



COURAGEOUS. [CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Everyone should invest time in daily prayer. Finding a consistent place and consistent time can be helpful to establish this practice and make it a habit.

Some other options to consider:

- Read the daily readings for that day
 - <http://www.usccb.org/bible/readings>
 - Apps: Laudate; Evangelizo; iBreviary
- Pick a Gospel and read it over the next month
- Reflect on a phrase that strikes you
- Allow for silence so you can hear God speak to you

God loves you so much and desires to talk with you.

[THE CHALLENGE]

Pick the same spot and the same time each morning – invest 15 minutes in prayer at the start of your day.

[BE]
COURAGEOUS.

DURATION: 2 weeks