

PRACTICALLY DEVELOPING THE INTERIOR LIFE

A conference given by Mr. Kevin Roerty

Sponsored by the St. Vincent Ferrer in Northern Kentucky on 16 November 2019

FIFTEEN HELPFUL TIPS:

PLAN OF LIFE (PRE-ACTION):

1. Mission and Vision for Life
2. Anti-mission and Anti-vision for Life
3. Priorities
4. Say "No"
5. Morning/night Routine and Schedule (including Devotionals throughout day)

SPIRITUAL ACTION:

6. Three Daily Pillars: Mental prayer, Rosary, and Spiritual Reading

7. Learn "How to" Mental Prayer: Conversation
8. Daily Examination and Regular Confession

MAINTENANCE:

9. Track your Rule of Life (SMART Goals)
10. Accountability with your Rule (Ask a Friend)
11. Monthly Day of Recollection

ADVANCED:

12. Prayer Breaks throughout the Day (Recollection)
13. Gratitude and Journaling (search Peace)
14. Find a wise and holy Spiritual Director
15. Increase Frequency of Sacraments

DANGERS TO AVOID:

- Irresolute Will
- Isolation / Despair
- Teacher / Savior Complex (Pride)
- White Knuckling (doing too much at once)

Video and audio of other talks given by by Mr. Roerty are available at the Fatima Center's website and YouTube channel. WWW.FATIMA.ORG

Other talks include *"He First Loved Us, Knowing Jesus Through the Interior Life"* and *"Practical Mental Prayer: Becoming Saints Amidst the Crisis."*

OUR LADY OF FATIMA, PRAY FOR US!