Spiritual Growth Hours

4 HOURS of Spiritual Growth per month are required for Confirmation as **additional ongoing faith and spiritual development** during Confirmation. Spiritual growth hours provide opportunities for the candidates to explore their Catholic faith and the wealth of opportunities that are available to them to grow in their relationship with God.

Starting in September until the end of February the candidate can use one or more of the following list of prayer activities:

- **Participate in Wednesday Edge Nights** 6:00pm-7:30pm (bring log for Audrey/Core to sign)
- **Attend Adoration in the Church** (have parents sign off on log)
- **Read and Reflect on Scripture** – 8 minutes nightly or longer chose a scripture passage to reflect on. Use the Lectio Divina guide in the prayer packet to help guide you. You can also journal about what you read.
- **Attend a DAILY Mass** (school Mass does not count, 7AM at St. Paul's Mon-Fri.) Have Msgr or Fr. Tim sign your log.
- **Pray a Divine Marcy Chaplet by yourself or with a friend**
- **Go to Confession**
- **Pray the Stations of the Cross**
- **Pray the Examen before you go to bed to reflect on your day**
- **Pray a Rosary by yourself or with a friend**

Please note:

- **10 minutes of prayer a day for 30 days is 5 hours of prayer a month. As Catholics, daily prayer is integral to deepening and developing our relationship with God. Our Spiritual Growth requirement is asking for about 8 minutes of prayer a day. 6 weeks of consistent activity develops a habit, our goal with spiritual hours is to help you develop a habit of prayer that will benefit you for eternity.**
- Attending Sunday Mass in person does not fulfill the spiritual growth hours requirements as the spiritual growth hours are meant to be in addition to our normal obligations as Catholics to actively participate in our faith.
- Acts of service, while an integral part of our active participation in the Catholic faith do not count towards spiritual growth hours. Spiritual Growth is meant to deepen your prayer life and relationship with God.

Please use the attached log sheet to log your hours per month, one log sheet will be turned in for the fall months in December and the other in February. You may print more log sheets if there is not enough space given.

Spiritual Growth Prayer Log

Full Name:_____(Please Print)

September-December (4hrs per month)			
Date	Activity	Time	Signature

Total minimum hours for Sept-Dec: 16hrs

Spiritual Growth Prayer Log

Full Name:_____(Please Print)

Jan-Feb (4hrs per month)			
Date	Activity	Time	Signature

Total minimum hours for Jan-Feb: 8hrs