

The Personal Ideal

A. The goal of Christian personality formation

1. Happiness as a result of full realization of who I am called to be
2. Each person called to holiness in a unique way
3. A description of my being and my mission in life
4. Integration of nature and grace, of body and soul
5. Harmony of intellect, will, emotions, child of God
6. Personal code of principles, of ethics
7. Forms my basic attitudes
8. Becomes an unreflexive motivating power and influence on my actions from within

Go to handout: *Scripture quotes*

B. Individuality

1. God creates each of us uniquely
2. Each of us reflects a part of Christ, together like a mosaic, we reveal a more complete image

C. Finding the ideal: Handouts

1. Find a phrase: motto, slogan, sentence, biblical quote
Jesus: I come to do the Father's will.
Mary: I am the handmaid of the Lord.
St. Paul: I am all things to all people.
2. A virtue or a title
Justice in all things
Charity personified
Heart of the Church
Warrior of God
Father for all
3. Or a symbol
Rock
Lion
Tabernacle

D. Why do I need a personal ideal?

1. To be focused on fulfilling God's will for my life; not to waste time and energy on pursuits that do not lead to the final goal
2. Criteria for making decisions
3. To offset relativism
4. To be strong personality, not swayed by media or outside pressures
5. Self- esteem

E. How to reach the Personal Ideal

1. You never do
2. You need God's help
3. Step by step one comes closer

F. Using the Personal Ideal to grow in holiness

1. Personal examination of conscience
2. Particular Examine: choose one element at a time to work on
 - a. Sinfulness to conquer
 - b. Weakness to work on
 - c. Positive quality to strengthen
3. Spiritual Daily Order
Be practical, be precise: once a day, every week
See My Spiritual Daily Order