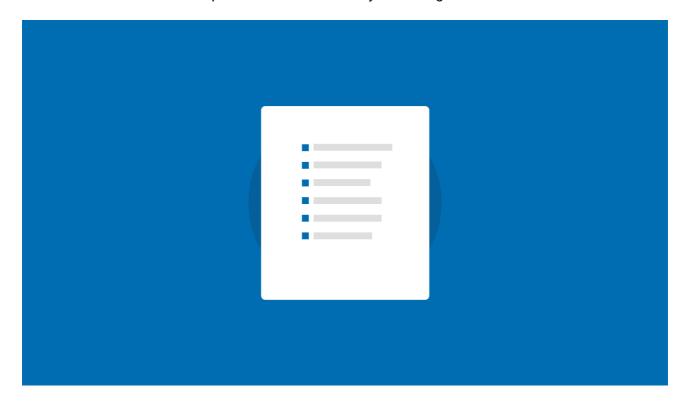
## A spiritual checklist

Use this spiritual checklist as a way of coming closer to Jesus



Have you recently thanked Jesus for all that He has done for you?
Do you regularly say your morning and night prayers?, Do you say a prayer of thanksgiving (Grace) before your meals?
Do you turn to Jesus in prayer when you are troubled or depressed?, Do you pray for friends and others who have problems?
If a person is having difficulties, do you encourage them to pray?
When you visit a sick person, do you say a prayer with them?
Do you read the Bible or pray the Rosary regularly?
Do you honor God publicly by going to church on Sunday?
Have you recently helped a stranger?
Does Jesus Christ occupy the number one place in your life?
Do you have a Sacred Heart picture or a crucifix in your home?
Do you go to Mass and receive the sacraments with your family?
Do you encourage family members to do acts of kindness?
Do you donate to church charities to help others?, Do you pray for your family members?
Does Jesus Christ occupy the number one place in your home?