

## *Spiritual Exercise/Devotional Instructions*

**Assignment Summary:** During the seventh and eighth grade years, each Confirmation Candidate must take part in at least seven **different** Spiritual Exercises, which are also known as Devotions. These Spiritual Exercises/Devotions must be logged on the Spiritual Exercise Log that is provided to each student.



**Why?** Through the Sacrament of Confirmation, at which we receive the grace that completes our Christian Initiation, God imparts the Seal of the Holy Spirit on one's soul. This seal marks you as one who belongs to Christ and gives you the commission to live out the rest of your life actively forming a deeper union with God.

It is important to realize that being a Catholic is much more than simply attending Mass on Sundays and Holy Days of Obligation. In fact, that is only the beginning. Your relationship with Jesus will continue for the rest of your life – and into the next. So, all of us have the responsibility to practice our Faith actively. Devotions (Spiritual Exercises) give us one way to do this.

### **What are Devotions?**

**Devotions are prayers that are profitable for spiritual growth, but that are not required by the Church.**

### **Assignment Details**

Choose and pray seven different Devotions (Spiritual Exercises)

- A devotion can be done in church or in private.
- Single prayers such as the Our Father, Hail Mary, Glory Be, Act of Contrition, etc. are **not** considered devotions. In addition, "free form" prayer, even done in a group setting (unless part of Adoration of the Blessed Sacrament) is not considered a devotion. Please do not log them as devotions.
- Avoid duplicating devotions. For example, if you read chapters of the Gospel of Mark and log that as a Devotion, you cannot then read and write up chapters of the Gospel of Luke as a separate Devotion. Or, if you attend a daily Mass at Saint Katharine Drexel, you cannot then attend a daily Mass at Saint Joseph's and write it up as a separate Devotion.
- After you have completed each of the Devotions, log them on the papers provided.

- When you fill out your Spiritual Log, be sure to complete each question thoroughly. It is better to give too much information than to give too little. Incomplete logs will be returned for completion.
- When you answer the Reflection section on the Spiritual Log, use the information the back of the handout to fill in the blanks. If you find that the Spiritual Exercise strengthened Understanding, for instance, you should fill in the next blank with, "helps me to know God and comprehend what He has revealed to us".
- When you write "God", "God the Father", "God the Son", "God the Holy Spirit", "the Lord", "Jesus", etc. be sure to capitalize properly! **Logs with improper capitalization will be returned for corrections!**

### **What Counts as a Spiritual Exercise/Devotion for this Assignment?**

There are many, many, many more exercises/devotions that you could do. This list has been compiled to give you ideas. You are not limited to this list.



#### **Adoration of the Blessed Sacrament**

There is Adoration of the Blessed Sacrament on the first Wednesday of each month following the 7:00 PM Mass, and during 40 Hours in September. Additional opportunities for Adoration are available. Please check the bulletin for the current schedule.

**Evening Prayer or any prayer service or presentation during the 40 Hours Devotion – this is coming up this Sunday, 9/24. Evening prayer service on 9/24 and 9/26. Evening Mass on 9/25.**

#### **Attendance of an optional daily Mass**

Please Note: A Sunday Mass, Saturday Vigil Mass, or Holy Day of Obligation Mass may not be counted since these are required

#### **Attendance of a significant Mass or Liturgy that is not a Holy Day of Obligation**

Examples: Holy Thursday, Ash Wednesday, All Souls Day, Good Friday Liturgy



#### **Visit a Shrine or Cathedral**

The National Shrine of Saint Elizabeth Ann Seton is only about 45 minutes away in Emmitsburg, MD (near Mt. Saint Mary's and the Lourdes Grotto) Note: if you attend a Sunday or Holy Day Mass at a cathedral, the visit can be written up even though the Mass itself cannot.

