

Living the Mission: Faith in Action



Mission 1: Each day this week, write in your mission booklet one thing you are grateful for. Say a silent prayer to God in thanksgiving.

Mission 2: Reflect on someone you might need to say you're sorry to. Write that person's name in your mission booklet, and make a plan to express your sorrow to this person in some way.

Mission 3: Think of one thing you can do to care for creation in a new way this week. Take that action and write a few notes in your mission booklet about what it was like.

Mission 4: Share some of your thoughts and feelings about what it means to you to be a follower of Jesus with one person this week. Write in your mission booklet how that conversation went.

Mission 5: Find a traditional prayer that you like (you can find some of these on pages 1990–1997 of *The Catholic Children's Bible*). Make a point to say this prayer each morning this week and note the date and time in your mission booklet.

Mission 6: Identify one change you can make in your behavior to minimize or end a conflict with someone. Write in your mission booklet about that change, and take that action.

Mission 7: Write in your mission booklet the names of five people who are important to you. Make a plan this week to tell each of these people how important they are to.

Mission 8: Set aside 5 minutes for silent prayer time each day this week. Ask God for those things you need in your life. Write these times in your mission booklet, and make some notes about what you asked God for.

Mission 9: Invite someone outside of your group of friends to join you in a game or activity. Write some notes in your mission booklet about how it felt to extend this kindness to someone.

Mission 10: Encourage your family to create a donation box or piggy bank. Invite your family members to contribute to this each week. Write in your mission booklet the name of an organization you will donate this money to at the end of the month.





Mission 11: Ask your teacher or parent to find next Sunday's Scripture readings for you. Read them before you go to Mass on Saturday evening or Sunday. Write in your mission booklet what you learned from reading these passages in advance.

Mission 12: Say a prayer each night for those who are suffering or struggling in life. Place a check mark in your mission booklet each time you have said a prayer.

Mission 13: Think of one new way you can be of service to your family this week. Write that in your mission booklet and place a check mark next to it when you have taken that action.

Mission 14: Create a list of five acts of kindness in your mission booklet. Choose one of these actions and do it this week.

Mission 15: Write in your mission booklet the names of several people who are closest to you. Share with them how you see God through them.

Mission 16: Interview an adult Christian this week, and ask this person what it means for him or her to be a follower of Jesus. Take a few notes in your mission booklet.

Mission 17: Think of three ways you can better take care of your body this week, and write them in your mission booklet. Choose one of these ideas, and see if you can take action for a whole week.

Mission 18: Ask your family to help you name some of your gifts. Write them in your mission booklet. Take some time to share the gifts you see in other family members with them.

Mission 19: Think of a challenge you might have in your life. Write in your mission booklet the name of a family member or other trusted adult you can ask for advice in dealing with your challenge. Talk to that person this week.

Mission 20: Do something this week that focuses your time and energy on helping other people. Write that action in your mission booklet.

