

NAME: _____

MY BELIEF AND PRACTICE

Grade yourself (from A = try hard, do well, to F = need lots of commitment and effort) on the following beliefs and practices. Then answer the follow-up questions below in your journal.

- _____ 1. I firmly believe in our Triune God: Father, Son, and Holy Spirit.
- _____ 2. I am proud to call myself Christian.
- _____ 3. I share my beliefs with others, both in words and in actions.
- _____ 4. I believe in the truths taught by the Catholic church.
- _____ 5. With God's help, I hope one day to be united with him and my loved ones in heaven.
- _____ 6. I trust that God is in charge of my life, that he has a plan for me.
- _____ 7. Prayer is an important part of my life to help me keep hope and faith alive.
- _____ 8. I am grateful to God for all he has given and promised to me.
- _____ 9. I want to live my life as Jesus did—loving and serving others—and I am taking steps toward that goal.
- _____ 10. I love everyone, including those less fortunate than I am and those who have hurt me.

- For a belief or practice with the highest grade, how are you able to do so well?

- For a belief or practice with the lowest grade, what can you do to improve?