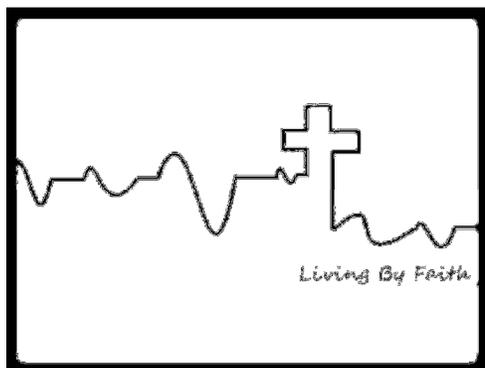


Faith Boosters



The purpose of a Faithbooster is to have you, the Confirmandi disciple in training, to choose and experience opportunities that help you develop your spiritual muscles outside of DASH RE and Mass. These are ways to “spend time with God,” to enhance your prayer life, and prepare you for your role as a Christian disciple – which is seeking to find God in all things and talk to God too! The following is a list of *possible* “boosters” to enhance your faith life and deepen your relationship with Jesus. **Choose things you like**

AND ones that are different from what you’d usually choose, just to try different things.

7th graders are to complete three different Faithboosters over their whole 7th grade year. *Ideally you will choose different options and turn one in: December, February, and April.*

8th graders will complete ONE Faithbooster **PER MONTH** in their 8th grade year from November – April, and ideally some of them should be done WITH their sponsor. Challenge yourself to try something you didn’t do in 7th grade. And no, they should not all be from movies.

Reflection sheets are meant to be brief to share *what you did* and **how it helped you experience your faith and experience God in a new way**. **Emailing reflections MAY be an option. Please wait for further instructions at the beginning of the year.*

The following ideas are just SOME IDEAS – you may come up with other things!

1. **THE ROSARY** – Say a rosary with your family or Sponsor. On a separate sheet of paper write something on **each** of the mysteries that you meditated on while praying the rosary. Make sure to briefly explain (1) how Mary and/or Jesus might have felt; (2) how can this mystery be related to your life today; and (3) how can this mystery bring you closer to Jesus and Mary?
2. **EUCCHARISTIC ADORATION** - Talk to your family or sponsor about what this means. Watch the bulletin and attend adoration here at St. Anne’s after the given 11am Mass, or at another Catholic Church. Write a reflection that shares: what you know (or learned) about why we do adoration AND most importantly how you felt spending time with Jesus in this way.
3. **DIVINE MERCY CHAPLET** – Research the Divine Mercy Chaplet. Pray the chaplet with your family or your Sponsor. Write a brief report/reflection on the life of St. Faustina and share a sentence about how you felt praying the Chaplet.

