

H.A.B.I.T.S

The word *disciple* comes from the word *discipline*.

So to be a disciple is to develop the disciplines of your rabbi.

An easy way to remember these disciplines is to call them H.A.B.I.T.S. – the habits of the saints.

Use this acronym to help you grow spiritually:

H	Holy hour	Start with 10 minutes of daily prayer and watch it grow over time to an hour.
A	Accountability	Be transparent with at least one friend who will hold you accountable to being a disciple.
B	Bible prayer and study	Let God's Word transform your mind and connect you to Jesus in prayer.
I	Invest in your parish	Tithe and serve in the mission of the parish.
T	Tell	Boldly tell others about your faith and invite them to faith in Jesus.
S	Sacraments	Participate as frequently as you can.