

THE CATHOLIC WATCHMEN SEVEN DISCIPLINES

DAILY PRACTICES

1. Pray with persistence and with devotion to Jesus, Mary and Joseph
2. Encounter Jesus in Sacred Scripture
3. Strive to be a spiritual father like St. Joseph

WEEKLY PRACTICES

4. Engage fully in every Sunday Mass
5. Serve and be a witness to family and community

MONTHLY PRACTICES

6. Go to Confession monthly
7. Build fraternity and evangelize men in monthly parish gatherings



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Dear Lord Jesus,

Help me to be faithful in following your leadership and actively participate in your mission. May I walk in your provision and never step out of your divine protection.

Help me to be a faithful leader in my home and parish by walking in wisdom, sacrifice and love.

Help me to provide for my family and my parish, both physically and spiritually, knowing that heaven is our reward.

May I faithfully fulfill my duty to protect those entrusted to me, both physically and spiritually.

Like St. Joseph, may I humbly fulfill the duties that have been placed upon me as a man of God.

St. Joseph, Pray for me! In Jesus' name, Amen!

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And I sought for a man among them
who should build up the wall and stand
in the breach before me for the land.

(Ezekiel 22:30)

www.thecatholicwatchmen.com

Archdiocese of Saint Paul and Minneapolis

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