



STEWARDSHIP *Formation*

A Guide to Stewardship of Formation

To be a disciple is to be a lifelong learner. Formation is not only for children or catechumens—it is the ongoing process of becoming more like Christ.

When we steward education and formation, we recognize that faith must be nurtured, taught, and passed on—with both reverence and responsibility.

Stewardship of education and formation means:

- Time: dedicated to prayer, study, and learning the faith
- Talent: shared through teaching, mentoring, or leading others
- Treasure: offered to support Catholic schools, seminarian education, catechesis, and lifelong formation

It is an act of stewardship to grow in our own faith and to help form others in theirs. Every class, retreat, sacramental prep, or faith-sharing group is a sacred investment in the Church's mission.

Best Practices

- Be a life-long learner of the Faith. Set a simple goal like “ten minutes a day” or “one new spiritual book a month.”
- Form your conscience through prayer and teaching. Use an examen weekly to reflect on where your life aligns or needs to align with the Gospel.
- Live what you learn by sharing it. Choose one insight from your weekly reading or prayer to apply or share with someone else.

FORMATION OPPORTUNITIES



Lectio Divina

Join a Parish Bible Study and grow in understanding and support from fellow Catholics.



OCIA

Learn the foundations of our Faith. Adult Faith Formation is great renewal of the Faith.



Retreats

Attend a retreat at your parish or Our Lady Queen of Peace Retreat Center like Cursillo.



Podcasts

Take an online Catholic course, workshop or webinar from trusted sources like FORMED, Word on Fire, Catholic Cafe, or Institute of Catholic Culture.

Formation is not only the transmission of doctrine, but the process by which a person grows in friendship with Jesus. - Pope Francis



Lifelong Learner in Christ: Spiritual Reading Plan

Purpose: To nurture a habit of deepening your relationship with Christ through regular spiritual reading and reflection.

4-Week Cycle (Repeat as Desired)

Week 1: Scripture & Foundations

- Read: *Catechism of the Catholic Church*, paragraphs 121–128 (on divine revelation) or another foundational text.
- Reflect: What aspect of God's self-revelation speaks to me today?
- Action: Meditate on a Bible verse from the text and pray it daily this week.

Week 2: Saints & Witnesses

- Read: A short biography or engaging story of a saint (e.g., Saint Augustine's Confessions or The Joyful Christian by Anthony De Mello).
- Reflect: How did God work through this saint's challenges and gifts?
- Action: Identify one virtue from their life (e.g., humility, resilience) and ask the Holy Spirit to grow it in you.

Week 3: Practical Discipleship

- Read: A short, practical spiritual book (e.g., Rediscover Catholicism by Matthew Kelly).
- Reflect: What one practical insight can I implement in my daily life starting today?
- Action: Try one habit (e.g., examen, lectio, gratitude list) for seven days and note how it shapes your day.

Week 4: Culture & Mission

- Read: An article or podcast link on Catholic social teaching, evangelization, or culture (e.g., from USCCB, Word on Fire, or Relevant Radio).
- Reflect: How is the Spirit calling me to engage my culture or community in faith?
- Action: Share what you learned with a family member or friend, or explore a local event or volunteer opportunity related to it.

Repeating the Cycle

After Week 4, choose new resources in each category based on your interests—mix classic works, contemporary voices, podcasts, essays, or even church documents (like *Laudato Si'* or *Evangelii Gaudium*). Use the same pattern: read, reflect, act.

Daily Reflection Habit

Each day (2–5 minutes), note:

1. What I read today...
2. What spoke to me...
3. One way I can respond in prayer or action...

Suggested Resources

Scripture/Foundations: Scripture passages, Catechism

Saints: The Imitation of Christ, Stories of Saints for Children & Adults

Practical Discipleship: The Practice of the Presence of God, Sacred Reading

Culture & Mission: USCCB blog, Catholic Discussion podcast, Formed content on Catholic social teaching

Faith seeks understanding. - St. Anselm of Canterbury