



Year of Faith: Resolutions

The New Year is right around the corner and with it comes the practice of making resolutions to turn over a new leaf...complete an unfinished project...lose some weight...exercise more...you name it.

Our Catholic Faith also reminds us of the importance of making resolutions. As the Catechism says, "...it is not easy...to maintain moral balance. Christ's gift of salvation offers us the grace necessary to persevere in the pursuit of the virtues" (CCC 1811).

Our time on this earth is a journey full of ups and downs that challenge us to remain true to our baptismal call. We are asked to renew our commitment to Christ each and every day of our lives, to make a resolution, if you will, to always say "Yes" to God. Even when we fail we can always start over. In this Year of Faith let us resolve to go deeper into our faith. Here are just a few suggestions.

- ☞ Consider reading a bit of the [Catechism](#) each day, or a [chapter of the Bible](#), or a document from [Vatican II](#), or some [spiritual work](#) by a saint.
- ☞ In appreciation of the awesome gift of God's grace, consider approaching the [sacrament of reconciliation](#) more frequently or encouraging someone you know who might benefit from this encounter with God's forgiveness and healing.
- ☞ Consider using a [daily examen](#) to help you grow in your relationship with Christ
- ☞ Adopt or renew an individual/classroom/family [devotion](#) that would enrich your experience of Catholic Tradition.

Correlation to the Religion Course of Study & Six Tasks of Catechesis

Religion Graded Course of Study

Standard IV B: Recognize that one responds to the love of God by growing in relationship to God, others, self and all creation.

The Six Tasks of Catechesis

Missionary Spirit: Cultivate an *evangelizing spirit* among all the faithful as an integral element of their baptismal calling, of the Church's nature and mission, and of a Catholic way of life.

Helpful Resources*

Elementary

[Growing Up a Friend of Jesus: A Guide to Discipleship for Children](#) (BK CF BERUF 2000) Grades 1-6

[The Angel's First Reconciliation Lesson](#) (DVD 1318) Grades 1-4; 12 min

Middle School/Junior High

[Holy Bells and Wonderful Smells: Year-Round Activities for Classrooms and Families](#) (BK CF HUNTJ 1996)

[Blessings and Prayers Through the Year: A Resource for School, Parish and Home](#) (BK PRAY JEEPE 2004)

High School/Adult

[Catholic Update: Teen Discipleship](#) (DVD 1325) Grades 7-12; 22 min

[Discipleship and Ministry as Empowered by Baptism](#) (CD 1045), Adult; 60 min

[The How-To Book of Catholic Devotions: Everything You Need to Know But No One Ever Taught You](#) (BK CF AQUIM 2000), Adult

* These resources and many others can be borrowed from the Diocesan media library, contact [Sue](#) or [Martha](#) for details