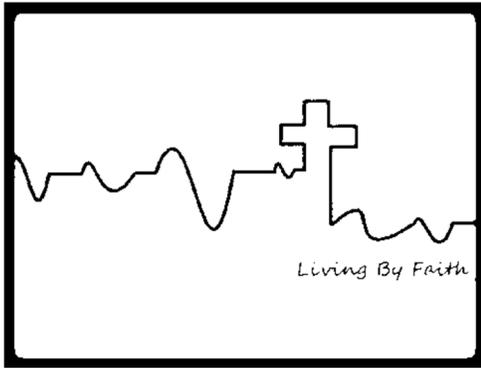


# DASH 2 ~ Faith Boosters



**WHAT'S** a Faithbooster?

*It's something you choose to do that "boosts" your faith life.*

**WHY?** To have you, the disciple in training, develop your spiritual muscles outside of DASH RE and Mass.

*Another way to look at it?*

*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 deepen your relationship with Jesus (that's the WHOLE point!) **Choose things you LIKE & ones that are different from what you'd usually choose, just to try different things.**

**Expectation for DASH 2 students:** Complete 3 (three) **different** Faithboosters in the 2<sup>nd</sup> half of their DASH 2 (7<sup>th</sup> grade year). You will write a short reflection to share:

- 1) What you chose/why?
- 2) Share HOW you very specifically felt/saw/heard/experience God in that chosen activity
- 3) Some experiences have prompts in the section below, so answer those as your reflection.

**Reflections** are meant to be brief.

You can EMAIL them in the body of the email to Ms. Julie

OR type these out and **give to your catechist** when completed.

Remember, the point is to share *what you did* and

*how it helped you experience your faith and experience God in a new way.*

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**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 WHICH mystery you meditated on while praying the rosary. (1) Why did you choose that mystery? (2) What did you learn about Mary/Jesus from your time reflecting on it? (3) how can this mystery be related to your life today?
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. **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.*
5. **SPECIAL FEASTS/PRAYER TIMES:** Attend daily Mass (Monday – Friday) or a special not required prayer service. See below for other times. Share your experience including thoughts and questions.
6. **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:** which day you attended, the importance of that day, and then *what you thought/felt/experienced/liked/didn't understand about the service.*
7. **MUSIC:** Some people find God best through music. Choose to listen only to Christian music for a month (*in the car with your parents or in your room.*) This isn't just one song BUT all the time and only Christian music for **ideally 30 days.** (Have Alexa? Tell it to play one of these stations, or stream in on your phone or computer. These are great stations!!) Air 1 <http://www.air1.com/> or on the radio 88.7; WBGL, 104.3 or <https://www.wbgl.org/>; Shine 89.7 or <http://chicago.shine.fm/>  
**If you take the challenge, in your reflection share:**
  - (1) What was it like to listen to music with only a Christian message for this time frame?
  - (2) Did one of the stories or scripture passages of the day touch you?
  - (3) What songs spoke to you the most and why? (*include the name of the song/artist*)
  - (4) Would you listen to this music more often? Why/why not?
8. **NATURE WALK** – For at least 15 minutes 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/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?
9. **DASH YOUTH MINISTRY Events:**  
 Look for and attend any **D.A.S.H YM** nights that that will be offered throughout the year. In the past this has included a secular movie to watch, time to talk about it afterwards, and then we close in prayer. While there you may be asked to fill out the half sheet on your own AFTER we talk as a group. Events, other than a movie night, may also be offered.

10. **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 of their movies are on the big screen. Some well-known NEWER (2018/2019) Christian based movies are: “Breakthrough”; “Paul: Apostle of Christ”; “I Can Only Imagine”; “Same Kind of Different as Me”; “God’s Not Dead: A light in the Darkness”. Other recommended titles: “Woodlawn” (movie about football); “Young Messiah”; “Letters to God”; “God’s Not Dead 2”.

Check out Christian movies on Netflix. If you are in that category and parents approve, they should all have something good to offer. If you aren’t sure about your choice, send Julie an email to ask. **For any MOVIE reflection: I do NOT want a synopsis of the movie, I DO want you to 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?** Was there a moment you really liked/connected to? Or a character that helped you see faith differently?

11. **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.

**For the reflections for #12 – 13 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.

12. **SPEAKERS/THEATRICAL EVENTS** – Throughout the year nearby parishes, along with St. Anne, many offer ways to learn about our faith. Talk with your parents to see if you can attend together something that interests you.
13. **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](mailto:JHYM@stanneparish.org) to share what you think will help you grow in having a stronger relationship with Jesus! 😊