Growing in Your Faith in College

College can be one of the most exciting as well as challenging times of life. Transitions are everywhere. Luckily, growing in your faith before and during College will provide a great opportunity for you to journey with Christ during all of the best and most stressful times. Being involved in your college’s Campus Ministry program is a fantastic opportunity to grow in your relationship with Christ through opportunities to pray, serve, grow in your faith, and share the Gospel with others!

Prayer Life in College

“I have the strength for everything through Him who empowers me.” (Philippians 4:13)

Reflect: How would I describe your prayer life now? What do I want it to be by the time I enter college?

_____________________________________________________________
_____________________________________________________________
_____________________________________________________________

Looking at Colleges: Are there opportunity for Sacraments and prayer that I can participate in (such as Mass, Praise and Worship, Rosary/Devotions, Small Groups, etc.) either on campus or nearby? How can I have prayer as part of my daily schedule?

_____________________________________________________________
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________

Ways to Get Involved in Your Local Campus Ministry

1. Attend Mass!
2. Participate in a Service Project!
3. Attend a Retreat!
4. Go to a Social!
5. Join Choir or other Ministries!
6. Attend a Trip!
7. Join a Small Group!
8. Chat with Campus Ministry Staff!
9. Participate in a Holy Hour!
10. Join in Community Meals!

TOP 4 COMEDIANS WHO ARE CATHOLIC
1. Jim Gaffigan
2. Stephen Colbert
3. Jimmy Fallon
4. Tom Wilson

TOP 5 CATHOLIC APPS
1. Laudate
2. iBreviary
3. Masstimes
4. Catholic Study Bible App – Lighthouse
5. Catholic Mega App

TOP 5 CATHOLIC TWITTER ACCOUNTS
1. Pope Francis (@Pontifex)
2. Bishop Ricken (@BpDavidRicken)
3. Mark Hart (@LT_TheBiblegeek)
5. Sr. Helena Burns, fsp (@SrHelenaBurns)
**Community Life in College**

“Make known to me your ways, Lord; teach me your paths. Guide me by your fidelity and teach me, for you are God my savior, for you I wait all the day long.” (Psalm 25:1-5)

**Reflect:** What are the activities and interests I care about the most? What are ones I could do without? What do I want to continue to do in college life? What are unique gifts that I want to bring to your campus community?

**Looking at Colleges:** Are there opportunities to engage in positive community life? What social opportunities does Campus Ministry provide at the campus (community nights, trips, meals, small faith-sharing groups, etc.)?

**Service and Discipleship in College**

‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’ (Matthew 25:40)

**Reflect:** What are service projects and programs that I’ve done in the past? What do I want to continue in college? What are areas I want to start being involved in?

**Looking at Colleges:** Are there opportunities to connect academic programs with service? Are there agencies on campus or near campus to connect to Catholic social teaching? Does Campus Ministry provide opportunities for service trips? Alternative Spring Breaks?

**TOP 8 CATHOLIC PRAYERS FOR YA’S**
1. Thomas Merton Prayer: The Road Ahead
2. The Wyoming Prayer: Bishop Ricken
3. The Memorarae
4. St. Augustine: Prayer to the Holy Spirit
5. St. Michael the Archangel
6. Litany of Humility
7. Hail Mary
8. Our Father

**TOP 7 CATHOLIC WEBSITES:**
1. The Vatican www.vatican.va
2. Word on Fire www.wordonfire.org
4. Church Pop www.churchpop.com
5. New Advent www.newadvent.org
6. Catholic Answers www.catholic.com
7. Ave Maria Singles www.avemariasingles.com

“Every encounter with Jesus changes our lives…fills us with joy.” – Pope Francis