

HOLY MOMENTS WORKSHEET

		Prayer	Study	Gen	Evange	Child 2 - 5	Youth 6 - 10	Older Youth 11-15	Teens 16-18	Young Adult 19-21	Adult
1	Add some variety to your ordinary daily routine, and trust God will bless it.	X						X	X	X	X
2	Pray to the Holy Spirit and ask for all the Fruits of the Spirit , especially for the one you desire the most. Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, Self-Control.	X							X	X	X
3	Hold the door open for your Mom or Sister or Friend or stranger.			X			X	X	X	X	X
4	Tell a joke to make someone happy.			X		X	X	X	X	X	X
5	Add, or join, a prayer chain in your faith community.	X					X	X	X	X	X
6	Adopt a grandparent as a family. Invite them to your home for holidays, or visit them during the holidays. (Often seniors are more comfortable in their own homes). (<i>A Stranger for Christmas Story</i>)			X				X	X	X	X
7	Adopt a homeless pet from the humane society.			X				X	X	X	X
8	Anonymously give cash to someone in need. (If you do not know who, put a donation in an Outreach Ministry box).			X	X	X	X	X	X	X	X
9	Apologize when you make a mistake or hurt someone.			X	X	X	X	X	X	X	X
10	Appreciate in silence the life that is meeting you at every moment.	X					X	X	X	X	X
11	Arrive early for church to pray.	X					X	X	X	X	X
12	As you go about your day, pick up trash.			X	X	X	X	X	X	X	X
13	Ask God to help you with your plan and trust His timing.	X					X	X	X	X	X
14	Ask God to lead and guide you.	X					X	X	X	X	X
15	Go to the beach and collect several items that make you love the ocean and God's World.. (Parables by the Sea)	X	X			X	X	X	X	X	X
16	Say the Blessing before each meal this week.	X				X	X	X	X	X	X
17	Assist the Diocese Office of the New Evangelization or the parish with Catholic radio spots. (Usually, a not-for-profit gets a discount and can make certain the message is conveyed the way the Church would like it conveyed or use newspapers, magazines, cable, or TV spots.				X				X	X	X
18	At the end of each day this week, reflect on your day. Is there someone you need to forgive, seek forgiveness, congratulate, compliment. Thank God for His many blessings this day.	X		X	X			X	X	X	X
19	Attend an Ignatian retreat and learn the "spiritual exercises"	X	X							X	X
20	Be a courtesy driver and let someone in your lane. Don't get upset with other drivers even if you have the right of way. (Practice Random Kindness and Senseless Acts of Beauty)		X							X	X
21	Be a peacemaker.			X	X		X	X	X	X	X
22	Be a scout leader. Make sure the right values are being suggested.			X	X					X	X
23	Be an extra nice driver all this week, let others in your lane, have a parking spot. Etc.			X	X					X	X
24	Be bold enough to say, "That is against my faith", or "my faith teaches...."; and pray to the Holy Spirit for wisdom, strength and guidance.	X	X		X			X	X	X	X

