

# A Letter to Myself: My OCIA Journey

A Reflection on Why I Am Here, My Challenges, and My Heart

Dear \_\_\_\_\_,

As you begin this Order of Christian Initiation of Adults (OCIA) journey, take a moment to reflect on why you are here. This letter is for you—a personal record of your thoughts, feelings, and hopes as you embark on this path toward a deeper relationship with God and the Catholic Church. Answer the following questions with honesty, knowing that this letter is a gift to your future self, to look back on and see how far you've come.

## 1. Why am I starting this OCIA journey?

What brings you here? Are you seeking a closer connection to God, exploring the Catholic faith for the first time, or deepening a faith you've held for years? Maybe you're curious, feeling a pull in your heart, or responding to an invitation from someone special. Write about what inspired you to take this step.

## 2. What challenges am I facing as I begin this process?

Every journey has obstacles. Are you wrestling with doubts about faith, such as questions about God, the Church, or Catholic teachings? Are there challenges with family or friends, like differing beliefs, lack of support, or difficult conversations? Are you working, have time commitments, or personal struggles, making this process feel daunting? Share what feels heavy or uncertain as you start.

## 3. Where is my heart right now?

Take a moment to listen to your heart. Are you excited, nervous, hopeful, or unsure? Do you feel peace, longing, or even fear about growing closer to God? Describe the emotions and desires stirring within you as you begin this journey. What do you hope God will show you through OCIA?

## 4. What are my hopes for this journey?

Look ahead. What do you hope to gain from OCIA? Is it a stronger faith, a sense of

belonging, answers to big questions, or something else? Write a message to your future self about what you hope to discover or become by the end of this process.

### **A Prayer or Closing Thought**

End your letter with a short prayer, a word of encouragement to yourself, or a simple closing thought. This could be a request for strength, an expression of trust in God, or a note of gratitude for this opportunity.

Date