

## **Lesson 22 Activity:**

Set some spiritual goals. The precepts of the Church give a minimum necessary to practice our Faith, but we should strive to go beyond that. Make a spiritual plan. Think about your prayer life, how often you can attend Mass, how often you should go to Confession. Make your plan realistic, so you don't get discouraged – you can always adjust it later. But be sure it will challenge you to grow spiritually.