

# A Day in the Life of a Christian



## Guidelines to Live By:

Ten Commandments

A New Commandment: "Do to others as you would have them do to you."

## Mantra:

Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on us."

Mary Prayer: "Most Holy *Theotokos*, have mercy on me."

JOY: Jesus First, Others Second, Yourself Last

# *Christian Practice*

## **A Day in the Life ...**

### **Daily Practice:**

#### A) Morning:

Lord's Prayer

Prayers of Thanksgiving

Prayers to the Saints:

Saint Toribio [Patron Saint of Immigrants]

Saint Cecelia [Patron Saint of Music]

Saint Thomas [Patron Saint of Education]

Saint John Paul II [Guide for Students]

#### B) Throughout the Day:

Scripture Reading (Morning or Evening)

Prayer of Thanks before Meals

Acts of Kindness/Charity

Lenten Fast from: Dairy; Meat; Eggs; Oil; Wine; Fish (Shellfish Ok)

Self-reflection (Particularly during Lent)

#### C) Evening:

Evening Prayer

Pray the Rosary

**Join Chaplain John Walsh to Walk the Labyrinth (5.15 pm, Behind Memorial Chapel)**

#### D) Weekly:

Attend a Church Service in a community of your choice

### **Advice to Participants:**

Practice what you pray (and read).

Focus on Love

### **Hope for Participants:**

That they would learn to know what Christianity teaches, and resonate with its message of Love.

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