

STEWARDSHIP OF TIME

Stewardship of time is time spent in prayer and worship. It is time reserved especially for God alone. It is time that is set aside each day for adoration, praise, thanksgiving and petition. Prayer is a powerful way to give back to God. We all should make a conscious effort to make it an integral part of our daily lives.

Through prayer and the Mass, we learn to recognize, receive and accept God's grace and giftedness in love of God and neighbor.

WAYS TO PRAY

- IN A QUIET ROOM, READ A SHORT SCRIPTURE PASSAGE AND THEN ASK THE HOLY SPIRIT TO HELP YOU UNDERSTAND IT AND APPLY IT TO YOUR LIFE.
- MAKE DAILY ACTIONS INTO A PRAYER. FOR EXAMPLE, PRAY FOR YOUR CHILD AS YOU FOLD HER CLOTHES, THANK GOD FOR HIS GIFTS AS YOU PREPARE DINNER, PRAISE GOD FOR CREATION WHEN YOU TAKE A WALK.
- REVISIT AGE - OLD CATHOLIC DEVOTIONS SUCH AS THE ROSARY, NOVENAS, THE STATIONS OF THE CROSS, ETC. ANCIENT PRAYERS HAVE ENDURED FOR A REASON; THEY ARE MEANINGFUL AND EFFECTIVE.

[Click here for Weekly Spiritual Time Worksheet](#)