

## What are Spiritual Hours?

Spirit implies something that is not of the physical world. Spiritual hours are about you and your relationship with God - this relationship is interactive. How much time do you invest in your relationship with the Lord? Do you pray each day? Do you pray for yourself and for others? Do you attend mass outside of the required Sunday mass and Holy Days of Obligation?

The third Commandment says, "Keep holy the Sabbath Day."

Therefore attending mass is required of you by God - it is not something special or extra that you go out of your way to do. Spiritual hours are that extra effort that you make to interact with God.

## Why do I need Spiritual Hours?

Spiritual hours build our relationship with God. As we mature so does our need for God's intervention in our lives. Satan is always ready to claim us, God is our defense against Satan and his empty promises and our path to eternal life.

## How do I get Spiritual Hours?

Accumulating Spiritual hours is easy - PRAY and attend mass. Pray for yourself, classmates, people who are sick or having difficulties, pray to/through a patron saint, attend weekday mass - Mon., Wed. Fri. at 4:30 (20 to 30min max) attend Friday Morning mass in Port Barre (the football mass), during Lent, attend The Way of the Cross, get friends to attend with you, encourage family members to come with you and you become one who is evangelizing

(bring people closer to God). Lead your family's blessing before and after meals, say the rosary, lead the rosary, help a sibling say bedtime prayers, or organize a "prayer at the flagpole" at school. Look for a patron saint and pray a novena for their help in your life. Work on reading the bible.

It is not always praying for needs, it can and should be praying in thanksgiving for all that you are and the blessings you have and do receive everyday. There are so many ways to get spiritual hours - This is about you and God, together you've got this!

## Who is my witness?

Ultimately God is your witness. For our purposes your main witnesses are the people who see you and know what your activities are - parents, siblings, grandparents, friends, teachers, even pastors.

These spiritual hours are quickly achieved. You can easily accumulate 20 hours and many more.

Our prayer for you is that God protect you from all evil, guide you in all you do. May God bless you and help you to make the wise choices that will lead you to success in school, in your family, in your works, in life and in prayer. And may you always know that you are loved and never alone. AMEN.

- If you need more space to record hours, just staple a sheet of paper to this booklet.
- Proof - this booklet is due by \_\_\_\_\_  
Date

