



8 Ways to Enhance Spirituality

MIRROR PRAYERS

Find your favorite Catholic prayer and post it on or beside your mirror in the bathroom so you are reminded to pray every time you see it.

PRACTICE LECTIO DIVINA

Become more intimate with Scripture by reading a passage once, pausing, and reading it again. Pick out and ponder words that speak to you. Short passages of Scripture are most effective.

GIVE ANGER TO GOD

When you find yourself angry with situations you can't control, take a minute and offer that anger up to God. He will take it and make it into something even better.

EMBRACE SUFFERING

Suffering is not pleasant but it can lead us closer to Jesus and the cross; embrace it and revel in it as fire to make you purer.

DAILY READINGS

Sign up for USCCB's Daily Readings in your inbox. That will give you the chance to read more of the Bible by simply checking your email.

CURSING = THANKS 5X

Every time you curse, also give thanks for five blessings in your life. This might be hard to implement, but keep trying. The thankful thoughts need to outweigh the bad.

PRAY FOR ENEMIES

Take time out of your day to pray a Rosary. It will do your heart good to pray for others. Try dedicating one to someone who has hurt you recently, or perhaps someone you need to forgive.

UTILIZE CONFESSION

Plan to go to reconciliation at least twice a month. The more you go, the more you are aware of how you need God's grace to live well.