

Summer Survival Guide

Using the summer to connect to God!

- Sunday Mass!
- Try to go to an extra daily Mass
- Sacraments, especially Confession
- Daily Prayer
- Go on a retreat (Vocation vacation)
- Read the Bible and spiritual books!
- Learn about the lives of the saints
- Take care of yourself (eating, exercise, etc)
- Schedule a silent hour
- Evangelize/ Reach out
- Learn about your faith
- Spend time with Jesus in Adoration
- Offer up your sunburn
- Get some Bible/Reading of the Day and other Catholic apps on your phone
- Get involved in youth groups and young adults groups in your area
- Spiritual direction
- Give back to the community (Service)
- Listen to Christian music
- Surround yourself with good influences (friends, etc)
- Appreciate nature and God's creation
- Pray the rosary