Developing a relationship with God

1. Pray daily
2. Be in a place without distractions
3. Same time every day
4. ACTS
   1. Adore
   2. Confess
   3. Thanks
   4. Supplication
5. Go to Mass every Sunday
6. Go to confession at least once a year
7. Study -read the Bible or the saints or some Catholic teaching
8. Go on a retreat or join a men’s group
9. Get outside yourself – get involved in an apostolate
10. Go to Mass occasionally during the week => eventually daily
11. Get a spiritual director
12. Go to adoration weekly => in addition, drop in occasionally
13. Do an evening “examination of conscience”
14. Do several mid-day prayers and mini-examinations
15. Fast a meal once a week