



COURAGEOUS. [CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Prayer is our conversation with God. It should be ongoing in our lives and throughout our day.

Maybe you start your day well in prayer. The next step is to dedicate time at the end of day to reflect on where you saw God and what your reactions were. It doesn't have to take long, but the habit of reflection at the end of the day can help increase your awareness.

Reflect on 3 things:

- Where did you see God in the day and respond.
- Where did you see God in the day and not respond.
- What do I need to do differently tomorrow.

[THE CHALLENGE]

Pause before you go to bed for 5 minutes and reflect.

[BE]
COURAGEOUS.

[DURATION]: 1 Month