



# Steps to holiness

## ONE

Let us choose this food of life! Let us make Mass our priority!

Pope Francis

In order to become more holy you need to spend time with the One who is most Holy, Jesus! And where do we meet Jesus? We meet Him face to face in Mass. The Mass is full of symbolism and beauty. Every part of the Mass is celebrated in a specific way and for a specific purpose. For example - candles are used to remind us that Jesus is the light of the world, incense is used to show our prayers rising to heaven, the altar itself has many levels of meaning - it is the table that Jesus used in the Last Supper, it is also the stone that He lay on in the tomb - there is so much! If you find Mass boring - maybe look into what all the elements mean. The Mass is a love story of God and us His people!

## GO TO MASS

## TWO

The Bible is key! Jesus is the Word of God. It can be rather daunting picking up a full Bible. Where on earth do you start?! Well there are so many wonderful tools to help you begin reading the Bible - our tip #1 is to not try and read it from cover to cover. Begin with one of the Gospels. A helpful thing we use is the Bible App - free to download! And in this app you can follow plans that break down different parts of the Bible and also give helpful commentaries. You can create images of your favourite Scripture verses. Jesus speaks to us through the Bible - and the more you look into it the more He will open up what it means for you. Go on!

## READ THE BIBLE

## THREE

When it comes to holiness we have a really wonderful role model in Mary. Through faith we believe that she was without sin. She lived holiness. Mary exudes many amazing qualities - she is humble, she always looks to help others and she has a quiet boldness about her. When we think of Mary sometimes we can limit her as only gentle and meek but she was a woman that walked with Jesus all the way to the cross. She has courage. When we ask Mary to pray for us we can be confident she will love and care for us. She reminds us that every day we have to say yes to the call of God in our lives.

## MARY

## FOUR

To be holy - you need to be joy filled. This doesn't mean happiness. Joy is deeper than that. Joy comes from know who you are. And who are we? We are children of God. We are loved so much that Jesus came to earth to bridge the gap we had made between earth and heaven. Joy is something we can have even in the darkest of circumstances. Joy is something deep inside of us. Joy is part of God. And when we welcome the Holy Spirit one of the fruits is joy!

## JOY-FILLED

## FIVE

Just keep swimming...just keep swimming (Dory, Finding Nemo). No Saint was perfect whilst on earth. And neither are you. We know this. We feel our weaknesses very strongly. The difference between a sinner and a Saint is knowing that God needs to be involved. His mercy is the difference between a sinner and a saint. Always come back to God - He waits for us with open arms. Go to the Sacrament of Reconciliation. It's scary yes but just go! Just go! He never tires of forgiving us.

## JUST KEEP TRYING TO BECOME A SAINT

## SIX

To be holy is to be like Jesus and He gave us a pretty epic example of what to do in the Gospels. He went out of His way to reach those in most need. We are called to do exactly the same. Why not find out what service projects happen in your local Parish - perhaps there's an SVP Group. But if there isn't anything - START SOMETHING! It might be local collections for the Food Bank or something similar. Be a person with a servant heart. Don't pass a homeless person on the street. Look for opportunities to put yourself last.

## SERVICE

## SEVEN

What does your prayer life look like? Go on, be honest with yourself. Have you spent time with God in prayer on a daily basis? If not, don't worry! Small simple steps can help begin a habit of prayer. We suggest doing three things to try and get into the habit. #1 Say a morning offering. Look a simple offering up online - it'll be a couple of lines long. Use this first thing in the morning (before you even look at your phone!) #2 Say a prayer before going to bed. Thank God for the day and also look at the ways you have represented God in your actions and words. #3 Try and see Jesus in the world around you. If you can begin to look for God you will find yourself saying little prayers throughout the day!

## PRAYER

## YEAR OF HOLINESS - DIOCESE OF SHREWSBURY