25	Be friendly.			X	X								
26	Be hospitable. Invite, welcome, and engage others as a Catholic lifestyle.					X	X	X	X	X	X		
27	Be More patient and compassionate with others and then with yourself.			X	X			X	X	X	X		
28	Be patient today. Patience is the capacity to accept and tolerate delay, trouble or suffering without getting angry or upset.		X	X	X								
29	Be patient with that person who drives you crazy.	X			X			X	X	X	X		
30	Be polite on the road driving.	X											
31	Turn off the radio while driving and pray for other drivers, for people in houses, etc.	X		X			X	X	X	X	X		
32	Be proud (in the good sense) of being a Catholic. Live your life with holy boldness	X	X		X			X	X	X	X		
33	Be thankful for your family and for God!				X		X	X	X	X	X		
34	Be truthful.	X			X		X	X		X	X		
35	Before making a decision, ask, "What will help me become a-better-version-of-myself?"	X	X		X		X	X	X	X	X		
36	Begin each day with a short prayer of gratitude thanking God for giving you another day of life.	X				X	X	X	X	X	X		
37	Begin this week, the very moment you wake and the very moment before you sleep, with a prayer.	X	X			X	X	X	X	X	X		
38	Begin today by helping people see their worth by paying them a sincere compliment.			X	X			X	X	X	X		
39	Believe in TGIF: Today God Is Faith.	X						X	X	X	X		
40	Bring coworkers a special treat.			X	X					X	X		
41	Browse a Catholic bookstore.	X	X		X			X	X	X	X		
42	Buy religious items as presents for birthday, Christmas, anniversary, etc.	X	X	X	X			X	X	X	X		
43	Buy your waiter/waitress dessert.			X	X				X	X	X		
44	Call an animal shelter and find out what donations they need.			X	X			X	X	X	X		
45	Call loved ones just to say "I love you" or to tell them what you appreciate about them.			X	X	X	X	X	X	X	X		
46	Call someone who has no family nearby and invite him or her to your home for a visit or meal.(A Stranger for Christmas)			X	X				X	X	X		
47	Call your distant loved ones regularly.			X	X	X	X	X	X	X	X		
48	Care for your aged relatives as best you can...and for other aged people.			X	X				X	X	X		
49	Choose at least one action you can take to trusting God with your burdens and start that action today.	X	X					X	X	X	X		
50	Choose the-best-version-of-yourself, even when you don't feel like it.	X			X		X	X	X	X	X		
51	Choose to be a disciple of Jesus Christ; not simply a volunteer: pray, fast, give alms. Do works of service. Gently share your faith and explain how it brings you happiness.	X	X	X	X		X	X	X	X	X		
52	Choose to do all things with Joy and Strength.			X	X		X	X	X	X	X		
53	Clean up your room or space without being asked.			X	X		X	X	X	X	X		
54	Compliment a friend or someone you meet.			X	X		X	X	X	X	X		
55	Compliment a parent or family member.			X	X		X	X	X	X	X		
56	Compliment a random stranger about something they are wearing or just anything			X	X		X	X	X	X	X		
57	Consider a retreat such as Cursillo or ACTS or silent retreat	X	X							X	X		
58	Control your temper, even if you are fully justified in losing it.	X			X			X	X	X	X		
59	Cook dinner for the family to show how much you care for them.			X	X			X	X	X	X		
60	Create trust with someone by doing something good of yourself that is expected of you by that someone.			X	X			X	X	X	X		
61	Daily Pray: Blessed be God forever. Make a prayer request for someone else.	X		X	X			X	X	X	X		
62	Daily Pray: Come, Holy Spirit, fill the hearts of Your faithful, & enkindle in them the fire of Your love. Make a prayer request for someone else.	X		X				X	X	X	X		

63	Daily Pray: Eucharistic Heart of Jesus, on fire w/love of us, inflame our hearts w/love of Thee. Make a prayer request for someone else.	X		X				X	X	X	X	
64	Daily Pray: Heart of Jesus burning with love of us, inflame our hearts with love of Thee. Make a prayer request for someone else.	X		X				X	X	X	X	
65	Daily Pray: Jesus, Mary, and Joseph, I give you my heart and my soul. Make a prayer request for someone else.	X		X				X	X	X	X	
66	Daily Pray: Jesus, meet and humble of heart, make my heart like unto thine. Make a prayer request for someone else.	X		X				X	X	X	X	
67	Daily Pray: Jesus, my God, I love Thee above all things. Make a prayer request for someone else.	X		X				X	X	X	X	
68	Daily Pray: Lord Jesus Christ, Son of God, have mercy on me, a sinner. Make a prayer request for someone else.	X		X				X	X	X	X	
69	Daily Pray: My God, and my all!!! Make a prayer request for someone else.	X		X				X	X	X	X	
70	Daily Pray: Sacred Heart of Jesus, I trust in You. Make a prayer request for someone else.	X		X				X	X	X	X	
71	Deliver soup and crackers to a sick friend.			X	X				X	X	X	
72	Deny self in a moment of desire or temptation and do what God is calling you to do.	X							X	X	X	
73	Discipline yourself to stand strong with your positive attitude in every circumstance.	X	X	X	X			X	X	X	X	
74	Display religious items in your home, office, or vehicle.				X			X	X	X	X	
75	Do a chore without being asked to show your kindness to others.			X			X	X	X	X	X	
76	Do a retreat. https://lifeteen.com/cym/retreats/											
77	Organize a Christmas "posada" procession or celebration.	X	X	X					X	X	X	
78	Do not give up on your goal, press forward.	X	X		X			X	X	X	X	
79	Do not let anger control you.	X	X				X	X	X	X	X	
80	Do not say an unkind word today.	X		X	X		X	X	X	X	X	
81	Do not waste time feeling guilty about something in your past. Trust God to set you free. HOW TO FORGIVE YOURSELF	X	X						X	X		
82	Do something special for yourself this week, both body and spirit.			X	X		X	X	X	X	X	
83	Do something to simplify your life this week. "Jesus, help me to simplify my life by learning what you want me to be, and becoming that person." –St. Therese of Lisieux	X	X		X		X	X	X	X	X	
84	Do the thing you need to do in that very moment, to be 100% available to God and others. Spending Time w/God	X	X		X		X	X	X	X	X	
85	Do you believe God has blessed you? Then show your gratitude to God by being a blessing to someone today.	X		X	X	X	X	X	X	X	X	
88	Don't go through a day without increasing someone else's joy. Be a JOY GERM.			X	X	X	X	X	X	X	X	
89	Donate money to local charity or the Outreach Ministry. .			X		X	X	X	X	X	X	
90	Donate some old stuff or toys to a friend or thrift store.			X		X	X	X	X	X	X	
91	Donate your lightly used books to a friend or library.			X		X	X	X	X	X	X	
92	Donate your old toys to a friend or thrift store.			X	X	X	X	X	X	X	X	
93	Draw a picture of someone you love and give them that picture.			X	X	X	X	X	X	X	X	
94	Draw a picture of your favorite place on Earth and then Thank God for that place.	X			X	X	X	X	X	X	X	
95	Draw or list 10 things that you love in your life. Then thank God for these.	X			X	X	X	X	X	X	X	

