

## **Form Good H.A.B.I.T.S.**

The word disciple comes from the word discipline. So, to be a disciple is to develop the disciplines needed to grow in your faith. Use this acronym to help you grow spiritually:

**H** “Holy Hour” Start with 10 minutes of daily prayer and watch it grow over time.

**A** “Accountability” Be transparent with at least one friend who will hold you accountable to being a disciple.

**B** “Bible” Pray with and study God’s Word; allow it to transform your mind and connect you to Jesus.

**I** “Invest” Give your time, talent, and treasure to help serve the mission of the Church and your parish mission.

**T** “Tell” Boldly tell others about your faith and invite them to faith in Jesus.

**S** “Sacraments” Participate as frequently as you can.

**“Catholics go to Mass.” –Deacon Ron Steinkamp**