

## Disciple Ministry Journal

### Maintenance:

As a car or tractor needs its oil changed, a house needs a new roof, the lawn needs to be mowed, or maybe your smartphone needs an update. All of these things need to be maintained so they continue to work. If one part is neglected; the car will not run, the roof will leak, the grass will get long and your smartphone will not work properly. The same maintenance needs to take place in your faith life! Keeping God as your first priority guides you to trust in Him. Offering these little moments to God everyday, the struggles and joys. The more you practice putting God first, the easier it becomes to continue that practice. Take a look at the choices you are making. Becoming aware of how you can make better decisions. Everyone continues to work on their faith journey, as we live, as Jesus taught us!

### **WWJD - What Would Jesus Do?**

### Journal:

Find what comes naturally to you. What are you passionate about?

- Acts of Kindness will mean more if you are passionate in the actions/services you are providing for others.
- Small acts of kindness can happen many times during a day. I want you to discover that the Holy Spirit has been working thru you already, everyday in the little things!
- Also write about services you provided, that you really did not want to do at the time.
  - How did it make you feel before, then after?
    - ➔ Still not happy you had to do this service?
    - ➔ Or did it have a positive outcome?
    - ➔ Are you going into this service with a negative or positive outlook?
- There is so much more you can do then what is on this list, don't limit yourself.

### Interview:

Bring your Disciple Ministry Journal to your interview in the spring. Take some time to reflect and look back at the growth you made over the past few months as you talk with Kathy, Fr. Gabriel or Marcia.

### **100 Good Deeds Journal: Keep a journal of daily Acts of Kindness! Bring along to all four classes.**

- Go to Mass Regularly!
  - ★ Be a part of the Mass, it will give you a greater meaning and understanding.
  - ★ Choir, usher, lector, greeter, gifts
- Attend Reconciliation at least twice a year! *We all need God's forgiveness.*
- Pray Everyday!
- **Help/Visit/Take a Baked Good over to a Neighbor/Shut In**
- **Pray the Rosary with:**  
[https://play.google.com/store/apps/details?id=com.lwallpaperseries.rosary\\_audio\\_old\\_style&hl=en\\_US](https://play.google.com/store/apps/details?id=com.lwallpaperseries.rosary_audio_old_style&hl=en_US)
  - ★ Family - Parents/Grandparents/Siblings/Cousins, or on Your Own
  - ★ Meadows/Good Neighbor Society
    - ➔ Bingo
- **Pray the Chaplet of Divine Mercy**  
<https://itunes.apple.com/us/app/the-chaplet-of-divine-mercy/id1242649186?mt=8>
- **Read the Bible or Today's Scriptures**
  - ★ [https://play.google.com/store/apps/details?id=com.avcka.apps.MassReadings&hl=en\\_US](https://play.google.com/store/apps/details?id=com.avcka.apps.MassReadings&hl=en_US)

- **Talk/Smile** with someone that looks hurt/lost/lonely
- **Church Events**
  - ★ Fall Festival
  - ★ Garage Sale
  - ★ Knights of Columbus - Breakfasts or Fish Fry
  - ★ Catholic Daughters
- **Totus Tuus** - During the day
- **Spiritual Movie**
  - ★ Name of the Movie Watched
  - ★ Summery, how did it affect you?
  - ★ What will you put into practice in your life because of watching this movie?
- **Attend Adoration**
- **Youth Ministry** - I will help organize these activities.
  - ★ Shadow Plays
    - Nativity or Stations of The Cross
  - ★ Window Walk
  - ★ Living Rosary
  - ★ Bible Study or Book Groups
  - ★ Movie Nights - at home or in our RE Classroom as a group.
  - ★ Sister Parish
    - Tie Blankets
    - Set up a time to pray for our Sister Parish
    - Correspond with one of the teens
- **Mentoring w/ Helping Hands** - Ellen Krogmann
- **Food Bank**
- **Castle Theater**
- **Second Helpings**

**Parents and Sponsors.** check in on your teen. Set a time you can sit, talk and share about this experience together with your son or daughter about their Disciple Ministry Journaling experience.

Ask your Parents, Sponsor, Fr. Gabriel, Kathy and Marcia for guidance! We are all here to support and help you as you grow in understanding of the seven gifts of The Holy Spirit!

***So much more can be done outside of our community as well. You decide what you are passionate about. This is your faith journey!***

*Psalm 37:23-24*

*“The valiant one whose steps are guided by the Lord,  
Who delight in his way,  
May stumble, but he will never fall,  
For the Lord holds his hand.”*

The person in whom God delights is one who follows God, trusts God, and tries to do God’s will.  
God watches over and makes firm every step you take.  
If you would like to have God direct your way,  
then seek his advice before you step out.  
Talk to God! He will answer you in His time!

