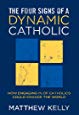
**4 Signs of Dynamic Catholic**



– Matthew Kelly (dynamiccatholic.com)

**1. PRAYER**

*“When we are spiritually healthy, nothing bothers us.”* - Matthew Kelly 7 Signs of a Dynamic Catholic

**Key Concepts:** Daily Routine of Prayer; Routine w/in the Routine; The Prayer Process; Spiritual Health; The Classroom of Silence; Prayer Giants

**Daily Routine of Prayer**

* Specific time and place for prayer
* Routine within the Routine (specific time of day)

- Reading Bible

- Praying prayers of Church

- Reading a favorite book; listening to a CD, watching a religious movie/show (i.e. EWTN)

* Spends time in *Classroom of Silence* (being comfortable with our own company; block out distractions (Re: *Screw Tape Letters)*;

**Prayer Process**

Gratitude: Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

Awareness: Revisit the times in the past twenty-four hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

Significant Moments: Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

Peace: Ask God to forgive you for any wrong you have committed (against yourself, another person or Him) and to fill with a deep and abiding peace.

Freedom: Speak with God about how He is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-myself.

Others: Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

Closing: Pray the *Our Father*

**Prayer Giants/Warriors**

A prayer warrior is someone who earnestly lifts others in prayer. They ask in the Lord to release the troubles, pain and sorrow from their lives. Prayer warriors positively pray with all supplication, endlessly and tirelessly to bring strength, endurance, patience, understanding and hope to all others unconditionally. This enables them to find peace, joy, freedom and also be lifted in His Light and Love.

**2. STUDY**

*“Highly engaged Catholics are continuous learners.”* - Matthew Kelly 7 Signs of a Dynamic Catholic

**Key Concepts:** The Genius of Catholicism; The-best-version-of-yourself (BVOY); Holiness; Relativism; Study; Continuous improvement; Game changer

**Continuous Improvement**

* Have a routine for *continuous learning*
* Spend on average 14 minutes each day learning more about the faith (5 pages per day, 1,825 pages per decade, 45,625 pages over 25 years = 228 Catholic books with average length of two hundred pages)
* See themselves as students of Jesus and His Church
* Proactively make effort to allow His teachings to guide and form them

**3. GENEROSITY**

*“Generosity begins with Gratitude.”* – Matthew Kelly 7 Signs of a Dynamic Catholic

**Key Concepts:** Stewardship; Divine Providence; Tithing/Money; The Generosity Challenge; Giving Goals

Dynamic Catholics live in a state of gratitude:

* Understand God invites us into a conversation about what we do have
* Generosity at church fall into three categories: Time, Talent and Treasure; understands that all these are on loan to us and one day we will have to account for way we managed them
* Refuse to let what they cannot do interfere with what they can do
* Generous with their praise, appreciation and encouragement
* Establish giving goals; annually increasing tithe to church, charities and other worthy causes

**4. EVANGELIZATION (Go Make Disciples)**

*“Evangelization is to the Church what breathing is to a person.”*– Matthew Kelly

**Key Concepts:** Wisdom of the Ten; Best Way to Live; Self-Control; Evangelization; Win, Build, Send

Dynamic Catholics spread the Word wherever they go

* Understands the Wisdom of the Ten (Commandments) pattern of behaviors
* Know the 3 Universal Principles of becoming The-Best-Version-Of-Yourself

1. You are here to become The-Best-Version-Of-Yourself

2. Virtue is at the core of their lives, their relationships or the life of their Nation

3. It is better to live with self-control than without it

* Follow Jesus’ answer to how the best way to live is; “Love the Lord your God with all your heart, with all your soul, and with your entire mind…and love your neighbor as yourself.” (Matthew 26:37-39)
* They share God’s love with others: WIN, BUILD, SEND
* Practice the three ways people are WON: through Truth, Beauty and Goodness
* Over 89% had *conversion experience* that won them to a more engaged relationship with God
* Build their spiritual life to include a process and with intentionality to effectively evangelize others
* Understand that *Friendship* is the most natural and effective way to share the faith with others
* Feel good about being Catholic
* They pass out books and CDs; invite people to Catholic events; bring godly perspective to conversations; learn Catholic teachings on certain issues and articulate them when Church is attacked over those issues in social settings; help others discover answers to questions that may cause them to doubt the Catholic faith
* Demonstrate love of God through faithful and generous friendships

HOMEWORK: Try to do one thing each week to share the faith with someone who crosses your path - *Practice Random Kindness and Senseless Acts of Beauty* wherever you go.

**35 RANDOM ACTS OF KINDNESS** (Holy Moments)

1. Extend a hand to someone in need. Give your full attention and simply listen.

2. Bring coworkers a special treat.

3. Let your staff leave work an hour early.

4. Laugh out loud often and share your smile generously.

5. As you go about your day, pick up trash.

6. Transport someone who can’t drive.

7. Say something nice to everyone you meet today.

8. Volunteer at an agency that needs help.

9. Adopt a homeless pet from the humane society.

10. Give a hug to a friend.

11. Tell your children why you love them.

12. Let someone merge into traffic during rush hour.

13. Give another driver your parking spot.

14. Tell your employees how much you appreciate their work.

15. Let the person behind you in the grocery store go ahead of you in line.

16. Leave an extra big tip for the waitperson.

17. Open the door for another person.

18. Pay for the meal of the person behind you in the drive-through.

19. Pay the toll for the person behind you.

20. Open the door for another person.

21. Call an animal shelter and find out what donations they need.

22. Be a friend to a new student or coworker.

23. Hold the door of the elevator, subway, or bus for someone rushing to catch it.

24. Provide transportation for elderly neighbors to help with their shopping.

25. Offer to take a friend’s child to ball practice.

26. Write something nice about your waitperson on the back of the bill.

27. Deliver soup and crackers to a sick friend.

28. Roll an elderly neighbor’s garbage cans back up the driveway on trash pick-up day.

29. Stop for a person waiting to cross the street.

30. Have a potluck at work to celebrate a milestone like a birthday or a successful event.

31. Call loved ones just to say “I love you” or to tell them what you appreciate about them.

32. If you play a musical instrument, visit a senior center or hospital and give a brief recital.

33. Help someone struggling with heavy bags.

34. Compliment a stranger about something they are wearing.

35. Call someone who has no family nearby and invite him or her to your home for a visit or meal.

36. Others….