

Be Formed! Commitment Card

Circle any commitments below you feel God is calling you to commit to for the 90 day period between January 4th and April 4th.

Spiritual Commitments

Mass- weekly or daily

Confession - monthly

Weekly Holy Hour - Adoration

Daily Prayer- 20 to 60 minutes

Pray daily with the Scripture for Mass

Pray the Examen each night before bed

Spend time with a spiritual coach or mentor



Intellectual Commitments

Participate in a Lectio Divina or Bible Study Group

Read 5 pages of a Catholic book

Journal your thoughts from Scripture, books, or studies (5-10 minutes a day).

Weekly session with small group

Monthly session with large group



Human Commitments

Practice virtuous living

Eat regularly

Drink at least 64 ounces of water a day

Get 7 or more hours of sleep at night

Fast between meals

Fast from sweets

Fast from soft drinks and/or alcohol

Exercise 3-5 times a week

Limit cell phone and tv distractions

Limit non essential purchases



Pastoral Commitments

Be a friend

Expand/connect with groups

Donate time through the Works of Mercy

Donate talent through the Works of Mercy

Donate treasure through the Works of Mercy



Name: _____