

Resource for Red Dirt Catholic Podcast

Framework of Creation:

1. We are created beings, made with intention and purpose. The goal is to conform our lives to God's divine will and plan for us, and His intended way of living. Not to define these for ourselves.
2. We are all called to holiness and therefore sanctification (eternity in Heaven). Formation is the process of becoming a "saint in training"
3. We are called to live an integrated life of mission alongside and in cooperation with our vocation

Goals of Making a Personal Formation Plan:

- Establish a **rhythm of life** formed by the Holy Spirit
- Shed away our old self and allow our new self in Christ to be formed
- To love God more
- To be realistic, not a stretch goal!
- To see the gaps in our lives, where we can take steps to move forward in our formation and likeness to the person of Jesus Christ

Areas of Formation that go into your "Pyramid":

Human: putting on Christ's character, through practicing His virtues

Spiritual: to live a deep interior life connected to the Father through the sacraments and prayer

Intellectual: to take on the mind of Christ, and to form a Christ centered world view

Apostolic: to live out the mission of Jesus and the Church, to make disciples of all nations

How to make/review your formation pyramid:

Self-examination of areas that need growth. Honest conversation with those who know me and want the best for me, including friends, spouse and spiritual director. Write down areas in which I am excelling and areas in which I see gaps. Make **one resolution** from each category to make a change in and begin implementing the changes in my life. Review in my **examination** of each day, have the **integrity in the moment** to follow through with my commitments. Review monthly or quarterly to measure progress and discern new areas to grow in once habits have been formed.

Helpful considerations for each category to begin:

Human: sleeping schedule, eating schedule and healthy foods>junk, exercising and maintaining our bodies which are a temple of the Holy Spirit, creating a virtue plan to battle any vices that are obstacles in spiritual growth

Spiritual: frequent reception of communion, confession and adoration, as well as fostering devotions to meditation, reading the scriptures, morning commitments and evening examinations, Marian and other devotions

Intellectual: composing a reading list of scripture, the catechism, and other great spiritual works, as well as a strict diet with technology that inhibits being influenced by the culture of the world

Apostolic: finding, participating in or building a community of Christ centered friendships, always invitational to new participants and always modeled after Acts 2:42

Additional considerations:

Write out across time a journal of your progress and setbacks. Talk it over with someone. Once identified, you can do something about it.

Ask for candid feedback. Honesty will develop formation to your unique personality, circumstance and needs.

Example of Matthew's own formation pyramid:



Apostolic: Join a parish! Get involved in the community, look for ministries to join that accentuate and utilize my talents to help others.

Intellectual: Begin reading Intro to the Devout Life by St. Francis de Sales; fast from using my cell phone at my house when I get home from work so I can be more present to my wife and kids.

Spiritual: Attend mass on Sundays and one other day during the week; go to adoration in the morning on my way to work for at least 15 minutes.

Human: Go to the gym consistently 3 times per week using a workout program; work on the sin of Gluttony/virtue of moderation and self-denial by fasting on Fridays and devoting additional time to prayer during my fasting block.