



COURAGEOUS. [CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

We are what we listen to! The music you play while driving to work, ushering your children around or while you are working does have an impact on your thinking.

The solution might be committing to listen to Contemporary Christian music. You might be surprised at how good Christian music is and how much a positive message can shape your day.

- *K-LOVE* – Positive and Uplifting Radio at 101.9 or 101.7 FM
- *WQME* – the Song at 98.7 FM
- *Moody Radio* – 97.9 FM
- *CDs* – Casting Crowns, Third Day, Chris Tomlin, MercyMe, Tenth Avenue North, Chris Rice, For King & Country, Lauren Daigle, NeedtoBreathe, Jeremy Camp...

[THE CHALLENGE]

Listen to nothing but Christian music for 30 days then evaluate how it affects your mood.

[BE]
COURAGEOUS.

[DURATION]: 30 Days