

Instructions For Spiritual Bouquet



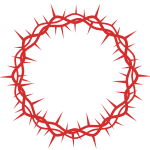
Pray to the Holy Spirit and pick a person to give this Spiritual Bouquet to. The person could be your friend, enemy, a well-wisher or a family member. Write the name of your friend in this bubble. You can also adopt many people to pray for and take a sheet for each person. It all depends on how big your heart is!



Set aside at least 10 minutes a day to do one of the prayer methods mentioned in the sheet for your friend. You may do as many prayers as you like through Advent and give the sheet to your friend on Christmas Eve! It is not a compulsion to fill all boxes but we encourage you to try.



This column is to pray for your friend's vocation. If the person is already married/ordained pray for their vocation otherwise pray God gives them a breakthrough in their vocation.



This year has not been easy on you but guess what! You can gift your suffering as a prayer to your friend united to the sufferings of Jesus! Remember some moments of suffering this year in your life and offer it for your friend's intentions in a special way



What can you write in the box of each sun ray? This we leave entirely to you! You can mention the number of prayers you did along with a small personal note, a revelation from God about the intention you prayed for or a small appreciation for your friend!



Fasting



Masses



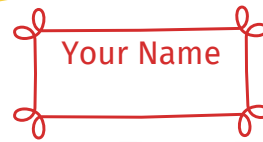
Bible promises



Tongues/Holy Spirit prayer



Rosary/Chaplet



Your Name

YOUCAT INDIA

Spiritual Bouquet



Almsgiving



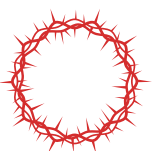
Angelus



Praise and Worship



Adoration



Redemptive Suffering



Vocation Prayer/Consecration



Novenas

