

DAILY JOY JOURNAL



Family Formation
2020-2021

Make the Sign of the Cross.

Pray: Come Holy Spirit, teach me how to pray!

Date

Blessings I am thankful for today: (write or draw)

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Ways I practiced virtue today: (write or draw)

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How can I grow in virtue?

Think of the times I did not practice virtue today. If I am sorry, tell Jesus, and pray the Act of Contrition:

O my God, I am sorry for my sins. In choosing to sin and failing to do good, I have sinned against you and your Church. I firmly intend with the help of Your Son, to make up for my sins and to love as I should. Amen.

What choices can I make tomorrow to grow in virtue?

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Ask Jesus for actual grace to help make those choices.

Close with prayer:

Glory be to the Father, and to the Son,
and to the Holy Spirit.

As it was in the beginning, is now
and ever shall be. World without end. Amen.

Jesus, Mary and Joseph, pray for us.
Make the Sign of the Cross.