128	Give an inspirational book to a friend.
129	Give another driver your parking spot and say a little prayer for that person/family.
130	Give your pastor/deacon/religious sister, your parents, and your special friends a blessing when you see them. Just say “God Bless You” with a smile.
131	Give God the glory when you succeed at something. It really does belong to Him.
132	Give positive shoutouts online.
133	Give someone a life-changing book.
134	Give someone your best attention, especially to the elderly.
135	Give whomever is in front of you your full attention.
136	Go fishing with Christian friends.
137	Go into the heart of love and come from that place in all your choices and decisions and you will find peace.
138	Go out of your way to do something nice today-open a door, leave a good tip or share a beautiful smile with someone who crosses your path.
139	Go the extra mile today to help others.
140	Go to adult education talks in your parish. Invite co-workers, family, and friends to go with you. For ideas, speak to your pastor.
141	Go to confession regularly. Once a month is a good “rule of thumb”. Make this a family practice, too.
142	Greet more people at church.
143	Grow in Virtues (humility, generosity, meekness, zeal, solicitude, temperance, chastity). Growing in virtue helps us grow out of sin.
144	Have a BBQ, with family and friends, include some Christian conversation.
145	Have a complaint free day. This helps you focus on good things happening in your life.
146	Have a Friday (or Saturday) Night at the Movies in your parish. Bring potluck snacks. Choose a movie with Christian themes or imagery, discuss the imagery afterwards. The Chronicles of Narnia series are a good place to start. They are also good for young families. The Lord of the Rings trilogy is great for young adults and older.
147	Have a picnic with your friends or family. Take time to thank God for these people
148	Have a potluck at work to celebrate a milestone like a birthday or a successful event.
149	Have witness nights at your parish. Share several conversion stories. Combine it with a potluck.
150	Help a special needs person this week with love and understanding
151	Help others to bring others into life changing relationships with Jesus.
152	Help someone struggling with heavy bags.
153	Help the parish sponsor a Catholic billboard. Or work together with friends to support one through the diocese.
154	Help your family recycle to show God how much you love the earth.
156	Help your parish do a periodic youth all-nighter.
157	Hold the door of the elevator, subway, or bus for someone rushing to catch it.
158	Host a “jam” session and bring people together with musicians for a sing-a-long. Make is pot luck
159	How many sounds can you hear outside? Take a moment to thank God for those sounds.

X	X	X	X		X	X	X	X	X	
X		X	X			X	X	X	X	
X		X	X		X	X	X	X	X	
X					X	X	X	X	X	
		X	X		X	X	X	X	X	
		X	X			X	X	X	X	
		X	X			X	X	X	X	
		X	X		X	X	X	X	X	
		X	X			X	X	X	X	
X	X	X	X			X	X	X	X	
		X	X	X	X	X	X	X	X	
		X	X		X	X	X	X	X	
X	X	X	X				X	X	X	
X	X		X		X	X	X	X	X	
		X	X	X	X	X	X	X	X	
X	X		X	X	X	X	X	X	X	
X		X	X				X	X	X	
X			X				X	X	X	
X	X	X	X	X	X	X	X	X	X	
X		X	X	X	X	X	X	X	X	
		X	X	X	X	X	X	X	X	
X		X	X		X	X	X	X	X	
X	X	X	X		X	X	X	X	X	
		X	X	X	X	X	X	X	X	
X		X	X		X	X	X	X	X	
X			X	X	X	X	X	X	X	

