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?

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