***Personal Spiritual Growth***

1. Do I take time daily to develop my personal spiritual growth
   1. When is my best time to take some quiet time with the Lord?

(morning, afternoon evening)

* 1. Do I read Scripture daily?

(Readings of the day, reflection book on the daily readings)

* 1. Do I do some type of spiritual reading?

(Saints, spiritual growth book, book on prayer, etc)

1. Do you take time for …
   1. Day of Reflection (planned whether formal or informal blocks of time to be refreshed in the Lord)
   2. An Annual Retreat: weekend, 2-3 days, or a week retreat
2. Spiritual Direction
   1. Way to grow closer to God
   2. Sharing with a qualified spiritual director so that you can explore the ways that you are experiencing God as He interacts with you on a daily basis
   3. Two important criteria to ask yourself:
      1. At the present time, do you want to deepen your relationship with God?
      2. At the present time, would meeting regularly and talking about your spiritual journey with a train director sound beneficial?
3. Spiritual Companionship
   1. Mutual sharing of your spiritual journey with another person
   2. Mutual sharing on
      1. Prayer life at the present time
      2. Spiritual reading to share on a deeper level with someone
4. Spiritual Reading
   1. Lives of the saints
   2. Spiritual books by great saints
   3. Recent books:
      1. *Catholicism* by Father Robert Barron
      2. *A Biblical Walk Through the* Mass by Edward Sri
      3. *Walking with God*: A Journey through the Bible by Jeff Cavins & Dr. Tim Gray
      4. *To Know Christ* *Jesus* by Frank Sheed
      5. *Inviting the Mystic, Supporting the Prophet: An Introduction to Spiritual Direction by L. Patrick Carroll and Katherine Dyckman*