160	If someone has a misguided belief as to what the Church teaches, clear it up for him/her.	X	X		X				X	X	X	
161	If you play a musical instrument, visit a senior center or hospital and give a brief recital.			X	X		X	X	X	X	X	
162	Influence those around you to trust in God with bold faith.	X	X		X				X	X	X	X
163	Invite people to your home for meals. Breaking bread together is important.	X		X	X				X	X	X	
164	Invite somebody to church. This is especially effective during Advent, Christmas, Ash Wednesday, Lent, Easter, and Pentecost.	X	X	X	X			X	X	X	X	
166	Is there a person in your life who's difficult to be around? Pray and ask God to teach you how to respond to them in every situation.	X		X	X		X	X	X	X	X	
167	Join the Knights, Daughters of Isabella, Catholic Daughters, Legion of Mary, Serrans, or other Catholic Groups, etc.	X	X	X	X				X	X	X	
168	Keep Sunday's holy. Try not to spend money or engage in competitive organized sports on the Sabbath. Try not to do things that require others to work on Sunday.	X	X		X		X	X	X	X	X	
169	Laugh a lot. Share good, wholesome, jokes...and religious jokes.		X	X	X		X	X	X	X	X	
170	Laugh out loud often and share your smile generously.		X	X	X		X	X	X	X	X	
171	Leave a generous tip.			X	X				X	X	X	
172	Leave a nice comment on social media.			X	X		X	X	X	X	X	
173	Leave a nice note in the Mailbox for the mail carrier.			X	X	X	X	X	X	X	X	
174	Leave a positive note in a library book.	X		X	X	X	X	X	X	X	X	
176	Leave your bitterness behind and forgive those who have caused it.	X		X	X		X	X	X	X	X	
177	Lend a friend a favorite book.	X		X	X			X	X	X	X	
178	Let go of selfishness.	X	X	X	X	X	X	X	X	X	X	
179	Let someone else pick what to watch OR play on TV.			X	X		X	X	X	X	X	
180	Let someone go in front of you at the store, restaurant or church.			X	X			X	X	X	X	
181	Let someone go in front of you or take the first turn when playing a game. That's a			X	X	X	X	X	X	X	X	
182	Let someone merge into traffic during rush hour.			X	X				X	X	X	
183	Let the person behind you in the grocery store go ahead of you in line.			X	X				X	X	X	
184	Let your Emotions subside before you decide.			X	X		X	X	X	X	X	
185	Let your staff leave work an hour early just for no reason but it's a nice day or in recognition of outstanding work			X	X							X
186	Like Mary, keep your faith burning even at times of difficulty, and in moments of darkness.	X	X		X				X	X	X	
187	List 3 positive things in your life and say a prayer of thanksgiving.	X	X		X		X	X	X	X	X	
188	Listen to what God is saying to you this week.	X	X		X			X	X	X	X	
189	Live in the moment of something special that cannot be recreated. Savoring a special time with someone you love and with God.	X			X				X	X	X	
190	Look for something to do for someone else this week. Such as pay for someone's coffee, let them go first in the grocery line or gas pump, pick up trash on someone's lawn AND PRAY FOR THEM when doing so	X		X	X		X	X	X	X	X	
191	Make a brief "morning offering" to God when you awake.	X						X	X	X	X	
192	Make a decision this week: I am finished with upset and turmoil; enjoy peace.	X						X	X	X	X	
193	Make a decision today to glorify God by completing each task He gives you AND thank Him for the opportunity.	X			X			X	X	X	X	

194	Make a family member breakfast in bed and PRAY for him/her while making the food	X		X	X		X	X	X	X	X	
195	Make a healthy eating choice and thank God for the food and the opportunity to be free to decide.	X		X			X	X	X	X	X	
196	Make a list of what your good;read it out loud every morning until you are convinced;Pray for His help.	X	X		X			X	X	X	X	
197	Make a positive change in your life today; list all the benefits to that change and pray for His help.	X										
198	Make a special effort to tell people "Thank You" for the things they do for you. God says "love one another" and this shows your love for them.; write their name in a prayer journal & pray for them everyday.	X		X	X		X	X	X	X	X	
199	Make bookmarks/prayer cards for friends or family for a special occasion or holiday;list in prayer journal.	X		X	X		X	X	X	X	X	
200	Make Halloween a religious event again;Mock the evil spirits of our age. They have no power over the Christian who is in Christ. Celebrate this event.	X	X	X	X		X	X	X	X	X	
201	Make it a regular habit to visit Jesus in the Blessed Sacrament and tell Him about your day/dreams/worries; be still and listen	X	X	X	X	X	X	X	X	X	X	
202	Make Mass a habit; try to work daily Mass into your life as frequently as you can.	X	X	X	X		X	X	X	X	X	
203	Make positive small talk with a stranger in line at grocer, movie theatre, etc. . (Brenda at McDonalds)	X		X					X	X	X	
204	Make someone else's bed or do a chore for them and offer as a sacrifice for sick children and their families.	X		X	X		X	X	X	X	X	
206	Make the choice today to be honest, genuine and authentic with God and with all the people in your life.	X	X	X	X			X	X	X	X	
207	Make time for others. Be accessible to them/listen and learn about them; pray for them	X		X	X			X	X	X	X	
208	Man a booth promoting Catholicism, life, or Christian values at a fair.	X		X	X		X	X	X	X	X	
209	Mention your faith in public. Don't be afraid to tell your story. Your life is your experience of faith. Recognize where God has "broken in". Tell others. Feel free to speculate on a recent "God moment". (or God "Winks")	X			X			X	X	X	X	
210	Mind your manners. This respects others.	X		X	X		X	X	X	X	X	
211	No negative thoughts this week. Replace it with God's word.	X		X	X		X	X	X	X	X	
212	Occasionally take your children w/ you to the adoration chapel, Stations of the Cross, Divine Mercy services.	X	X	X	X	X	X	X	X	X	X	
213	Offer a smile & compliment to a random person and say silent prayer for him/her.	X		X	X		X	X	X	X	X	
214	Offer others " a Blessed day".	X		X	X	X	X	X	X	X	X	
216	Offer the least enjoyable tasks of your day to God as a prayer for others who are suffering.	X		X	X		X	X	X	X	X	
217	Offer to take a friend's child to ball practice; pray for that child while he/she is at practice and for their family	X		X	X		X	X	X	X	X	
218	;Offer to take a shopper's cart to the return line outside;say a prayer for that person.	X		X	X		X	X	X	X	X	
219	On a scale of 1 to 10, how would you rate your relationship with Jesus today? Make a commitment to do one thing this week to draw even closer to Jesus.	X			X			X	X	X	X	
220	Open the door for another person.	X			X	X	X	X	X	X	X	

