



CONTENTS



Foreword by Thomas Lynch	ix
Introduction: The Journey Never Ends	xiii
Chapter 1: Spiritual Wills: What They Are and What They Do	1
Chapter 2: The Importance of Remembering	7
Chapter 3: Applying the Word to Your Will	15
Chapter 4: Sample Spiritual Wills	23
Chapter 5: Writing Your Spiritual Will	51
Afterword by F. Edward Coughlin, O.F.M.	63
Acknowledgments	65
Group Use Guide	67
Notes	71