

Seven Habits of Highly Effective Catholics: St. Josemaria's "Plan of Life"

A Daily Schedule of Prayer for Lay Persons

Dr. John S. Bergsma, Franciscan University of Steubenville

jbergsma@franciscan.edu

1. Morning _____:

"O My Jesus, through the Immaculate Heart of Mary I offer to you all my prayers, works, joys, and sufferings of this day, for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, in thanksgiving for your favors, for all the intentions of my relatives and associates, and especially for the intentions of the Holy Father."

2. Mental _____ (15 minutes)

Different methods:

1. Free form
2. Using a book
3. Rosary bead method: ACTSS (adoration, confession, thanksgiving, supplication, supplication)
4. Journaling

3. Spiritual _____ (15 minutes: NT + spiritual book)

4. Holy _____

"I wish, My Lord, to receive you, with the purity, humility, and devotion with which your Most Holy Mother received you, with the spirit and the fervor of the saints."

5. _____/Regina Ceoli

6. R _____

7. E _____ of C _____ at night:

Ask the Holy Spirit to help you, and ask yourself:

1. *What did I do well today?*
2. *What did I do poorly?*
3. *How can I do better tomorrow?*

Make one or two very specific resolutions for the next day,

Then pray 3 Hail Marys for Purity and go to sleep.

Advice from Fr. C.J. McCloskey, Opus Dei priest:

One, remember that growing in these daily habits, just like taking on a diet or a physical exercise program, is a gradual work in progress. Don't expect to insert all seven or even two or three of these in your daily schedule immediately, any more than you would attempt a 5K race after not having run regularly, or attempting to play Liszt after your third piano lesson. This haste would be inviting failure and God wants you to succeed at both your pace and His. You should work closely with your spiritual advisor, and gradually and fruitfully incorporate the habits into your life over a period of time in a way that fits your particular situation. It may even be that your life circumstances require a modification of the seven habits.

For Dr. Bergsma's Bible studies on CD and mp3, visit www.CatholicProductions.com

For commentary on the Sunday Readings and more, visit www.TheSacredPage.com