

Student Name:

My Discipleship Foot **S.T.E.P.S.**

(**S**erve, **T**ithe, **E**ngage, **P**ractice, **S**hare)

Use the following pages to help you keep track of events and activities that you participate in between now and your final discernment meeting in January 2021. Write "YES" next to the ones you did or make tally marks for things which you complete multiple times (ex. praying, tithing, serving in a particular ministry, etc.).

SERVE in Ministry & Mission to make a difference in the world!
Be an ACTIVE disciple. *"Love one another."* - John 13:34

SERVE in Ministry	"YES" or Dates Served
Elementary Faith Formation Assistant	
Prepare supplies for Elementary Formation	
Lector	
Hospitality Ministry	
Boy Scouts/ Girls Scouts	
Make Rosaries - Baptism Ministry	
Other:	
Other:	
SERVE in Mission	"YES" or Dates Served
Saint Bernadette Dove Tree	
Packages for the Military	
St. Vincent de Paul	
Saint Bernadette Youth Ministry Opportunities	
Volunteer at a food bank or food pantry	
Grocery shop for someone who has difficulty getting out	
Plan a fundraiser for Water Steps or another water relief organization	
Volunteer sorting clothes at service organizations thrift store	
Other:	
Other:	

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Demonstrate your trust in God by **TITHING** 10%!
 Be a TRUSTWORTHY Disciple. *“Blessing without measure” Malachi 3:10*

TITHE through sacrificial giving	Tally Marks or Dates on which you tithed
Give to the parish from your own money, not your parents’	
Give to other charitable organizations from your own money/possessions	
Noticed blessings from God after sacrificing your spending money	
Other:	
Other:	

ENGAGE to grow in faith and Christian friendships!
 Be a RELATIONAL Disciple. *“Unity of the spirit” Ephesians 4:3*

ENGAGE in Formation & Relationships	“YES” or Dates Attended
Attend/Participate in Four Youth Ministry Meetings/Events	
Attend the Confirmation Days of Reflection (TBA)	
Attend Confirmation Rehearsal	
Other ENGAGE Opportunities	
Make an effort to build friendships with others in your weekly Youth Ministry Group	
Read the Bible on your own	
Learn a new fact about the faith	
Visit a Catholic Website. List sites here:	
Attend another Catholic Parish Youth Ministry or Event	
Other:	
Other:	

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PRACTICE Prayer & Sacraments to grow in love & closeness to Jesus!
 Be a Deeper Disciple! *“Pray without ceasing.” 1 Thessalonians 5:17*

PRACTICE prayer & Sacraments	“YES” or Dates Attended
Participate in Mass Weekly	
Pray daily	
Go to Reconciliation at least once before the Rite of Confirmation	
Other Practice Actions:	“YES” or Tally Marks
Catholic Youth Conferences or Rallies	
3-Minute Daily Retreat http://www.loyolapress.com	
Pray the Examen (numerous variations)	
Perform acts of Penance	
Pray the Stations of the Cross	
Praise God through music	
Pray the Rosary	
Pray the Divine Mercy Chaplet	
Pray a novena	
Pray when you wake up	
Pray before going to sleep at night	
Pray before meals	
Learn and pray a new written prayer	
Pray in your own words	
Keep a prayer or spiritual journal	
Pray for an end to abortion as a family	
Spend time in Eucharistic Adoration	
Deliberately offer up the grace you receive at Mass for the benefit of someone else	
Other:	
Other:	

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SHARE the Gospel to bring the love of Jesus Christ to others!
Be a BOLD Disciple! *“Be an instrument of salvation” Acts 13:47*

SHARE the Gospel	“YES” or Tally Marks
Listen patiently - Be selfless	
Practice forgiveness, let go of grudges	
Make amends with friends or siblings you may have fought with	
Invite someone to Youth Group or Mass or Parish Event	
Choose to avoid gossip when the opportunity to participate in it arises	
Be supportive of others who are struggling with something	
Speak up for those who are being picked on or bullied	
Speak up when your friends are doing things you know are wrong	
Control your anger or frustration	
Perform Random Acts of Kindness for others	
Send a greeting card to someone preparing for a Sacrament	
Encourage someone by your words or by sending them a card	
Other:	