

PILLARS OF FORMATION – CHARACTERISTICS

HUMAN FORMATION

A man cannot have a separate "spiritual" life and "secular" life, but a life that is totally integrated. So many times a failing in our human life can play a huge impact in the other areas of formation. This unity and harmony must be Christocentric, built upon our own personal relationship and intimacy with Christ and the Father, in the Spirit – not merely an attempt to rule ourselves by external and human means alone.

CHARACTERISTICS/QUALITIES TO BE FOSTERED:

- good health
- freedom
- sense of responsibility and personal initiative
- honesty
- flexibility and dynamism
- generosity and justice, good steward of material possessions
- common sense; balanced judgment, prudent, discerning
- good professional and family conduct
- personal & affective (emotional) maturity; ability to establish and maintain wholesome friendships
- spirit of sacrifice, strength, and perseverance
- grasp of one's own culture
- interpersonal/communication skills, ability to work with a variety of people in diverse backgrounds
- ability to work with others in a collaborative, professional manner, foregoing self-interests in favor of cooperative effort for the common good
- capacity to transmit consolation and hope
- solid moral character, demonstrates the human virtues
- professional and appropriate in speech, dress, lifestyle, and family conduct
- unity and harmony of personality; authenticity of life

SPIRITUAL FORMATION

A man's spiritual life should be founded on a communion, an intimacy with the person of Jesus, who calls and sends him. He is called to a union with God the Father through his Son, Jesus Christ in the Holy Spirit, lived in communion with the Church, his Body. It is not enough for a man to be healthy in an external and human way, but the spirit must also undergo continual formation.

CHARACTERISTICS/QUALITIES TO BE FOSTERED:

- frequent, even daily attendance at Mass and reception of Holy Communion
- recital of part of the Divine Office, especially Lauds and Vespers
- daily personal meditation, especially on the word of God
- personal prayer
- devotions, especially centered on Eucharistic Adoration, the Blessed Virgin Mary -- in particular, the rosary -- and the saints
- frequent reception of the Sacrament of Penance, regular examination of conscience
- asceticism and penance
- obedience
- life of chastity
- simplicity of life
- solidarity and reconciliation
- times of solitude
- participation in spiritual retreats, days of recollection
- participation in spiritual direction
- apostolic dimension: service of and prayer for others, works of mercy
- commitment to ongoing formation

INTELLECTUAL FORMATION

A Catholic should understand the essentials of Christian doctrine before they can communicate it to others in a clear and compelling way, without omissions or error. This deepening knowledge of the Lord Jesus Christ, the fullness of revelation and the one Teacher understanding is never complete but is continually appropriated and deepened. It is not just for one's self, but is for the salvation of their brothers and sisters, their family and/or parish or community and so must have an apostolic purpose.

CHARACTERISTICS/QUALITIES TO BE FOSTERED:

- openness to God's word, to the Church and to the world
- study of philosophy and theology, especially of Trinity, Christology, and Ecclesiology
- deepening knowledge of Christ doctrinally and personally
- understanding of Catholic worldview
- study of Church tradition and history
- knowledge of the Church Fathers and the saints
- study of Sacred Scripture
- understanding of liturgy; study finds integration and focus in the liturgy
- study of the beliefs and practices of other religions or Christian denominations in the local area
- understanding of the importance of the Catechism of the Catholic Church
- joyful spirit in learning and transmitting the Faith
- submission of mind and heart to Christ, the one Teacher
- faith seeking understanding, apostolically motivated – deeper knowledge sought for the salvation of others
- seeks to enrich and expand personal faith in a lifelong study
- integrated with other human knowledge
- study flows from prayer and leads to prayer, and is engaged with the personal relationship with Christ
- understands the truths of faith as unified, in complete and faithful communion with the Magisterium

PASTORAL (Apostolic) FORMATION

The pastoral dimension of formation concerns the exercise of the prophetic, priestly and royal functions of the baptized lay person. A pastoral spirit and missionary zeal are essential to the mission of evangelization and catechesis, carried out in communion with the local and universal Church. We are called to holiness and to mission; they are called to live out their vocation "with the fervor of the saints" (Paul VI, EN 72-75).

CHARACTERISTICS/QUALITIES TO BE FOSTERED:

- spirit of pastoral responsibility and leadership
- generosity, dynamism & creativity
- spirit of ecclesial communion and apostolic obedience, in a spirit of faith
- obedience to pastors
- ability to work with different groups of people: children, adolescents, young people or adults, students or workers, baptized or unbaptized, healthy or sick, rich or poor, individuals or members of particular movements or groups, etc.
- ability to collaborate and facilitate conflict resolution
- ability to help others understand the sacraments and approach them with faith
- missionary zeal – ardent desire to bring all people closer to the Lord
- active presence in society, offering true Christian witness, entering into sincere dialogue with others, and cooperating in charity to resolve common problems
- proclaims boldly the truth about God and his Son Jesus Christ
- meets followers of other religions in a spirit of openness and dialogue
- builds community and helps candidates prepare for the reception of baptism and the other sacraments of Christian initiation
- carries out the work of evangelization and catechesis in communion with the local and universal Church
- service of the poor
- roots a life of service in personal prayer
- **develops an appropriate balance of prayer, service, study, exercise, leisure**