

# DASH 2 ~ Faith Boosters



**WHAT?** *It's something you choose to do that "boosts" your faith life. If you fill yourself with Godly things, your faith grows!*

**WHY?** *To have you, the disciple in training, develop your spiritual heart 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.*

The following is a list of *possible* "boosters" to help you see God-Jesus-Holy Spirit working around you through different mediums or experiences. **Choose things you know you LIKE!**

## **Expectation for DASH 2 students 2026:**

Students who choose to pay approximately \$25 to go to **Holy Fire on Saturday, March 7, 2026**, (a full day 9:30am – 5:30pm amazing faith experience) will not be required to choose any Faithbooster (but a certainly encouraged to look at the options and incorporate them into your life!)

Students who do **not choose/cannot go** to Holy Fire will need to complete either one faithbooster approx. 1 hour in length a month (Oct – May)  
OR two faithboosters each month January – April  
**(for a total of 8)** that need to be turned in on time.

Choose at least 4 **different** items (book, music, movie, et cetera)

In Google Classroom you will attach a Google Doc to the assignment to share a short reflection:

**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.

---

**The following are IDEAS. You may come up with other things, just talk to Ms. Julie!**

- 1. EUCHARISTIC ADORATION** - Talk to your family or look what this means. Watch the bulletin and attend adoration here at St. Anne's or at another Catholic Church on any **Wednesday evening (7 – 8pm)** or come *for part of* the parish adoration time on a **Saturday** during Lent (possibly in March.). **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.
- 2. GO TO a SHRINE/Special Holy Place and learn about its importance**– St. Therese Shrine in Darien, IL; Shrine of Christ's Passion in Indiana (about 1.5 hours away); Marytown and the Shrine of St. Maximilian Kolbe (in Libertyville, IL) -*wherever you go*, share about your experience, who/and what you learned and what you thought.

3. **READ an age-appropriate BOOK** (approx. 150 pages) **with a FAITH BASED PURPOSE** – *Since an adolescent book will take a few hours to read this will count as 2 Faithboosters.*: There are many options out there for those who love to read, including things at the library with the key words “Biblical Fiction” or even Christian athletes. For any book, if you aren’t sure if the book would ‘count,’ email Ms. Julie. **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. *Last year a boy recommended a comic book, so I bought the 2<sup>nd</sup> in the series. You can ask to borrow that! Another boy recommended books by Bill Meyers in “The Incredible Worlds of Wally McDoogle Series” which seem to be silly books but has a great Christian message.*
4. **MUSIC**: Some people find God best through music (like Ms. Julie!) Choose to listen only to Christian music **for a month** (*in the car with your parents or in your room.*) **This is NOT just a few songs** (*and not a song from Church or Christmas music*) BUT ideally all the time (or at least a few songs from the list in your room a day). *If you truly follow my directions, this will also count as 2 Faithboosters (so one month for you.)*

On Pandora and Spotify, it’s best to say who you want to listen to so good names to put in are: **Forrest Frank**, **Connor Price**, **Seph Schlueter** and **TobyMac** (all are a mixture of styles, including rap); **Lauren Daigle** (contemporary); **Hollyn** (alternative, hip hop); **Gawvi**, **LeCrae**, **Tedashii**, **KB** (rap); **Skillet** (rock); **Anne Wilson** (country); **David Crowder** (alternative/Christian rock)

I’ll recommend first a YouTube playlist of approximately 95 songs I have “liked” through Amazon Music. The artists vary as does the style/genre of music. [DASH New songs](#) Playlist on YouTube.

**If you take the challenge, in your reflection share:**

**(1)** What songs (at least 5) which spoke to you the most and WHY? (*include the name of the song/artist and share some lyrics that stood out and why they touched you*) ... please don’t just give me the first 3 songs, through the month you should have heard each song at least once.

**(2)** Would you listen to this music more often? Why/why not?

5. **Christian MOVIES/SHOWS** –Go onto Netflix or even Amazon Prime and look for Christian Movies/shows. YouTube has several great, unique Christian centered movies. Pureflix is an entire app with Christian movies.

**SHOWS**: Amazon Prime: There is a series called “[These Stones](#)” that was really good Since we aren’t used “[The Chosen](#)” this year for curriculum, you can watch Season 1 for your Faithboosters, or watch Seasons 2 - 5

**MOVIES**: well-known Christian options are: “The King of Kings”; “Overcomer”; “Breakthrough”; any of the 4 “God’s Not Dead” movies; “I’m Not Ashamed”; “The Shack”; “Facing the Giants”; “Running the Bases”; “Lifemark”; “Play the flute”; “Heaven is for Real”; “Miracle from Heaven”; “Young Messiah”; “Letters to God”; and “I Can Only Imagine”.

*If you aren't sure about your choice, send Julie an email to ask.*

**REFLECTION questions on next page.**

**For ALL MOVIE reflections:** I do NOT want a long synopsis of the movie (if it's one I didn't recommend – give me a **short** idea about it.) I DO want you to *FOCUS ON* your personal feelings regarding what you saw. **HOW** did this movie/show/episode effect your own heart and understanding of God and our Christian faith? Which moment did you really like/connect to? Which character helped you see faith differently?

6. **STATIONS OF THE CROSS:** Especially during Lent (Feb 20<sup>th</sup> – March 27<sup>th</sup>) at St. Anne, there are different ways to pray the Stations every Friday. (If you choose to be part of Living Stations – write a longer reflection on what you experienced and that can count too.) Write something that shows me you were at the church, what touched, what you liked, and which specific station(s) most stood out for you and why.
  
7. **TRIDUUM SERVICES:** Attend the most amazing services of our faith: **Holy Thursday**, **Good Friday Liturgy**, and/or **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(s) you attended, the importance of that day, and then *what you thought/felt/experienced/liked/didn't understand about the service*.  
**\*\*NOTE: Easter Sunday Mass does NOT count as a Faithbooster because being at Easter Mass is a requirement as a Catholic.\*\***