#### **Read the daily Mass readings every day for a week**

Daily Mass readings can be found at [www.catholicexchange.com](http://www.catholicexchange.com) or in a Missal



### **Pray the Rosary**

The Rosary can be done alone or in a group. Please Note: You can write up one decade of a Rosary or a full Rosary, but you cannot write up both as two separate exercises

### **Read Scripture daily for at least a week (a chapter or more per day)**



### **Make the Stations of the Cross**

This devotion is held throughout the season of Lent, but it can also be prayed privately

### **Pray for the souls in Purgatory**

You could light a candle in a church, or pray the "Eternal Rest . . ." prayer, pray a Rosary for the dead, or pray any novena for this intention



### **Pray a Novena**

A novena is usually a prayer that is said for 9 days in a row, or a series of 9 prayers to say on consecutive days. There are countless novenas that you can pray. There are novenas to the Holy Trinity, to God the Son, to God the Holy Spirit, for the intercession of the Blessed Mother, for the intercession of many, many different Saints. Novena prayers can be found online and in devotional books

### **Light a Candle in a Catholic Church for a Prayer Intention**

We do not have candles to light in the church here, but many churches have them. You may find a church that has candles on vacation, or if you visit a shrine or cathedral



**Visit the Grotto at Mount Saint Mary's, and Pray There**



**Pray the Chaplet of the Divine Mercy**

The Chaplet of the Divine Mercy is prayed on ordinary Rosary beads. The prayer can be found on the Internet or in many devotional books. There is also a "Divine Mercy Novena" that can be completed as a separate Devotion.



**Pray a Chaplet for the intercession of a Saint**

Information and instructions for different chaplets can be found online.

**Pray Morning Prayer, Evening Prayer, or Night Prayer from the Liturgy of the Hours**

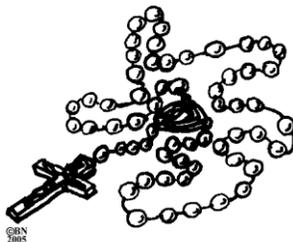
Information on these devotions can be found online, or can be provided upon request



## **Caution!!**

There are some things that might seem to fit, but that do not fulfill this requirement. Here are some things that cannot be accepted:

- Watching EWTN  
EWTN is a wonderful network and the programming on EWTN is very beneficial. However, watching TV is not the same as participating in prayer live and in person. While we encourage you to watch EWTN, doing so does not fulfill this requirement.
- Sacramental Confession  
Going to the Sacrament of Penance is required at least once each year by Church law. Since this is not really optional for Catholics, it cannot be counted for this requirement. However, a Penance Service where there are readings and prayers before individual confessions may be logged.
- Watching a Catholic Video
- Going to church on vacation  
Simply going to another Catholic Church for Sunday (or Saturday Vigil) Mass is not an extra. If you were to attend a daily Mass, or to visit a shrine or cathedral on vacation, it could be logged, but a Sunday Mass or Holy Day of Obligation Mass cannot be
- Attendance of Mass for the Immaculate Conception, Christmas, Mary Mother of God, Ascension Thursday, Assumption of Mary, or All Saints Day  
These are Holy Days of Obligation in the United States and we are required to attend Mass on these days
- Reading from a Bible Story Book  
This is a good way to get familiar with the accounts in Sacred Scripture, but for this assignment, only reading from Sacred Scripture itself can be logged



If you wish to write something up that is not on the list on the previous page, you might want to check to make sure that it fulfills the requirements first. There are many things that you can do that are not listed.

## **Completion of Exercises**

At the completion of a Spiritual exercise, please fill out the form that is on the Confirmation page of the parish website. **All Spiritual exercises are due by May 1, 2019.**



## ***Growing in the Seven Gifts of the Holy Spirit***

After completing each Devotion or Spiritual Exercise, decide which Gift of the Holy Spirit that Devotion or Spiritual Exercise helped you to grow in. Write the text that appears on this page in bold and italics as the effect of the gift that you have chosen on the blank line indicated in Question #2 on the log.

### **Wisdom**

This Spiritual Exercises or Devotion ***makes it possible for me to better judge what is truly right and good.***

### **Understanding**

This Spiritual Exercise or Devotion ***helps me to know God and to comprehend what He has revealed to us.***

### **Counsel**

This Spiritual Exercise or Devotion ***helps me to know how to help others with the guidance of the Holy Spirit, and help me to develop right judgment.***

### **Knowledge**

This Spiritual Exercise or Devotion ***helps me to know how God intends for me to live my life, and how I can avoid what is sinful.***

### **Fortitude**

This Spiritual Exercise or Devotion ***gives me strength to live as a holy and faithful Catholic.***

### **Piety**

This Spiritual Exercise or Devotion ***helps me to have deeper reverence for God, for others, and for all that is holy.***

### **Fear of the Lord**

This Spiritual Exercise or Devotion ***helps me learn to take God very seriously, and to dedicate myself to living as God intends for me to live.***