



## H.A.B.I.T.S. of the Heart

Is your parish experience “habit forming?”

“H” is for holy prayer. “My Father’s house is a house of prayer,” declared Jesus. Unless prayer inspires and attends our activities, they are fruitless, a chase after vapors. The Mass is our community prayer and many other prayer opportunities abound here, including Eucharistic adoration.

“A” is for accountability. Mature relationships require responsibility. Our parish is a place of growing in relationship with God and with believers. We need each other. No man is an island.

“B” is for the Bible. Prepare for Mass with the bible and bring your bible to Mass. “Let the Word of Christ dwell in you richly.”

“I” is for investment. A “tithing” of our time, talent, and treasure is a form of worship. It puts a right order into our lives by deciding with integrity and peace that God will receive the first fruits of the harvest He has first given us. “I shall not offer to the Lord a sacrifice that costs me nothing.”

“T” is for telling the good news. To be a complete Christian is to share the gift of our new life with others. Pray to the Holy Spirit for the grace to speak from the heart at the right time. Invite a friend to church for youth group, Mass, scripture study, or the men’s Catholic Watchmen gatherings.

“S” is for sacraments, especially in the frequent participation of the Eucharist and Reconciliation. Jesus is alive and is experienced in the celebration of the sacraments.

*Fr. Jim*