**Coaching on the Spiritual Disciplines**

Here is a list of the Spiritual Disciplines:

1. One’s job *(the mandate to earn one’s living by the sweat of one’s brow and to take care of family)*
2. Weekly worship in a community *(Mass)*
3. Daily prayer
4. Daily Scripture *(might be part of prayer)*
5. Daily Examen -ups and downs of living my life with God
6. Spiritual reading
7. Confession/Reconciliation
8. Spiritual Direction
9. Annual Retreat of some sort

10) Corporal and/or spiritual works of mercy *(some sort of work with those in need)*

11) Mortifications/Penances

12)Community, small group, parish involvement or prayer group

**Annual Retreat**

**Day 1:**

If you have made a retreat that lasted more than one day, what sorts of insights or spiritual experiences did you receive?

How would you describe the experience of your retreat?

If you have never made a retreat, why do you think it might be important for you to do that?  If you do not think that it is important, explain why.

If you have never made a retreat but would like to, what sorts of things would you hope to get out of a retreat?

**Day 2:**

How would you describe your desire for God as far as its intensity and how much it motivates you to pray and practice the spiritual disciplines?

Do you feel a lack of closeness to Our Lord? Do you experience a longing for the Lord? How could an annual retreat help you with that?

**Day 3:**

How do you think an annual retreat might help you to practice the spiritual disciplines better?

Which disciplines would you want to work on if you were able to make a retreat this year?

**Day 4:**

Try to make a plan for the next three months where you would get away to pray, reflect and do spiritual reading for a day or half a day?

Where would you go?

What spiritual resources would you bring to this time (spiritual books, a journal, Bible, etc.)?

How much planning is it going to take to do this?

**Day 5:**

Can you make plans to go on a retreat this year?  If so, what plans can you make to do that?

What type(s) of retreat do you think would be most useful to you or have proven most useful to you?