

Tool – Conference 2

SIGNS OF SPIRITUAL GROWTH FROM MEDITATIVE PRAYER DONE OVER TIME

If you are faithfully, correctly, and patiently practicing daily meditative prayer with a resolution, what noticeable results should be expected?

Below is a suggested list of different areas of possible spiritual growth. By looking at the areas of spiritual growth from meditation, it will be easier to create some small action or resolution for the day.

- Achieving greater growth in virtue (these are varied and numerous, human & spiritual).
- Lessening the habits of venial sins and ending mortal sin.
- Increasing growth particularly in the virtues of humility, courage and gratitude which are fundamental to praying.
- Having and showing care for the spiritual and material good of others, that is, charity, a fundamental virtue that indicates a person who has a life of prayer.
- Taking interest in being taught, and corrected in your personal moral life, as the Church teaches, professes and believes, so as not to offend God, others, and jeopardize my salvation.
- Recognizing oneself as a Christian in a cultural battle with the world. The world's standard of morality is moral relativism that is; "whatever the individual feels is right for themselves." The world rejects the standards that God (natural law) has naturally put in our makeup as human beings created by Him. A Christian, therefore; finds themselves ordinarily opposing the godless world.
- Seeing the Pope and Bishops of the world as the official teachers of faith and morals. Using the teachings of the Church to know what living under the standard of God is and means for our daily life.
- Becoming more aware and concerned for imitating Christ's life as seen in the Scripture. Becoming more Christlike.
- Becoming more selfless in our personal plans (or intentions) for the sake of others, and as sign of being led by the Holy Spirit to help build up God's Kingdom on earth.
- Increasing one's spirit of self-sacrifice and growing in disinterest in earthly things.
- Having a more accepting attitude about earthly suffering and seeing the spiritual value in it as Christ has taught us.

- Using God-given material gifts, talents and socio-economic position to build up His Kingdom, as opposed to becoming selfishly obsessed with things and obsessively dependent on them, which is materialism.
- Becoming more responsible in the fulfillment of ordinary duties in whatever vocation God has given us. Seeing the practice of Christian perfectionism in the ordinary fulfillment of our roles as disciples of Christ, whether we are married, a religious or a single person.
- Growing in our desire for the things of God as our greatest treasure – prayer, Sacraments, Word of God, the Sacred Tradition of the Catholic Church, holy friendships, the saints and angels, selfless giving, and our ultimate goal of heaven.
- Turning toward holiness, and life in the Church, rather than being secular, which is the disregard for spiritual things, and the indifference of living a religious life.
- Becoming more convinced of the unconditional love of God and our dependence on and friendship with Him.
- Understanding and seeking the forgiving and merciful love of God.
- Growing in awareness of God’s presence in the present moment.