



✠ Life in Christ ✠

Prayer

- Scripture
 - Mass readings or pick a book of the bible you want to read and pray with a chapter or section each morning
- Sacraments
 - Daily Mass once a week is doable for most people
 - Confession at least once a month
 - Liturgy of the Hours → Extension of the Liturgy and great devotional encouraged by the Church
 - Devotionals (Rosary, Divine Mercy Chaplet, and many more)
 - Be careful however that our prayer life does not consist merely of devotionals as meditating on the scripture and studying the Tradition of the Church (Catechism is a great start) ensures that we do not become superstitious in our devotions (see par. 2111 of the CCC) and that they flow from our intimate relationship with Christ

Formation

- Many options for spiritual reading, but St. Francis de Sales and the Catechism are two great places to start
 - Golden Counsels of St. Francis de Sales (\$1)
<https://embracedbygod.org/product/golden-counsels-of-st-francis-de-sales/>
 - The Sermons of St. Francis de Sales on Prayer (\$12.95)
<https://tanbooks.com/products/books/the-sermons-of-st-francis-de-sales-on-prayer/>
 - Introduction to the Devout Life by St. Francis de Sales (\$11-\$44)
<https://www.amazon.com/s?k=introduction+to+the+devout+life>
 - Treatise on the Love of God by St. Francis de Sales (\$15-\$25 or free online version can be found)
<https://www.amazon.com/Treatise-Love-God-Francis-Sales/dp/1617202983>
 - CHARIS Integral Formation (\$100)
<https://www.charis.international/en/integral-formation-program/>
 - The Art of Living by Dr. Edward Sri (\$16.95)
<https://ignatius.com/the-art-of-living-alp/>

Virtue

- Pick one virtue at a time that would have the greatest impact
- Decide some action steps to grow in that virtue



Community

- All of this can be extremely hard, if not impossible, without Christian community
 - Keep meeting with your hunting partner(s)
 - Get involved at your parish
 - Join or start a men's group at your parish
 - Have friends over to pray, study scripture, etc. and then eat or enjoy fellowship
 - Get together with other families to pray, study scripture, etc. and then eat or just enjoy fellowship

Opportunities

- Half-off coaching for the first month! Reach out to me before the end of May and we can see if it would be a good fit
- Next year for ITW there will be a journal/book instead of pdfs, a simple companion for wives if they are looking for something, and other smaller upgrades
- My hope is to have an Advent program for couples and/or families
 - Different feel, although we will still focus on growth in virtue and integrate psychology and theology as relevant to marriage and family life (stay tuned)
 - May offer something for just men as well but that is still up in the air
- Prolifepayments
 - Payment processor that donates 15% of our revenue to pregnancy clinics, Preborn, etc.
 - Goal is to fund every pregnancy resource center in the country so they can spend their money and time on saving babies instead of fundraising and marketing
 - Looking for small churches, schools, KofC counsels, pregnancy clinics, and business owners who are open to saving time, money and babies
- The Brothers and Sisters of Charity (Monastic and Domestic expression available)
<https://www.littleportion.org/>
 - If you liked ITW, it shares some similarity with the spirituality of the Brothers and Sisters of Charity. My wife and I are currently novices and benefitting greatly from the community, formation, and spirituality of the community.
 - If you want to learn more about this religious community, please reach out!