[illegible]

279	Reduce your intake of television, movies, and the internet; read, pray, visit w/family, friends, neighbors more	X	X	X	X	X	X	X	X	X	X	
280	Refuse to give up your joy, instead practice walking in faith.	X	X		X			X	X	X	X	
281	Resist and refuse to let doubt convince you that good things won't happen to you and your family, aggressively expect good things!	X	X		X			X	X	X	X	
282	Respectfully challenge an atheist. Ask what the purpose of his/her life is? Ask how he/she can know their values have any merit outside himself? Explain how knowing, loving, & serving God in this life and being happy with Him forever in eternity is our purpose in life.	X	X		X		X	X	X	X	X	
283	Return your shopping cart to the rack or offer to return someone else's for them.	X		X	X		X	X	X	X	X	
284	Roll an elderly neighbor's garbage cans back up the driveway on trash pick-up day.	X		X	X		X	X	X	X	X	
285	Run an event or sports program out of the church for the community.	X	X	X	X				X	X	X	
286	Sacrifice some small thing you like each day this week, such as eat bread without butter, turn off the radio and drive in silence, anything you enjoy, offer up this sacrifice to the Lord.	X		X			X	X	X	X	X	
287	Say "thank God", "I believe", or "Amen" in public.	X		X	X		X	X	X	X	X	
288	Say "Thank you" as often as you can. Expressing gratitude makes you more appreciative of what you have. Gratitude is a beautiful virtue. It helps make you, and those you thank, happy!	X		X	X	X	X	X	X	X	X	
290	Say Good Morning with a smile to those you meet and Good Night to your family	X		X	X	X	X	X	X	X	X	
291	Say grace before meals...making the Sign of the Cross wherever you are.	X	X	X	X	X	X	X	X	X	X	
292	Say less. Think before you make a quip. Does it glorify God? What would Jesus say?	X		X	X		X	X	X	X	X	
293	Say something nice to everyone you meet today.	X		X	X		X	X	X	X	X	
294	Say something nice to someone that's having a bad day.	X		X	X		X	X	X	X	X	
296	Say this prayer daily: Holy Spirit, make my heart open to the word of God, make my heart open to goodness, make my heart open to the beauty of God every day.	X			X			X	X	X	X	
297	Seek spiritual direction. Give spiritual direction as a friend....always promote what the Church promotes. We all need an objective shoulder to lean on.	X		X	X				X	X	X	
298	Send a postcard or note to a friend or family mentioning what you like about that person.	X		X	X		X	X	X	X	X	
299	Send cards to the sick and bereaved.	X		X	X		X	X	X	X	X	
300	Set time apart daily for God.	X				X	X	X	X	X	X	
301	Set your alarm clock or cell phone for a specific time of day for each day of this week, to say a prayer of any kind or length.	X						X	X	X	X	
302	Show God's Love by offering a Hug to Someone Special.	X		X	X		X	X	X	X	X	
304	Show kindness and respect to others.	X		X	X	X	X	X	X	X	X	
305	Show love toward others this week.	X		X	X	X	X	X	X	X	X	
306	Sing your favorite songs for your family to make them happy! God gives us Joy in our life, sing it!	X		X	X	X	X	X	X	X	X	
307	Smile a lot. It makes you happy. It also makes others happy. It's a great witness to your Christian joy. Smiling is a one word Christian philosophy on living.	X	X	X	X	X	X	X	X	X	X	
308	Smile all week.	X		X	X	X	X	X	X	X	X	
309	Smile at 10 strangers.	X		X	X		X					
310	Smile at friends to make everyone happy!	X		X	X	X	X	X	X	X	X	
311	Smile often to spread God's Happiness!	X		X	X	X	X	X	X	X	X	
313	Spend some time in silent reflection. Start with five minutes a day. Try to visualize darkness, calmness, nothingness, peace. Block out other thoughts. God will "break-in" when He wants. You will recognize him.	X	X	X	X			X	X	X	X	
314	Spend some time with nature. Thank God for his creation and His incredible creativity.	X		X	X	X	X	X	X	X	X	
315	Spend time with God today, getting to know him a little more each day.	X	X	X	X			X	X	X	X	
316	Spread some encouragement online.	X	X	X	X			X	X	X	X	

