



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Maybe you're feeling good about your prayer life and you've made good progress over the years. Is it time for more?

Find 1 hour each day to devote to prayer with God. Maybe it's reading the daily readings and reflecting on them in silence. Maybe you read a Gospel over time and experience the scenes and flow of the Gospel.

A daily holy hour can be a combination of material you read, prayers you say and silence you have with God to allow Him to speak to you. It's a commitment to listening to God and focusing on His will in your life.

[THE CHALLENGE]

Invest 1 hour each day to be in prayer conversing with God.

[BE]
COURAGEOUS.

[DURATION]: 21 Days