



15 minutes a day
with God's Word

1% Challenge™ SPIRITUAL GAME PLAN

No more important priority exists in our lives than our connection with Christ. "Seek first the Kingdom of God," our Lord said, "and all these things will be given you besides" (Matthew 6:33). Let's plan well to build our lives upon Jesus! We should adjust our plan periodically as we go, but let's never be lax in our resolve to be "branches" connected to the Vine (John 15:5). This Spiritual Game Plan can serve a baseline for a maturing life in Christ.

1. Commit to the 1% Challenge™

Aim for at least 15 minutes of personal prayer per day with frequent use of the Scriptures.

When will I pray? _____

Where will I pray? _____

2. Encounter Jesus in the Sacraments

How often will I go to Mass? _____

Where will I go to Mass? _____

How often will I go to Confession? _____ When/where? _____

3. Gain Insight and Inspiration with Spiritual Reading

Small chunks are best. Even 10 – 20 pages a week covers a lot of ground over time. There are endless options for this. A few suggested books to get started with are:

- *Prayer for Beginners*, Peter Kreeft
- Anything by Fr. Jacques Philippe
- *The Joy of the Gospel* or *The Joy of Love*, Pope Francis

I will aim to read: _____ by (when?) _____

or I will do approximately _____ minutes of spiritual reading each [day / week]

4. Additional Spiritual Exercises or Prayer Experiences (Optional)

Are there additional prayer methods or spiritual exercises that I would like to build into my plan? For example: morning offering, evening examination, rosary, Liturgy of the Hours, other devotions, Scripture memory, fasting, annual retreat, etc. If so, list them here with the desired frequency. Be careful not to select too many. You can always add to or alter this plan later.

5. Good News to the World

How is the Lord calling you to live any of the works of mercy right now? Reflect prayerfully on the list and write down anything that emerges for you.

Remember first and foremost your call to your family and/or those with whom the Lord has placed you into close contact. Remember also the Lord's special concern for those on the margins. Be careful not to heap up unrealistic intentions.

Choose 1 or 2 items from the following page (perhaps one from each list) and make a concrete plan. You can always adjust your plan over time as God prompts you.

Corporal Works of Mercy

1. Feed the hungry
2. Give drink to the thirsty
3. Shelter the homeless
4. Clothe the naked
5. Visit the sick and imprisoned
6. Ransom the captive
7. Bury the dead

Spiritual Works of Mercy

1. Instruct the ignorant
2. Counsel the doubtful
3. Admonish the sinner
4. Bear wrongs patiently
5. Forgive offenses willingly
6. Comfort the afflicted
7. Pray for the living and the dead

Is there anything else for which you desire accountability and support?



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6. "Honor the Lord...with the first fruits of all your produce" (Proverbs 3:9)

Sharing a portion of our financial resources is a clear biblical call and an important discipline for our spiritual growth and freedom. This is a private matter of course, and people vary greatly in their own response to this gospel call. Whatever you feel called to give right now, make sure you ask the question in terms of percentage of income. Percentages give a perspective that sheer dollar amounts do not, and deciding prayerfully what percentage you will give each year frees you to detach from that money and more joyfully bless others with it.

What percentage of my income will I aim to give away this year

(to the Church)? _____ %

(to charities/causes)? _____ %

I will support the following charities/causes:

7. Team Up with Someone

Get together regularly (weekly or at least twice a month) to discuss progress, lessons, insights, and share intentions.

My accountability partner is: _____

We will get together:

When _____

Where: _____

Pray a prayer of commitment to the Lord, and ask for the help of the Holy Spirit to live it out. Ask for the prayers and assistance of your guardian angel, a saint, or our Blessed Mother!