



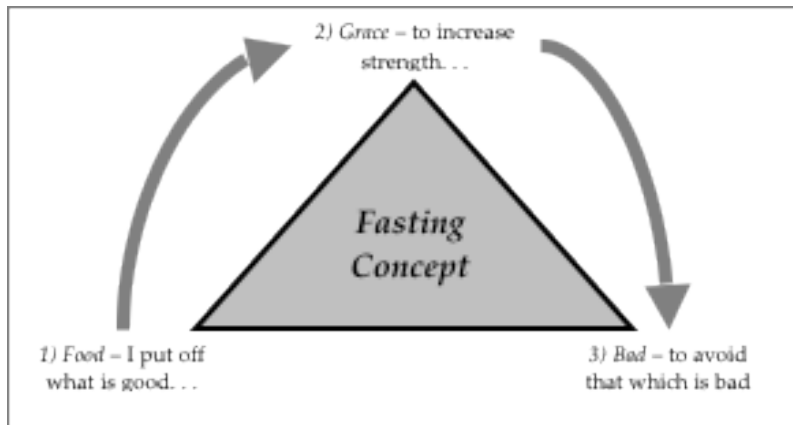
COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Fasting is a spiritual exercise where we restrict ourselves from something that we want as a sacrificial offering to draw closer to God.



To learn more, watch this video by Fr. Michael Schmitz:
www.AscensionPresents.com/video/4-reasons-for-fasting

Our lives change when our habits change.

[THE CHALLENGE]

Fast on Wednesday each week for 1 month; Identify a special prayer intention to offer up as part of your sacrifice.

[BE]
COURAGEOUS.

[DURATION]: 1 Month