



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

So you've established a strong prayer life, but you keep hearing about prayers that you don't know.

There are many prayers that can be used and each has a different purpose. Expand your database of prayers and be open to what God is saying to you through the prayer.

Some options to consider:

- Litany of Humility
- St. Michael the Archangel
- Peace Prayer (St. Francis)
- Holy Spirit Prayer (by Cardinal Mercier)
- USCCB Website – [list of basic prayers](#)

[THE CHALLENGE]

Commit to increasing your prayer database. Identify 10 prayers you don't know and start saying them frequently.