

Parish of St. Timothy- Year of Growth 2021: Growth Plan

There are many ways to participate in the Year of Growth. You can **participate** as an individual, a member of a group or ministry, as a couple, and as a family. You might want to **set goals** by the week, the month and for the year.

Whatever combination of participation and goals you choose, we encourage you to use the following pages as a process for determining where the **Holy Spirit is leading you to grow**.

The Decision-Making Process

1. Pray

Jesus asks us to be led by the Holy Spirit. God does not usually speak to us the way we speak to each other. He speaks to us inwardly, in our hearts, through his Holy Spirit. All he asks is that we try to listen and discern the Spirit's promptings within us. And that means we must devote time to God if we want to know his mind and examine our lives.

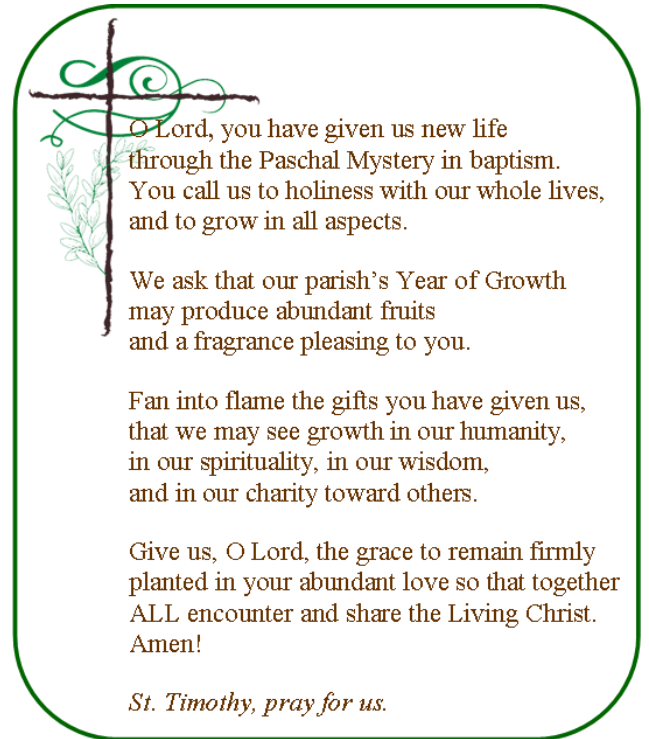
2. Listen: Follow God's Promptings.

What changes would make a difference in the various areas of your life? What decision will bring you closer to Jesus and those you love?

- Spiritual (prayer life, bible study, devotions).
- Human (attachments, social capacity, maturity)
- Intellectual (learning, study, retrospection, skill development).
- Mission (outreach, contribution community/social life)

3. Seek Guidance and Support

Discuss your ideas with someone else. If you are married and setting out on a solo journey, discuss your plans with your spouse. Father Brian is also a good option, and there may be others in the parish or your family that you think of as mentors and companions on the journey. It can be helpful to share your goals with someone and talk about those periodically and share your successes and/or struggles.



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Spiritual Growth

Reflect on the following goals in the area of spiritual growth:

- Appreciate and love the sacred liturgy of the Church
- Cultivate a Eucharist spirituality
- Can hear and receive the Word of God (lectio divina)
- Have formed a habit of daily, personal meditation
- Are forming the divine apostolic quality of obedience
- Develop the notion of solidarity in your spiritual life
- Foster a regular practice of the sacrament of reconciliation
- Faithful in praying the Liturgy of the Hours
- Revere and love the Blessed Virgin Mary
- Assimilating the mystery of Christ with devotional prayer
- Embark on a path of simplicity, poverty, and virtue

Looking toward where you would like to see yourself be by a certain time, and some of the examples of goals indicated above, name at least one goal in the area of spiritual growth that you want to focus on.

Spiritual Growth Priority areas:

Action Plan:

Measurable outcomes:

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Intellectual Growth

Reflect on the following goals in the area of intellectual growth:

- Have an ability to learn and value knowledge for its own sake, for the sake of bettering oneself, and for outreach.
- Possess the readiness and capacity to become a learned individual
- Learn a dimension or aspect of your Faith or deepen one. Engage in discussion with another about it.
- Read books related to growth in areas of your life that you would like to grow in.
- Have the ability to engage in intelligent discussion, discern issues, grasp details, and master concepts.
- Possess the capacity to think and use ideas and concepts from our Faith and integrating them into daily life
- Can integrate knowledge both conceptually and practically
- Have the ability to reflect critically on your own experience and make reasoned, prudential judgments

Looking toward where you would like to see yourself be by a certain time, and some of the examples of goals indicated above, name **at least one goal** in the area of intellectual growth that you want to focus on.

Intellectual Growth Priority areas:

Action Plan:

Measurable outcomes:

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Human Growth

Reflect on the following goals in the area of human growth:

- A person of communion able to foster healthy relationships
- A prudent and discerning person
- A person who respects, cares for, and exercises vigilance over their body
- A person who is free to follow the Holy Spirit, make good choices and act on their values
- A person who is a good steward of material possessions
- Good communicator, able to express their ideas, ask for forgiveness and to forgive
- Person of affective maturity
- A person of solid moral character with finely developed moral conscience
- A person of compassion and solidarity
- Fostering the cardinal virtues of temperance, fortitude, justice, and prudence.

Looking toward where you would like to see yourself be by a certain time, and some of the examples of goals indicated above, name **at least one goal** in the area of human growth that you want to focus on.

Human Growth Priority areas:

Action Plan:

Measurable outcomes:

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Mission Growth

Reflect on the following goals in the area of mission growth:

- Understand the nature and purpose of Christian service and its relationship to the overall good of the Church
- Appreciate how all ministry and relationships are about bringing all people closer to God
- Cultivate a preferential love for the poor
- Able to bring the Word of God into relationships, home, and places of work and study
- Possess a missionary motivation for ministry flowing from my baptism in the Lord
- Understand the communal and collaborative nature of ministry
- Reaching out in love to those closest to me and reminding them that they are loved

Looking toward where you would like to see yourself be by a certain time, and some of the examples of goals indicated above, name **at least one goal** in the area of mission growth that you want to focus on.

Mission Growth Priority areas:

Action Plan:

Measurable outcomes:
