

Self-Assessment: My Faith Journey

<b>As an Individual</b>	Never	Rarely	Occasionally	Frequently	Regularly
1. I set aside quiet time each day for prayer & reflection	1	2	3	4	5
2. I thank God for all the gifts I have received	1	2	3	4	5
3. I take time to grow my understanding of my faith	1	2	3	4	5
4. I treat my family/friends with dignity and respect	1	2	3	4	5
5. I am attentive to God's presence in my life	1	2	3	4	5

<b>As a Family</b>	Never	Rarely	Occasionally	Frequently	Regularly
1. We eat family meals together	1	2	3	4	5
2. We pray with our children	1	2	3	4	5
3. We teach our children about our Catholic Faith	1	2	3	4	5
4. My spouse and I talk about our faith	1	2	3	4	5
5. We celebrate the liturgical seasons in our home	1	2	3	4	5

<b>As a Part of the Larger Community</b>	Never	Rarely	Occasionally	Frequently	Regularly
1. We attend Mass frequently	1	2	3	4	5
2. We help family/friends who are in need	1	2	3	4	5
3. We ask our family/friends for help when needed	1	2	3	4	5
4. We attend prayer groups/retreats that are offered	1	2	3	4	5
5. We volunteer in the parish or local community	1	2	3	4	5

Use the following suggestion to grow your faith as an individual and family based on your responses above.

Ways to Grow: 1, 2, 3 = Level 1      4, 5 = Level 2

<b>Individual Faith</b>	
<b>I set aside quiet time each day for prayer &amp; reflection</b>	
<b>Level 1</b> Listen to what God has to say to you! Create a prayer corner in your home especially for you and God.	<b>Level 2</b> Pray in your own words. Have a conversation with God. Be spontaneous.
<b>I thank God for all the gifts I have received</b>	
<b>Level 1</b> Before going to sleep, say a simple thank you to God for all that you have received during the day	<b>Level 2</b> Write down 3 things that you are grateful for each day. Keep them in a safe place to reflect on at another time
<b>I take time to grow my understanding of my faith</b>	
<b>Level 1</b> Check out the parish website or the internet for blogs, articles or recommendations for spiritual books	<b>Level 2</b> Join a faith-sharing group or attend the parish retreat
<b>I treat my family/friends with dignity and respect</b>	
<b>Level 1</b> Treat people with courtesy, politeness, and kindness. Encourage others to express opinions and ideas. Listen before expressing your viewpoint.	<b>Level 2</b> Practice the absence of criticism and complaining. It's not as easy as it sounds!
<b>I am attentive to God's presence in my life</b>	
<b>Level 1</b> Take time to notice the beauty the surrounds you	<b>Level 2</b> Join a faith-sharing group or attend the parish retreat

<b>Family Faith</b>	
<b>We eat family meals together</b>	
<b>Level 1</b> Plan at least 1 family meal per day together	<b>Level 2</b> Celebrate family every Sunday.
<b>We pray with our children</b>	
<b>Level 1</b> Before tucking your children into sleep, say a simple thank you to God for all that you have received during the day	<b>Level 2</b> Write down 3 things that you are grateful for each day. Keep them in a safe place to reflect on at another time
<b>We teach our children about our Catholic Faith</b>	
<b>Level 1</b> Read Bible Stories to your children or watch Veggie Tales.	<b>Level 2</b> Enjoy the kid-friendly websites and children's books. Check the website for recommendations
<b>My spouse and I talk about our faith</b>	
<b>Level 1</b> Start with simple questions... <ul style="list-style-type: none"> <li>• Do you believe in God?</li> <li>• Why do you believe (or not believe) in God?</li> <li>• How do you feel about that?</li> </ul>	<b>Level 2</b> Ask harder questions... <ul style="list-style-type: none"> <li>• What do you sense about God's purpose for our marriage?</li> <li>• What are the dreams you have for our marriage?</li> <li>• What "next step" can we take to grow together?</li> </ul>
<b>We celebrate the different liturgical seasons in our home (Advent, Christmas, Lent, Easter)</b>	
<b>Level 1</b> Start with Advent. Place the focus of the season on the birth of Christ by using an Advent wreath or calendar.	<b>Level 2</b> Celebrate all the Holy Days of the liturgical calendar. Make major saints feast days such as St. Nicholas and St. Patrick.

<b>Community Faith</b>	
<b>We attend Mass frequently</b>	
<b>Level 1</b> Start off slowly. Make plans to meet another family at Mass and sit with them!	<b>Level 2</b> Gradually work up to your goal to attend Mass weekly. Create relationships with other parishioners that will last a lifetime.
<b>We help family/friends who are in need</b>	
<b>Level 1</b> Start by saying a prayer for those who are in need. Feel free to light a candle for their special intention.	<b>Level 2</b> Reach out to those in need with a phone call or visit. When people are hurting, they need love and support most.
<b>We ask our family/friends for help when needed</b>	
<b>Level 1</b>	<b>Level 2</b>

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<p>Asking for help is much harder than helping someone else. As a community, we are here to support each other on the journey. When you need a hand, give others the honor of asking for their help.</p>	
<p><b>We attend faith sharing groups/retreats that are offered</b></p>	
<p><b>Level 1</b> Perhaps getting out of the house is out of the question, but maybe a virtual faith sharing group might work for you!</p>	<p><b>Level 2</b> Attend a portion of the parish retreat or one of the family retreats. Take the time to nurture your faith.</p>
<p><b>We volunteer in the parish or local community</b></p>	
<p><b>Level 1</b> Start out with things that can be done at home and on your own schedule. Bring non-perishable items for the Food Pantry, or support one of the many ministry collections drives such as Christian Services or Knights of Columbus.</p>	<p><b>Level 2</b> As your children get older, involve them in family ministry. Become a greeter with your little ones! Help educate the young church by volunteering to teach monthly Family Formation, help out at VBS or walk with SJR's teens as part of Youth Ministry.</p>

Area of Focus	Goals -create one goal for each focus that you can realistically accomplish during the next three months.
Individual Faith	(There will be a one goal per person.)
Family Faith	(This will be a goal you work on together.)
Community	(This will be a goal you work on together.)