

BEFRIEND Holy Helpers

Following Jesus is the most amazing thing we can ever do. It is also the most difficult. The good news is, we don't have to do it alone! The saints, both the capital "S" Saints (those officially canonized by the Catholic Church as models of following Christ) and the little "s" saints (all the faithful who have died and are in heaven) pray for us as we journey on earth. They know the struggle. They know what we are going through. They are no different from us – they simply followed Jesus as closely as possible, and they want to help us do the same. They can pray for us, talk to God for us, inspire and guide us as we keep doing the work of discipleship on earth.

Whatever you are struggling with, whatever you are experiencing, there is a saint friend for that! So, gather up a team of Holy Helpers to be with you on your journey.

Developed with inspiration from The Evangelical Catholic, creators of The 10:10 Challenge. Used with permission.



Habit 8



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SAINT DOMINIC
CATHOLIC PARISH

Make Friends with a New Saint

Spend time this month researching a saint you currently do not know much about, especially one who inspires you or you can relate to. A good place to start is googling the patron saint of a specific need you have, challenge you face, or job that you do. There is a patron saint for just about everything!

- Work to learn more about their life. Try reading a biography or listening to a podcast that discusses them.
- Consider buying a prayer card, statue, or picture with their image to remind you they were a real person and to give you a visible reminder of your friendship with them.
- Talk to them as you go about your day. Ask for their help or guidance in whatever it is that bonds you to them.
- Trust that they are by your side, helping you on this journey. Turn to them in times of need. Rejoice with them in times of joy.

*See our Mission, Vision, and Values Reflection Guide to learn about
Our Value: Pursue Holiness and find more inspiration:
stdominic.net/mission-vision-values*