

## Best Practices for University and Young Adult Ministry

### Eucharistic Adoration

- Make it available often, daily if possible
- Preach on the true Presence

### Confession

- Creates an awareness of sin and a need for mercy
- Leads students to strive for greater conversion

### Spiritual Direction

- Teaches them the importance of daily prayer and holds them accountable
- Instills in them the fundamental call to holiness
- Provides a foundation for a relationship of accompaniment between director and directee

### Pilgrimages/Retreats/Conferences

- Encourages growth in the spiritual life
- Takes them out of their normal surroundings to encounter God

### Service Projects

- Gives students the opportunities for face-to-face encounters with their brothers and sisters in Christ
- Encourages students to put their faith into action by serving those in need
- Fosters Christ-centered friendships

### Witness of Priests/Religious Sisters

- Take students to a seminary visit or Nun Run to learn more about the priesthood and religious life
- Bring seminarians and young religious and consecrated persons to campus and invite them to speak and enjoy fellowship with the students
- Provide opportunities for students to interact with the local parish priest in a fun and engaging manner

### Discernment Groups

- Helps each student to realize they are called specifically by God
- Groups let them know they are not alone and that others can help them on their journey

### Fellowship and Catechetical Formation

- Host weekly bible studies or reading groups
- Host a weekly or monthly series on different intellectual aspects of the faith (e.g., learning about the Church Fathers; Church doctrine; the history of the Catholic Church, etc.)
- Host a weekly meal where students can gather together and enjoy each other's company and friendship