

Connect with God amid the Demands of Schoolwork

Caring for yourself entails that you ensure that all aspects of your overall well-being is given priority. This includes your relationship with God.

You might be feeling isolated and overwhelmed by school requirements but enriching your spirituality should always be part of the equation. You are never alone when you connect with God, and doing it is quite simple. Try these methods.



Write a letter to God

Share with God your thoughts and feelings by writing him a letter. You can even include your prayers and wishes in your note.



Print and pray

Print pictures of your loved ones and put them in areas where you often see them. Seeing their pictures will remind you to pray for them.



Read the Bible

Read a passage of the Bible or the Daily Gospel to start off your day. Revel in the words of God to remind you of his wisdom and grace. Make it more fun by writing different passages in strips of paper and putting it in a jar. Randomly pick a different one each day.



Listen to faith music

Make a playlist of faith-based songs that remind you of the purpose of your Life's Journey and the role of God in it.

