

Young Catholic Man's No Nonsense Guide

You are building your house:

- The foundation is *spiritual, supernatural*
- But it also involves *natural* components

Spiritual Foundation

1. Mass and Confession
2. Rosary and Mental Prayer
3. Study, Adoration, Devotions, Sacramentals, Novenas, Litanies, Penances

Spiritual Gameplan

1. Overcome serious sin
2. Persevere in sanctifying grace
3. Grow in virtue

Action:

- Minimum weekly Mass + Holy Days
- Monthly Confession
- Daily Rosary, Daily Mental Prayer
 - Use the *My Daily Bread* booklet
- Study: Bible, Catechisms, Saints' writings

"Without the spiritual foundation, none of the natural components will avail you."

Natural Components

- Career
 - Formulate a Plan
 - Finances/Budget
- Health
 - Strength/Endurance
 - Martial Arts

- Weapons
 - Appearance/Dress
- Courtship
 - Manners/Speech
 - Polish
 - Vehicle
 - Dancing skill
 - Giving of yourself
 - Mindset
 - “Here’s where I am going; would you like to join me in this adventure?”
 - Imitate other men who are admirable in a given area

St Joseph Prayer for Young Men Called to Marriage

O St. Joseph, Model of justice and therefore of husbands, I beseech thee to direct me in my choice of a future wife. Grant me especially wisdom and deliberation in this choice. Make both my friendship and courtship especially chaste, unselfish, prudent, thrifty, and cheerful. Be my companion in single as well as in wedded life.

1. Receive our Lord in Holy Communion every Sunday for strength to be and act like a Christlike man.
2. Pray to the Blessed Mother every day for grace to respect and protect her daughters.
3. Imitate Christ the Gentleman Who was so unselfish at home and abroad.
4. Be rich in masculine interests and grow in the art of conversation and of being interesting.
5. Learn to make decisions for yourself. Learn to save and to be a pleasant companion.
6. Strive for an esteem of the Sacrament of Marriage and of your God-given calling as Husband and Father in building a Catholic marriage and a Catholic home.