

DISCIPLINES

TO BE A LIFELONG, AUTHENTIC, CATHOLIC DISCIPLE, IT IS NECESSARY TO DO WHAT DISCIPLES DO. THE FOLLOWING IS A LIST OF FOUNDATIONAL HABITS, OR DISCIPLINES, A DISCIPLE STRIVES TO DEVELOP OVER THE COURSE OF ONE'S LIFE.

The disciplines aren't all easy. We don't expect that any one person would do all of them, at one time, perfectly. Remember this is a lifelong pursuit. Some disciplines you may already have mastered, while others you may have never even considered. Ideally, you can use this list along with our Waypoints, Road Map, and Base Camp to assist you in developing and growing in these (and other) disciplines throughout your journey.

"THIS IS WHAT IS NEEDED... A CHURCH WHICH IS NOT AFRAID TO REQUIRE MUCH, AFTER HAVING GIVEN MUCH; WHICH DOES NOT FEAR ASKING FROM YOUNG PEOPLE THE EFFORT OF A NOBLE AND AUTHENTIC ADVENTURE, SUCH AS THAT OF THE FOLLOWING OF THE GOSPEL."

-POPE SAINT JOHN PAUL II



*Find the Disciplines on our website at:
paxchristichurch.org/waypoints*

DISCIPLINES

THESE DISCIPLINES ARE MEANT TO BE CULTIVATED OVER THE COURSE OF ONE'S LIFE. THE LIST IS NOT EXHAUSTIVE, WE HAVE SIMPLY INCLUDED DISCIPLINES WHICH WE HAVE DISCERNED AS FUNDAMENTAL. LIKEWISE THIS IS NOT A LITMUS TEST FOR DISCIPLES, RATHER IT IS MEANT TO BE ASPIRATIONAL.



DAILY

Read Scripture

Pray

WEEKLY

Attend Sunday Mass

Continue Formation w/Small Group, Guide/Mentor, and/or Self-study

Check-in with Your Parent(s) and/or a Guide/Mentor

MONTHLY

Receive the Sacrament of Confession

Tithe (give financially to your parish)

Volunteer in the Parish and/or Community

YEARLY

Participate in a Religious Camp/Retreat/Trip

ON-GOING

Serve Others

Share the Gospel with Someone

Invite a Friend to Your Small Group or a Youth Ministry/Parish Activity

BONUS

Attend Daily Mass When Possible

Consider a Weekly or even Daily Holy Hour (in a chapel or elsewhere)

Participate in a Youth Ministry/Parish Activity or Event