

Suggested Instructions for Use of Homily Journal[©]

- Step 1** Pray for the Homilist prior to the Homily, and also ask the Holy Spirit and your Guardian Angel and Saints to assist you.
- Step 2** Listen to/read the Mass Readings (before or during Mass).
- Step 3** Jot down brief notes/points about each reading at the bottom of the page. For the Psalm you may want simply to write out the Response (this can be done before or during Mass).
- Step 4** Take notes on the Homily in the left column: brief notes, point form notes, key ideas that capture your attention, significant words/ideas, etc.
- Step 5** Later that day/week, revisit what you wrote, and write out anything that comes to mind. Do this as a time of discerning prayer.
- Step 6** Meditate on anything that stays with your attention. See Chapter 11 of *God's Plan A Treatise Spiritual Direction for the Lay Catholic* for helpful teaching and instructions on successful Catholic meditation.
- Step 7** Create a Title for your journal entry, and number the entry.
- Step 8** Copy the Title and Date to the Index page at the front of the Journal.



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"As living stones, let yourself be built upon Him into a spiritual house." 1 Peter 2:5



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