317	Stand against moral degeneration in our nation.	X	X	X	X			X	X	X	X	
318	Stand for chastity. Whether married or single, chaste living means to avoid sexual activity that is contrary to morality or religious teachings.	X	X	X	X			X	X	X	X	
319	Start a new friendship today. Friends are God's way of taking care of us.	X		X	X		X	X	X	X	X	
320	Start a parish food pantry or collect food for families you know who are in need.	X		X	X	X	X	X	X	X	X	
321	Start a piggy bank for a cause and set a goal of when to donate the savings.	X		X	X	X	X	X	X	X	X	
322	Start or assist with a parish newsletter. Let it set on your coffee table for visitors to read.	X	X	X	X			X	X	X		
323	Start, or be part of a hospitality committee in your parish.	X	X	X	X			X	X	X	X	
325	Starting this week, form a habit of talking to God as your constant companion and helper.	X	X		X			X	X	X	X	
326	Stay calm in the midst of a crisis or conflict and PRAY	X			X	X	X	X	X	X	X	
328	Stop by the neighbors occasionally. Bring a dessert.	X		X	X		X	X	X	X	X	
329	Stop for a person waiting to cross the street.	X		X	X			X	X	X		
330	Stop gossiping.	X	X	X	X		X	X	X	X	X	
331	Subscribe to the Diocesan Newsletter. It keeps you linked to the local church.	X	X	X	X					X	X	
332	Support and promote pro-life agencies and organizations.	X	X	X	X			X	X	X	X	
333	Support charities with wholesome values. Don't support charities that do 95% good things and 5% bad. Explain why...that there are organizations that you agree with 100% and you prefer to support them.	X	X	X				X	X	X	X	
334	Take a few seconds throughout the day to thank God for the sun, a pretty flower you see, or even just the shelter you have.	X			X	X	X	X	X	X	X	
335	Take a nature hike and pray along the way	X			X	X	X	X	X	X	X	
336	Take a walk or hike and name 10 things that you love about Nature and God's World.	X		X	X	X	X	X	X	X	X	
337	Take a white river rafting trip with Catholic youth/families.	X		X	X			X	X	X	X	
338	Take care of yourself by eating healthy fruits and vegetables. God wants you to be happy and full of life!	X	X	X	X	X	X	X	X	X	X	
339	Take someone to see a movie or rent a video or participate in cultural or artistic activities that have healthy spiritual overtones.	X	X	X	X	X	X	X	X	X	X	
341	Take the long view of your decisions this week, not the short sense of gratification. The long view will liberate us from self-interest and make us more generous.	X	X	X	X		X	X	X	X	X	
342	Take the time to listen to a friend in need.	X		X	X		X	X	X	X	X	
343	Take time to appreciate the sunrise and/or sunset.	X		X	X		X	X	X	X	X	
344	Take time to laugh, for it is the music of the soul.	X	X	X	X	X	X	X	X	X	X	
345	Take time to play. Invite others.	X		X	X	X	X	X	X	X	X	
346	Take time to read instead of watching your favorite TV show.	X	X	X	X		X	X	X	X	X	
347	Take time to stop and let God be your refuge.	X	X	X	X		X	X	X	X	X	
348	Take time to watch children today and learn from them.	x							X	X	X	
349	Take your kids, or grandkids, to the playground. Converse with others while you are there.	x		X	X					X	X	
350	Talk to your guardian angel regularly; Ask him to send a cohort of angels& saints to be w/you & others you want to help or protect.	X	X		X	X	X	X	X	X	X	
351	Teach your children to evangelize by taking them to a nursing home, assisting neighbors, etc.	X		X	X	X	X	X	X	X	X	
353	Tell a friend you appreciate him or her.	X			X		X	X	X	X	X	
354	Tell God you love Him regularly and spontaneously.	X			X	X	X	X	X	X	X	
355	Tell God you trust he has a great plan for you and your life.	X		X	X		X	X	X	X	X	
356	Tell others you love them, too. As St. Francis taught, "use words when necessary".	X		X	X	X	X	X	X	X	X	
357	Tell someone how much you love them.	X		X	X	X	X	X	X	X	X	
358	Tell someone they are special to you, and why.	X		X	X	X	X	X	X	X	X	
359	Tell your boss how great a coworker is.	X		X	X				X	X	X	

