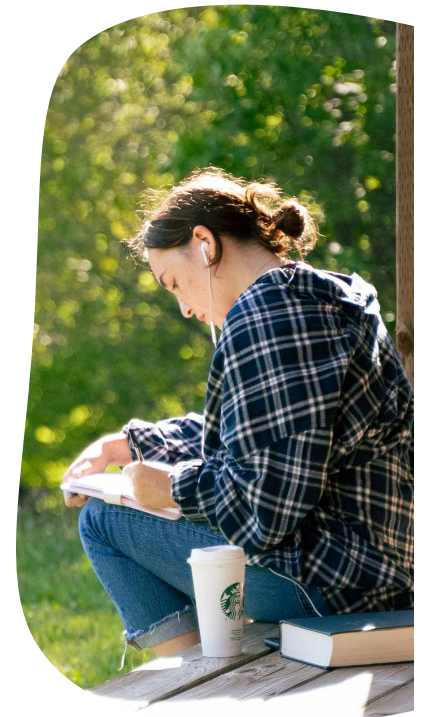
After you read, ponder God's word. Ask yourself, "What is God saying to me through this?" Consider how you're being invited to respond to what you have reflected on. Speak to the Lord about what is happening within you, comfortable or not. Don't be afraid to wrestle with God. Let it be the real you, encountering the real Him. You may want to journal your conversation, thoughts, and resolutions.

### 4. Intercessions

We usually think of intercessions as praying for our needs and the needs of our family and friends. This is an important part of intercessions. However, don't forget to pray for your own spiritual life. As part of your intercession time, sit quietly and ask the Lord to open your heart to receive more of Him, His love, and His mercy. Ask Him to forgive you for your sins and the other ways you have turned away from him. Ask the Holy Spirit to empower you to live the life to which you have been called. You may want to pray this prayer daily:

*"COME HOLY SPIRIT, AND FILL THE HEARTS OF YOUR FAITHFUL. ENKINDLE IN US THE FIRE OF YOUR DIVINE LOVE. SEND FORTH YOUR SPIRIT, AND WE SHALL BE RECREATED, AND YOU WILL RENEW THE FACE OF THE EARTH."*

Remember, the ultimate model for our prayer is Jesus Christ, and the Our Father prayer He taught us. In that prayer, Jesus teaches us to recognize that God is God, to worship Him, to surrender to His will, to ask for our needs while relying on his divine providence, to receive his mercy, extend that mercy to others and ask for His help in our daily battles. Do your best to live out these principles in your prayer and God will draw you deeper into the abundant life.



*"Without prayer, we have neither light nor strength to advance in the way which leads to God."*

- St. Alphonsus De Liguori

# Sacraments

"THE SACRAMENTS ARE EFFICACIOUS SIGNS OF GRACE, INSTITUTED BY CHRIST AND ENTRUSTED TO THE CHURCH, BY WHICH DIVINE LIFE IS DISPENSED TO US..." (CCC 1131)



The sacraments of Eucharist and Reconciliation have been given to us by the church to give us greater union with God. Consider adding daily masses to your weekly routine on top of your Sunday obligation. Ask yourself if you are going to Confession as often as needed. Seek out opportunities to visit our Lord in Eucharistic Adoration.

The grace offered to us in the sacraments is vital to the life of every Catholic. However, our state can affect how we are transformed by the grace we receive. *"The Holy Spirit prepares the faithful for the sacraments by the Word of God and the faith which welcomes that word in well-disposed hearts. Thus the sacraments strengthen faith and express it"* (CCC 1133). It's important not to treat the sacraments like tasks or magic pills. Instead, they are beautiful and essential elements of your relationship with God. How you approach them will affect what you receive from them.

# Action

Ephesians 4: 1 says, "Live a life worthy of the calling you have received." How we live our life tells the people around us what we believe is important. If someone were to watch me for a week, what would they learn about me? What would they see as important to me? Would they be able to tell that my Faith is important to me? That I am Catholic? Is my life a good witness of the Gospel message? Am I living what I say I believe? Reflecting on questions like these and acting upon what you learn from your reflections is good preparation for the mission.

*"So faith by itself, if it has no works, is dead."*

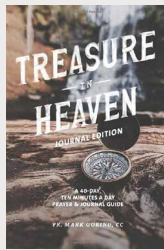
James 2: 17 RSVCE



# Spiritual Formation Recommendations

People sometimes ask us for resource recommendations. Here are some that we have found to be helpful:

## ESTABLISHING A PRAYER ROUTINE



**TREASURE IN HEAVEN**  
Fr. Mark Goring  
Free PDF copy



**THE BETTER PART**  
Fr. John Bartunek

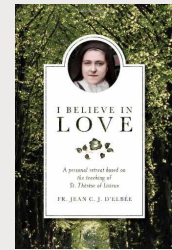


**THE BIBLE IN A YEAR PODCAST**  
Fr. Mike Schmitz

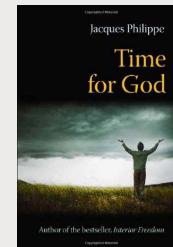
## DEEPENING YOUR PRAYER



**PRAYER FOR BEGINNERS**  
Dr. Peter Kreeft

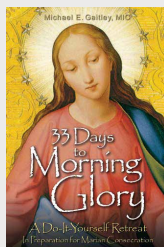


**I BELIEVE IN LOVE**  
Fr. Jean C. J. d'Elbée



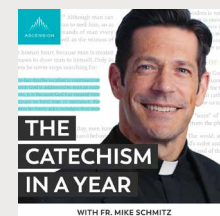
**TIME FOR GOD**  
Fr. Jacques Philippe

## RELATIONSHIP WITH MARY



**33 DAYS TO MORNING GLORY**  
Fr. Michael Gaitley

## CATECHESIS



**THE CATECHISM IN A YEAR PODCAST**  
Fr. Mike Schmitz