

Challenge for the week leading up to talk three- Making a Plan of Life

Ask yourself the following questions and draw up a game plan:

- What areas of my prayer life and relationship with God are strong? What practices am I already doing in relation to prayer, fasting, almsgiving?
- What am I doing that needs improvement?
- What am I not doing at all or have never even considered?
- Of the practices in need of improvement, which do you sense God would be most pleased to have you work on first?
- What do you think it will take for you, with God's help, to make that step?
- How will you monitor your progress and continue to improve?
- Of the parts of a plan of life that you have not yet lived at all, which do you think would be the easiest to start with?
- What would be the most important to start with?
- Knowing yourself, which practice do you think would be best for you to choose to incorporate into your life first?
- Who are the people in your life who can help you stay motivated to begin living by a plan of life and check on your progress?

Other Resources

Books:

Francis De Sales, *Introduction to the Devout Life*

Gabriel of Saint Mary Magdalen, *Divine Intimacy*

Thomas Dubay, *Prayer Primer*, Ignatius Press

Peter Kreeft, *Prayer for Beginners*, Ignatius Press

Harold Burke-Sivers, *Behold The Man: A Catholic Vision of Male Spirituality*, Ignatius Press.

Roger J. Landry, *Plan of Life: Habits to Help You Grow Closer to God*, Pauline Books & Media

Paul Scalia, *That Nothing May Be Lost: Reflections on Catholic Doctrine and Devotion*

Richard Heilman, *Church Militant Field Manual: Special Forces Training For the Life in Christ*, Deus Vult Publications

Donald Haggerty, *Conversion: Spiritual Insights for an Essential Encounter With God*: Ignatius Press

Manual for Men, TAN Books & Media

Reginald Garrigou-Lagrange, *Knowing the Love of God*, Ignatius Press.

Archbishop Thomas J. Olmstead, *Into the Breach - An Apostolic Exhortation to Catholic Men*

Archdiocese of Phoenix, AZ: <https://intothebreach.org/wp-content/uploads/2015/10/INTO-THE-BREACH-ROMAN-CATHOLIC-DIOCESE-OF-PHOENIX.pdf>