

Habits for the Spirit-Filled Life

Community | Formation | Mission

“I am the true vine, and my Father is the vine grower. He takes away every branch in me that does not bear fruit, and every one that does he prunes so that it bears more fruit. You are already pruned because of the word that I spoke to you. Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing. Anyone who does not remain in me will be thrown out like a branch and wither; people will gather them and throw them into a fire and they will be burned. If you remain in me and my words remain in you, ask for whatever you want and it will be done for you. By this is my Father glorified, that you bear much fruit and become my disciples. As the Father loves me, so I also love you. Remain in my love. If you keep my commandments, you will remain in my love, just as I have kept my Father’s commandments and remain in his love.

“I have told you this so that my joy may be in you and your joy may be complete. John 15:1-11

The H.A.B.I.T.S. of a disciple

Holy Hour: Commitment to daily mental prayer.

- Start small, you do not need to start at an hour. 15 minutes will do
- Bring something to pray about
- Use your imagination to talk to Jesus

Christians are not supposed to live in isolation. How can I have better Christian community after this pandemic ends?

What kinds of community can I have right now with the people in my sphere of influence?

Do I believe that God wants me to be grafted on to him? How might my life be different if I was?

Accountability: Commitment to honest sharing, mutual encouragement, and accountable to growth.

- Who knows your struggles?
- Who is praying for you?
- How do you know that you are growing?

Bible: Commitment to read and praying with the bible.

- Start Small, you do not need to read whole books at a time.
- Start with the Gospels and Acts, this is the core of the Christian Bible.
- Go on with the kind of reading you enjoy, like poetry, read the psalms, like philosophy read St. Paul.

Invest: Commitment to investing your time, talents, and treasure.

- Each of these is its own category
- They should be discerned with God
- What would renewed generosity look like in your life?
- What gifts can you give back to God?

Tell: Commitment to telling others about the difference Jesus has made in your life.

- Is there someone that God is asking you to share this with?
- What do you feel when you think about sharing about Jesus?

Sacraments: Commitment to frequent reception of Eucharist and Penance.

- Commit to weekly Eucharist
- Commit to monthly Penance.
- Commit to time to prepare for Eucharist and Penance.

Which of these am I weakest in? How might I make it a strength?

Which of these am I strong at? How can I capitalize on that strength?

How can I hold myself accountable to these goals?