

Purpose Driven Catholic Life V

Ministry

Memory Verse Ephesians 2:10 "For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life."

What prevents you from doing more for God?

What do I feel passionate about?

What has been your work experience?

What are your abilities?

Describe your personality.

Describe your spirituality.

What makes you unique?

What is the best thing you have ever done for another person?

Think of one time you served another person. How did you feel?

Are you critical when being served by others?

What is your weakness?

Have you prayed about your weakness?

Who knows me as a Christian Catholic?

Balance is needed.

Sleep deprivation leads to illness, stress, traffic accidents and weight gain.

Dream journal- tracking our interior life.

No technology in the bedroom. No coffee after 2pm. No alcohol before bed. Exercise every day.

"Solvitur ambulando"- It is solved by walking. Coming to know the world through your body and your body through the world.

Rate your GWB - General Well Being/Quality of Life

Whom do you mentor?

Life is a classroom. What did you learn from life yesterday?

Do you look for the hidden purpose and the hidden blessing in your trials?

"Resentment is like drinking poison and waiting for the other person to die."

Your Iphone isn't making you smarter.

What is your digital diet?

Monday

<https://www.youtube.com/watch?v=LoO-nlogBwQ>

Tuesday

<https://www.youtube.com/watch?v=o98-Jo-aV28>

Wednesday

https://www.youtube.com/watch?v=Svaxr4erV_Q

Thursday

<https://www.youtube.com/watch?v=Uf8-L3i1eF0>

Friday

<https://www.youtube.com/watch?v=tlfKrv1WnDI>

Saturday

<https://www.youtube.com/watch?v=JSDqTXH0L6U>