

NAME: \_\_\_\_\_

**DUE BY EASTER**

## SPIRITUAL GROWTH PROJECT

You can know *about* someone, but to really get to *know* them, you need to talk. Prayer is a conversation with God. This dialog, as with any conversation, helps bring us closer together.

Sometimes, however, our prayer becomes automatic and mechanical. We no longer pay attention to the words or the meaning in them. This assignment is to experience a new type of prayer, one that will reach us and touch us; one that will allow our spirits to grow.

There are many types and formats of prayer. The Mass is a liturgical prayer. Rosary services and the Stations of the Cross are popular devotions. Lectio divina includes reading and contemplating divine scripture. You may choose whatever prayer activity you like, but it must be something beyond what you normally do. Some suggestions are listed below.

Complete the report form on the next page. It must be signed by a parent or adult.

### **Spiritual Growth Suggestions:**

- Attend a rosary service at church
- Go on a retreat
- Read the bible every night
- Read the “little purple prayer book” that is available during Advent
- Attend an Adoration service
- Attend an Awaken Ministry event ([www.awakenministry.org](http://www.awakenministry.org))

Lent is a perfect time for spiritual growth

- Read the “little black book” that is available during Lent
- Attend the Stations of the Cross
- Attend any or all of the Holy Week services
  - Holy Thursday Mass
  - Good Friday Service
  - Easter Vigil

# SPIRITUAL GROWTH FORM

PRAYER ACTIVITY: \_\_\_\_\_

DATE OF ACTIVITY: \_\_\_\_\_ TIME: from \_\_\_\_\_ to \_\_\_\_\_

GIVE A BRIEF DESCRIPTION OF ACTIVITY:

---

---

---

**BEFORE** \*\*\* complete this section *before* the activity.\*\*\* (Use a separate sheet if needed)

WHAT DID I THINK THIS WAS GOING TO BE LIKE? WHAT WAS I EXPECTING?

---

---

---

**AFTER** \*\*\* complete this section *after* the activity.\*\*\* (Use a separate sheet if needed)

WHAT IS MY REACTION, FEELING, OR OVERALL ATTITUDE ABOUT THIS EXPERIENCE?

---

---

---

HOW WAS THIS THE SAME OR DIFFERENT FROM MY EXPECTATIONS?

---

---

---

SIGNATURE OF SUPERVISING ADULT: \_\_\_\_\_