

Crafting Your 2025 Promise

Step 1 – Pray

Pray to God for inspiration and guidance as you create your promise. Invite the Holy Spirit into the process.

Step 2 – Review

Review what your novice thinks that you need to learn

Do their observations ring true to you? How?

What happens that impacts your desire to choose Christ?

Step 3 - Reflect

Reflect on the verses from the Rule suggested by your novice to help you.

What are the verses directing you to or from?

How might the verse/s direct you to a change that reflects your preference for Christ and for following him in all you do and in who you are?

For Steps 2 and 3 – If you need to reread your novice’s suggestions for you, [click here](https://stbenedictstoolbox.org/novice-resolutions-2025/) to return to the main Novice Promise page. Then scroll down to your novice. Or copy this link and paste it in your URL - <https://stbenedictstoolbox.org/novice-resolutions-2025/>

Step 4 – Craft Your Promise for 2025

Determine a specific direction or change that can become your Promise for 2025.

Share it with your novice and trusted humans.

To help you remember, write down your promise. Place this promise where you can see it, such as at your desk, in your journal, on a mirror.

Support and Follow-Up

Br. Ricky, the Feline Cloister, and Amma will be providing support for the Promises throughout the year in the *Monday Mewsings*.