4. **MUSIC:** Some people find God best through music. Choose to listen only to Christian music for 1 or 2 weeks (*ideally 30 days*). Go to 94.3, or KLOVE.COM to learn about their 30 day music challenge. (Other stations are Shine 89.7 or WBGL, 104.3) **If you take the challenge, in your reflection share:** What was it like to listen to music with only a Christian message for this time frame? Did one of the stories or scripture passages of the day touch you? What songs spoke to you? (*include the name of the song/artist*) What lyrics matched something that you needed to hear that day? How did the music make you feel about God? Would you listen to this music more often? Why/why not?
5. **NATURE WALK** – Find a good spot in nature (like a forest preserve) or a place away from the noise of everyday life where you feel it is easy to connect with God. *Make sure you are safe and someone knows where you are.* Sit or walk in silence and open your heart to God. (*No electronics allowed while you are doing this.*) Write a reflection on your nature experience sharing **how nature affects your spirituality and how/why you feel God's presence in nature.** Can you find scripture verses that match why God's creation is a way to encounter and praise God? (Check out the Psalms!)
6. **LABYRINTH** –Labyrinths can be found in many old cathedrals in Europe and are an ancient way of praying. Research what a prayer labyrinth is (or talk with Julie!) and then go and walk one with your parent or sponsor. (A nearby labyrinth is at St. Thomas the Apostle in Naperville. The Riverwalk has one across from the Nichols Library in Naperville.) As you walk the labyrinth you can choose to do several different options: Go into the labyrinth with a prayer intention about a situation or a person you care about and then ask God to hear and answer you. Think of something in your life that you would like to change for the better and place that desire before God. Or, simply be open to listen to the message that God has for you as you walk. **Write a reflection on what the experience was like for you both walking into the center and then back out. Did you feel different?** *NOTE: The garden maze at the Arboretum is NOT a prayer labyrinth. *
7. **READ A BOOK with a FAITH BASED PURPOSE:** There are many options out there for those who love to read, including things at the library with the key words "Biblical Fiction". For any book, if you aren't sure if the book would 'count,' email Ms. Julie. Recently a parent asked about these books and said they were awesome: "Learning to Love like Jesus" and "Being a girl who serves: How to find your life by giving it away" both by Shannon Kubiak Primicerio. For a reflection, give a very brief synopsis of the story you read and most importantly how it made you experience your faith differently due to a character or something else written.
8. **STATIONS OF THE CROSS:** Especially during Lent at St. Anne, there are different ways to pray the Stations every Friday. One Friday will always be Living Stations presented by the High School Teens. Write something that shows how you were touched and which specific station(s) most stood out for you.
9. **SPECIAL FEASTS/PRAYER TIMES:** Attend a non-holy day of obligation Mass or prayer service. Share your experience including thoughts and questions.

10. **TRIDUUM SERVICES:** Attend the most amazing services of our faith: Holy Thursday, Good Friday Liturgy, and Easter Vigil. Each day is so prayerfully awesome that it will touch you in some way. While we want you at all of them, make sure to go to at least one. For your reflection write down: ***what you thought/felt/experienced/liked/didn't understand...basically anything along those lines as it all about how you differently felt the power of God's love for us in these services.***

11. **DASH YOUTH MINISTRY Events:**

1) Look for and attend any **D.A.S.H YM** nights that that will be offered throughout the year. Usually this will include a secular movie to watch, time to talk about it afterwards, and close in some prayer. While there you may be asked to fill out the half sheet on your own AFTER we talk as a group.

2) **CATHOLIC HEART WORKCAMP** – This is a week-long, very intense, faith filled and service experience with opportunities in various Catholic prayer forms. The CHWC fee will be the responsibility of the teen/family (approx. \$375). Dates and place to be shared in early fall. If you choose to come on this camp, it will complete ALL your service hours for the entire year.

12. **MOVIES** –Go onto Netflix and look for Christian Movies. All “PureFlix” films are Christian based and they now have a channel you can subscribe to and some their movies are on the big screen. Some well-known Christian based movies are: “Letters to God”, “Heaven in for Real”, “God’s Not Dead 2”, and “The Case for Christ.” There are many pro-life based movies that are quite moving and should be watched with an adult: “Bella”, “October Baby”, “Sarah’s Choice”, and “Come What May” are great options.

I recommend these deeper titles for 8th grade: “I’m Not Ashamed” or “The Shack.”

Call Julie for ideas or look up some on your own! If you aren’t sure about your choice, send Julie an email to ask. **For any MOVIE reflection: Write a VERY brief synopsis of the movie. Focus on your personal feelings regarding what you saw. How did this movie affect your own heart and understanding of God and our Christian faith?**

For the reflections for #9 – 10 below, please turn in a response to what you attended; why you chose it; what you liked; didn’t like; and how it connects to you and helped you experience your faith.

13. **SPEAKERS/THEATRICAL EVENTS** – Throughout the year nearby parishes, along with St. Anne’s, many offer ways to learn about our faith. Talk with your parents (or sponsors) to see if you can attend something together that interests you.

14. **OTHER OPTIONS???** There are **so many ways** to nurture your spirituality. If you have other ideas, call/email Julie Krakora at: 630-554-1425 or JHYM@stanneparish.org to share what you think will help you grow in having a stronger relationship with Jesus! 😊