

7 Ponderful WAYS TO EMBARK ON A PATH TO HOLINESS

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Episode 38

1. STOP COMPLAINING AND GOSSIPING.

“If you judge people, you have no time to love them.” *St. Theresa of Calcutta*

2. START PRAYING MORE INTENTIONALLY.

“Pray as though everything depended on God. Work as though everything depended on you.” *St. Augustine*

3. FOCUS ON OTHERS, IN SMALL WAYS.

“Not all of us can do great things. But we can do small things with great love.”
St. Teresa of Calcutta

4. CONFESS YOUR MORTAL AND VENIAL SINS FREQUENTLY.

“Strive always to confess your sins with a deep knowledge of your own wretchedness and with clarity and purity.”
St. John of the Cross

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5. STUDY THE HOLY MASS.

“If we really understood the Mass, we would die of joy.” *St. Jean Marie Vianney*

ASSIST AT HOLY MASS.

6. “It would be easier for the world to survive without the sun than to do without Holy Mass.” *St. Pio of Pietrelcina*

7. LEARN AND LIVE THE TEACHINGS OF THE CHURCH.

“To save our souls we must live according to the maxims of the Gospel, and not according to those of the world.”

St. Alphonsus de Liguori

