

## Living as Signs of God's Love

The Sacraments at the Service of Communion are Holy Orders and Matrimony. Follow the directions below to discover how people live lives of holiness.

Choose one of the following activities:

1

Look in your parish bulletin and try to find all the ways that people in your parish live holy lives. Think about which of these activities you might enjoy to help you live a holy life.

2

Look in your local newspaper and try to find stories that tell about people who live holy lives. Say a prayer of thanksgiving for these persons.

3

Keep a gratitude journal for one week. Each night before bed, think about the people in your life today. Write the names of people you encountered during the day who live holy lives. Write what each person did. Thank God for these persons!