398	Today learn to forgive by practicing forgiveness.	X		X	X	X	X	X	X	X	X	X	
399	Today say hello to someone you know is alone or include them in a group.	X		X	X	X	X	X	X	X	X	X	
400	Transport someone who can't drive.	X		X	X				X	X	X		
402	Try always to do things in love. Let the love you choose be "agape love"... that is, love for the sake of the other.	X	X	X	X		X	X	X	X	X		
404	Try the best you can to control your temper.												
405	Turn off your electronics, and ask your grandparents to share a childhood memory.	X	X		X		X	X	X	X	X		
406	Understand and proclaim that our sexuality is a gift given to us from God and is reserved for a man and woman who are joined in the covenant of marriage												
407	Use a window/bumper sticker to promote the faith.	X	X	X	X		X	X	X	X	X		
408	Use Divine Mercy stickers or signs on your car or outside your home.	X	X	X	X		X	X	X	X	X		
409	Use K of C "Keep Christ in Christmas" window magnets or stickers.	X	X	X	X	X	X	X	X	X	X	X	
411	Use part of your allowance to donate to a charity..	X		X	X	X	X	X	X	X	X	X	
412	Use the tool of honesty consistently this week and watch your life change.	X	X	X	X	X	X	X	X	X	X	X	
413	Visit family and friends regularly.	X		X	X	X	X	X	X	X	X	X	
414	Visit someone who is lonely.	X	X	X	X	X	X	X	X	X	X	X	
415	Volunteer at a soup kitchen, city jail, or prison.	X	X	X	X			X	X	X	X		
416	Volunteer at an agency that needs help.	X	X	X	X	X	X	X	X	X	X	X	
417	Volunteer your time to someone or some need.	X	X	X			X	X	X	X	X	X	
418	Walk with people in their sufferings.	X	X	X	X			X	X	X	X		
419	Wave at people.	X		X	X	X	X	X	X	X	X	X	
420	Wear a crucifix or scapular. Say a brief prayer before you put it on.	X	X	X	X	X	X	X	X	X	X	X	
422	Wear a good Catholic/ Christian T-shirt.	X	X	X	X	X	X	X	X	X	X	X	
424	What are you currently doing to strengthen your relationship with Jesus? Thank God for that relationship or commit to do something to strengthen it.	X	X	X	X	X	X	X	X	X	X	X	
425	What are you going to do today to put smiles on faces?	X	X	X	X	X	X	X	X	X	X	X	
426	What little things can you do today to be a blessing to others?	X	X	X	X	X	X	X	X	X	X	X	
429	When an ambulance, police car or fire truck goes by, pray for the first responders, the people they are going to help and their families.	X		X	X	X	X	X	X	X	X	X	
430	When an inappropriate thought crosses your mind, turn it around into something for which you can praise God'; then, do so.	X		X	X		X	X	X	X	X	X	
431	When hearing someone use God's name in profanity or disrespect (i.e., "OH MY GOD!"), pray "Blessed be God and blessed be His Holy Name."	X		X	X	X	X	X	X	X	X	X	
432	When passing a Catholic Church, make <i>The Sign of the Cross</i> while saying, "Oh Jesus in the Blessed Sacrament, I adore you!"	X		X	X	X	X	X	X	X	X	X	
433	When was the last time you took time to really listen to someone? Trust God to reveal what He wants you to do for others.	X	X	X	X			X	X	X	X	X	
434	When you drive by a Catholic Church, make the sign of the cross and say aloud, "I love you, Jesus!"	X		X	X	X	X	X	X	X	X	X	
435	When you pray, ask for two things, the light to see the will of God, and courage to do the will of God." Paraphrased Venerable Msgr. Aloysius Schwartz	X	X	X	X		X	X	X	X	X	X	
436	Work hard. Take pride in doing your work well.	X		X	X	X	X	X	X	X	X	X	
437	Write a list of things you like about a friend or relative. Pray for that person	X		X	X	X	X	X	X	X	X	X	
439	Write letters to the editor promoting or defending your faith and the moral values the Church teaches.	X	X	X	X			X	X	X	X	X	
440	Write or draw a special prayer to Jesus thanking Him for your family.	X	X	X	X	X	X	X	X	X	X	X	
441	Write or draw a story where someone helps another person. This spreads Gods love to others.	X		X	X	X	X						
442	Write something nice about your waitperson on the back of the bill; pray for that person	X		X	X				X	X	X		
443	Leave Quarters at the Laundromat; pray for the person who will find and use them	X		X	X				X	X	X		

