

Created in God's Image *Spiritual Practices*

1. Determine to love and respect your own good self.

*... you did knit me together in my mother's womb.
I will praise you, for I am fearfully and wonderfully
made.* –Psalm 139: 13-14
*I have called you by name:
you are mine.* Isaiah 43:1

Eliminate self doubt, shame, blame, and the compulsion to prove your worth by achievements

Find a balance to life between work and recreation, between discipline and indulgence, between making our own good efforts and relying on God's grace.

Care for our bodies

2. Try to maintain an unconditional respect for all other people.

*“Every person has innate dignity, worth, and equality
without any exception.”* - Vatican II

3. Pray for the graces you need.