

Faith Alive! In My 24/7 Life

Being Catholic Christian 24/7: Possibilities and Practicalities

Abstract

1. Being a Catholic Christian 24/7 is about infusing every moment of our days with the core value of our faith, the essential teaching of Jesus.
 - a. Love God
 - b. Love your neighbor, that is, your fellow human beings.
2. We need support to do this.
 - a. Prayers that invite God to be active in our minds and hearts.
 - b. Support groups of 2 or 3 people who meet with us on a regular basis
3. We humans are each unique and differ in the graces we need and the graces/help we can give to others.
4. Public Worship and Devotions.
 - a. The Church offers opportunities for public, communal prayer and reflection in many ways over the course of time.
5. Personal/private prayer practices: there are many forms and styles of personal prayer. Which do you use regularly? Which do you use rarely?
 - ◇ Blessing and Adoration
 - ◇ Thanksgiving
 - ◇ Petition
 - ◇ Praise
 - ◇ Intersession
6. Personal inspiration and reminders.
 - If we look for it, we can find or place inspiration in many parts of our daily lives and activities. For what are you looking? Where do you look?
7. Explore the internet. Explore the Living Faith at Work website (www.livingfaithatwork.org)
8. Set out to be a grace or resource to others.
9. Try forms of prayer other than those you customarily use. For example, *Lectio Divina*.