

SAYING YES TO MY FAITH

An Examination on the Quality of My Christian Living.

You can go through this exercise all by yourself in prayer and recollection or It can also be offered to small selected groups of people eager to live up to their Christians calling.

Follow the instructions here below

- Answer each question below with a yes or a no.
- Write with larger or smaller types to show how firmly you feel about it.
- For example, to the question “Do you keep your bedroom always clean and orderly?” could be answered –

Yes – yes - yes no - no - no

A. DEEPENING MY PERSONAL RELATIONSHIP WITH GOD?

Take personal notes of your reflections.:

- Do I set aside at least a few minutes each day to be with God in prayer?
- Do I read the scriptures often, searching there for God’s message for me?
- Do I consider Jesus a personal friend, someone who makes a real difference in my life?
- Am I trying to model my life on Jesus’ teachings and example?
- Do I turn to God for help when I am troubled, frightened, tempted, confused?
- Do I thank God often for the little and big gifts life offers each day?
- Do I ask God to pardon me no sooner I feel I did wrong?
- Do I choose companions and activities that help me to come closer to God and avoid those which might lead me to him?
- Do I attend retreats, days of prayer, or other special times of closeness to God? i
- Am I often aware that God lives within me and that he loves me personally and uniquely?
- Do I belong, or do I want to belong to groups which help me to do so?

B. MY CHRISTIAN VALUES.

Take personal notes of your reflections.:

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- Do I try to live according to the Christian and moral values my parents have taught me?
- Do I try to do my part to make my family a truly Christian family?
- Do I encourage my friends to live by Christian values and morals?
- Am I honest and truthful in my dealing with friends, family and my work?
- Am I caring and helpful with everyone, especially with people in need?
- Do I stand up for positive Christian values in the face of others' pressures?
- Do I have a Christian – (*a Christ like*) - attitude concerning
 - Sexuality?
 - Family responsibilities?
 - Education of my children”?
 - Care of my old parents and senior citizens in need of help?
 - Acquisition of money?
 - Use or wastage of money?
 - Use of my free time?
 - Harmful drugs and alcohol?
 - Responsibility in driving”
 - Respect for authority?
 - Concern for the poor and minority groups?
 - Reverence for life from conception to death?
 - Respect for property?

C REFLECT AND PRAY

- 1) Read the notes you took above under A b& B.
- 2) Reflect on them.
- 3) Pray.
- 4) Take some resolutions.

D CHECKING WITH A GUIDE OR SPIRITUAL COUNSELOR.

If you are serious about improving the quality of your Christian life, and to implement your resolutions,

- Check with a guide or a spiritual counselor, a person experienced in spiritual matters.
- Share with him, discuss and ask for his guidance and advice;