



New Year's SPIRITUAL RESOLUTIONS

For 2026

☐ Attend Mass every Sunday/Monthly Teen Mass/Daily Mass _____ times a week

☐ Ask for God's mercy in the Sacrament of Reconciliation more frequently

☐ Get to know Jesus better through more prayer/reading scripture/silent time
Praying the Rosary once a month at Teen Rosary or at home _____ a week

☐ Make time to spend with Jesus in Eucharistic Adoration

☐ Practice more discipline with technology/Use technology responsibly

☐ Be truly present to the world/those around me as the unique gift
of myself that God created

☐ Be more involved in the Church ... How?

Remember the challenges and hopes of Pope Leo

What can I offer the Church for the future?

How can I help others to know Christ?

How can I build peace in the world?