

## MAKING A PLAN OF LIFE

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The spiritual life always begins with a basic movement towards God which is at the same time a movement away from sin. This little booklet begins with the introduction to adoration and the worship of God in the sacrament of the Eucharist. Then we turn to encounter Christ through sacred scripture and in spiritual reading. When we know Christ intimately, when we realize who He is as Peter did (Lk 5:8), we also become startled at our own sinfulness. Praise the Lord we are given so great a gift as the sacrament of confession!

Christ has come to us in fact to seek out the sinner, to draw us to Himself because of His tremendous love for us. It is important that we respond, not only for a moment, but through faithfulness to a life of prayer as we make our effort to live out the truth that Christ is the center of our hearts. Zacheus (Lk 19:1-10) invites Jesus into His house and listening to the words of Christ, makes resolutions in order that he may be a disciple of Jesus Christ. A plan of life are like those promises to give back to Christ, to place at His disposal our talents and seek to sanctify our day through prayer and sacrifice. The intention is always Christocentric- that is, striving to follow Christ and seeing Him as the center of every activity.

### ***There are certain advantages to following a Plan of Life:***

- A plan gives constancy and regularity to one's efforts in developing and deepening the spiritual life.
- With a plan, there is less danger of being lazy and wasted time.
- With a plan there is less danger of falling away from spiritual practices.
- A Plan of Life forces one to be attentive to the duty of the moment.
- With a plan it is much easier to see God in the "ordinary" activities of the day.

### ***Without a plan our spiritual progress may suffer:***

- We may lose much valuable time.
- Fall into the habit of indecision.
- Neglect our duties or fulfill them carelessly and haphazardly.

Some elements that ought to be present in every plan of life include the morning offering, some kind of meditative prayer (the Rosary, scripture, spiritual reading, etc.) and an examination of conscience and night prayer. Simplicity and accountability are also helpful. Four resolutions may be preferable to many, and an open discussion with a friend, priest or spiritual guide can help us stay on track. On the next page is a sample plan of life.

## SAMPLE PLAN OF LIFE

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### **1. Begin each day by making the Morning Offering:**

O Jesus, through the Immaculate Heart of Mary I offer you my prayers, works, joys and sufferings of this day, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass, in reparation for my sins, for the intentions of the Holy Father and for the intention of (*your intentions*).

### **2. Take a couple of minutes around the middle of the day to stop and pray to God.**

### **3. Each night before you go to bed make an examination of conscience**

Ask the Holy Spirit to enlighten you as to how you have loved, and failed to love God and neighbor that day. Then pray the Act of Contrition:

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

### **4. Pray at least one decade of the Rosary daily.**

### **5. Never miss Sunday Mass and go to daily Mass whenever you can.**

### **6. Make a good confession at least once a month.**

### **7. Try to make a holy hour in front of the Blessed Sacrament each week.**

### **8. Set aside 15 minutes for Spiritual or Scriptural reading and meditation doing Lectio Divina .**

*Take some time to think about what belongs in your Plan of Life, discuss them with a priest or spiritual director and seek to be faithful to Christ through faithfulness to your plan of life.*