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| | 27. Give during a special offering |
| | 28. Thank the pianist |
| | 29. Hold the hymnbook for a small child or elderly person |
| | 30. Listen to the special music, and thank those who share it |

At Work

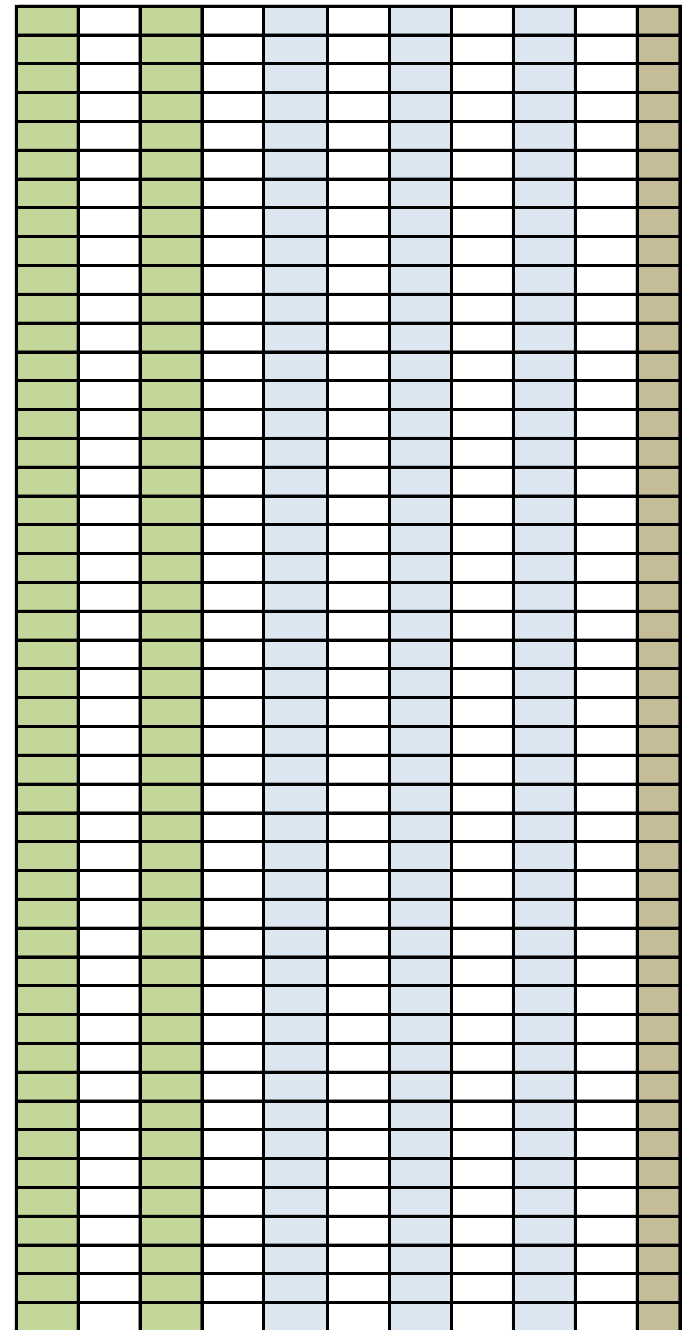
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| | 1. Ask your boss what more you can do to help |
| | 2. Bring a treat for your coworkers |
| | 3. Share your faith |
| | 4. Be positive and grateful – don't be the complaining one |
| | 5. Stop the gossip |
| | 6. Thank your boss or coworkers |
| | 7. Be willing to lend a helping hand |
| | 8. Go the <i>extra</i> mile |

With Your Writing

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| | 1. Write a thank you note |
| | 2. Write a letter to someone "just because" |
| | 3. Write out Bible verses and give them away |
| | 4. Email a friend just to check up on her |
| | 5. Write an encouragement letter for someone who needs it |
| | 6. Send a text to a friend and let them know you are praying for them |
| | 7. Write Scripture on post it notes and place them in public places (use discretion) |
| | 8. Write Bible verses on cards to place in library books |
| | 9. Give a card to a little child |
| | 10. Write a poem for someone |

Out and About

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| | 1. Smile and say hello to others |
| | 2. Give up a parking space for someone else |
| | 3. Pay for someone else's meal |
| | 4. Be kind and patient towards your waiter |
| | 5. Leave a generous tip with a gospel tract |
| | 6. Hold the door for others |
| | 7. Let someone else go in line ahead of you |
| | 8. Share coupons at the store |
| | 9. Pick up things that have fallen off the shelves |
| | 10. Be kind and patient towards the cashier |
| | 11. Say "thank you" |
| | 12. Give a stranger a sincere compliment |
| | 13. Put extra change in a parking meter |
| | 14. Pick up trash |
| | 15. Wave others on at a stop sign |



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