

4 WAYS TO JUMPSTART YOUR FAITH

1

Be intentional about paying attention!

Consider and become aware of what pops up in your day. How might God be getting your attention? What affirmations, blessings, graces come into your day? What inner nudging, or movement, is the Spirit within initiating? Here are some ways God may get your attention:

- A student says something to you that soothes your soul or provides the direction you need, as if they know your situation
- A cool breeze that rustles the leaves along your walk
- Goosebumps
- A kindness shown to you that was unexpected
- An opportunity presents itself to respond in kindness or to help another
- Any one of the fruits of the Spirit that show up in the moments of your day, in a given situation: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control



2

Review and reflect on your day.

Start your day by identifying 3 things for which you are grateful and share that with God in prayer. Lather, rinse, and repeat at day's end!

1. Become aware that you are in the presence of God.

Ask God to accompany with you in a reflective walk through your day.

2. Review the day with gratitude. For what are you thankful?

What did you receive? What did you give?

3. Pay attention to your emotions. What did you feel today?

St. Ignatius reminds us that our emotions help us to detect the presence of God.

What might God be trying to tell you through your emotions?

What might God be asking you to do because of what you've felt?

God may show you ways you fell short. Where is forgiveness needed?

How might you choose to grow?

4. Choose one feature of the day and pray from it.

Pay close attention to what bubbles up.

Is there an area in your life or a relationship that needs attention?

Is there a situation at work, within your family, or within yourself that could use some care?

Ask God for the grace to respond to it in love and commit to a plan.

Allow for a free-flowing prayer—whatever bubbles up—of praise or gratitude, bringing another's need before God, or asking for forgiveness and the grace to do and be better.

5. Look toward tomorrow. Ask for what you need.

How are you feeling about tomorrow? Talk with God openly and honestly. Don't hold back.

Ask God to light your way, giving you understanding and hope!



3

Select a moment of your day and commit to living it by seeing through the eyes of Christ, loving through the heart of Christ, responding through the hands of Christ.

St. Theresa of Avila reminds us that, “Christ has no body, now, but yours.” Make room in your life to reflect and do God’s work by forgiving and loving. God depends on each of us, to whom his Spirit has been given, and within whom the Spirit lives. Start small. Maybe it’s while you’re getting things (and littles) ready to go in the morning or for bed in the evening, or while out getting groceries or running errands, when you connect with your spouse during the day, or during a meeting. Maybe it’s during some time for yourself.

4

Allow yourself to enter the experience of prayer—with your whole self—whether you pray, whether that’s at the start of the day, during mealtimes, in your own personal prayer time, or at Mass.

How do you do that? Take all of your worries, hurt, joys, hope, broken relationships, gratitude, anger—all of it—and pray with it and through it. Find good posture for prayer. Feel yourself in that posture. Sing. Pray aloud. Pray within. Surrender it all to God and pay attention to how God responds! God gives his whole self for us in Jesus. Let us give our whole selves back, in gratitude and love.

BONUS STEP: Plug into a community of faith.

Your parish, a group of parents, or friends who value and nourish their faith. None of us can walk this journey alone. God gives us many people to accompany us on our journeys. Don’t isolate! Plug in!



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