



# Christian Spirituality: Becoming Holy

## *How-tos*

1. How to organize a discussion on Christian spirituality and holiness in the parish (and/or in small Christian communities):

- Share ideas about which topics would be preferred, as well as resources for the session.
- Decide who will design the session and what their tasks will be.
- Set a time for the session or, at least, a date for a progress report on the planning process.

2. How to design, strategize, and provide for the parish (and/or small Christian communities) a mini-retreat experience, an evening of reflection, a mission, a workshop, or a Bible study on the topic of Christian spirituality:

- Brainstorm ideas and approaches.
- Decide who will be involved and what their tasks will be—either one subgroup to do all the tasks, or individual assignments.
- Determine a schedule and resources.

3. Encourage one another in the parish and/or small Christian communities to try one of the practices below that will enhance personal and communal spiritual lives.

Set aside a time and place for quiet and contemplation as part of each day, or as part of each time we meet together, as a balance or complement to our active lives.

- Make and take time for daily personal prayer.
- Buy books, audiotapes, or videotapes to enhance our understanding of Christian spirituality. Establish a lending library of these and other resources.
- Read the lives of the saints who call us to spiritual growth and holiness.
- Help each other to have spiritual friends (good listeners who are prayer companions) or spiritual directors (persons experienced in leading other people in their spiritual life).
- Ask your parish leaders how weekly and daily liturgies can help us deepen our Christian spirituality.

4. Contact your parish or diocesan offices to find out about speakers, workshops, and other opportunities available locally for you to grow spiritually.
5. See the “Links and Resources” for other resources to read or purchase.
6. Consider downloading the Day of Reflection “Christian Spirituality: Becoming Holy” on this site for use in your parish.