



## BUILDING UPON THE PREVIOUS TWO PHASES

Under each category, please check off what your commitment is, which will strengthen your faith and help you on your faith sharing journey.

### LEARN YOUR FAITH

#### Bible

- Read Bible daily
- Join a Bible study
- Read a Bible commentary book
- Other \_\_\_\_\_

#### Spiritual Reading

- Read a spiritual book
- Read at least one spiritual article per week
- Read the parish bulletin each week
- Read the *Catholic Spirit* each week
- Other \_\_\_\_\_

#### Media

- Watch a Christian movie
- Listen to Christian radio
- Find spiritual websites
- Subscribe to a spiritual podcast
- Other \_\_\_\_\_

#### Attend Events

- Join a small faith-sharing group
- Attend a church event
- Go on a Marriage Encounter together
- Other \_\_\_\_\_

### PRACTICE YOUR FAITH

#### Prayer

- Ask the Holy Spirit for guidance
- Pray daily, including mealtime
- Other \_\_\_\_\_

#### The Sacraments

- Receive the Eucharist: weekly, daily
- Celebrate Reconciliation
- Other \_\_\_\_\_

#### Spiritual Formation

- Participate in a Bible study
- Participate in an adult formation event at church
- View spiritual book / movie / podcast
- Other \_\_\_\_\_

#### Enrichment and Retreats

- Join a small faith-sharing group
- Participate in a retreat
- Other \_\_\_\_\_

#### Personal

- Stay physically fit
- Eat right
- Be an active church member / volunteer
- Other \_\_\_\_\_



# SHARE YOUR FAITH

Higher, Hotter, Brighter!

## PLEDGE BOOKLET

It's Phase III of Turn UP The Flame, "Share Your Faith". Please use this form to make your commitment. Each person should fill out their own form based on their personal goals. Please keep this sheet to track how your faith sharing is growing.

## REFLECTIONS

Prayerfully reflect upon these questions and journal.

How did my faith and spiritual life get where it is today?

What people or events have made a profound influence on me?

What are two or three of the most significant spiritual experiences of my life?

*How did they change my life?*

How has God helped my faith grow and how is God active in my life?

How has the Church helped my faith grow?

How did your parents bestow upon you the gift of faith?

*What did they do consistently?*

*Write a specific story.*

Name three people in your life who strengthened your faith journey.

*What characteristics do they possess?*

*Write a specific incident.*

Are there occasions in your life when you felt the need to speak but kept it inside?

*Do you struggle with "What will other people think?"*

What are your spiritual strengths or gifts? *Ask someone close to you, it may surprise you.*

How can God's work spread through you?



## COMMITMENTS

Under each category, please check off what your commitment is when sharing your faith. Under "names", please write the first names or initials of people you wish to share your faith with OR write in the names after you have shared your faith.

### Family & Relatives

- Pray at the dinner table
- Teach my children their prayers
- Ask your children / relatives what they believe
- Have a discussion of the Sunday homily
- Attend Mass as a family
- Volunteer as a family
- Invite relatives to come with me to Mass
- Pray with spouse at least once per day
- Turn off "distractions" and be there for them
- Share examples of God's blessings in your life

NAMES: \_\_\_\_\_

### Co-worker / Friends / Neighbors

- Don't compromise your beliefs
- Pray before lunch
- Share faith story
- Talk openly about faith (break social norms)
- Say "I'll pray for you"
- Turn off phone and be there for them
- Invite them to church or event
- Share examples of God's blessings in your life
- Share your faith on Facebook

NAMES: \_\_\_\_\_

### Child / Teenager / Young Adult

- Invite them to share about him/herself
- Ask them about their interests, listen well
- Share about your own faith journey
- Invite them to church or event

NAMES: \_\_\_\_\_

### Inactive Catholics

- Invite them to share about themselves
- Share your own faith journey
- Share your frustrations
- Offer spiritual materials to view
- Invite them to church or event
- Say "I'll pray for you"
- Turn off "distractions" and be there for them
- Share examples of God's blessings in your life

NAMES: \_\_\_\_\_

### Stranger

- Smile and say "hello"
- Do consistent acts of kindness
- Strike up a conversation
- Invite someone to share about him/herself



When visitors come to St. Stephen's,

I will welcome them by... \_\_\_\_\_