

Catholic Spiritual Wellness Reflection Sheet

A Resource for Catechetical Leaders and Parish Teams

1. Nurture Daily Prayer

Begin and end each day in prayer. Offer your intentions in the morning and reflect in the evening. Pray the Rosary, meditate on Scripture, or spend a few minutes in silent gratitude.

2. Participate in the Sacraments

Attend Sunday Eucharist faithfully and approach Reconciliation regularly. Spend time in Eucharistic Adoration — even a few minutes in the Lord's presence renews the heart.

3. Ongoing Faith Formation

Deepen your understanding of the faith. Read spiritual classics, follow the liturgical seasons, and join or lead small faith-sharing groups for mutual growth.

4. Practice the Works of Mercy

Live your faith in action through the corporal and spiritual works of mercy: serve, forgive, comfort, and pray for others in need.

5. Foster Silence and Simplicity

Seek moments of quiet daily. Simplify your schedule and space to make room for God. Consider an annual or seasonal retreat for renewal.

6. Build Catholic Community

Engage actively in parish life. Support fellow catechists, collaborate in ministry, and seek spiritual direction or mentorship when needed.

7. Integrate Faith into Daily Life

Offer your work, family life, and challenges as prayer. Keep symbols of faith nearby and cultivate gratitude for God's daily blessings.

“Be still and know that I am God.” — Psalm 46:10