



COURAGEOUS. [CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

The Gospels are the story of Jesus' life on earth.

Read a section of the Gospel, meditate on it, and imagine yourself in the scene. Reflect on your feelings, the sounds, the sights, the smells and the emotions of the surroundings. Re-read the text allowing yourself to hear the words as if you were present. Pray for a deeper understanding of Jesus and His ministry, and a better understanding of His love for you.

Some Gospel readings to consider:

- Luke 19:1-10
- Matthew 5:1-12
- Luke 15:1-7
- John 8:1-11

[THE CHALLENGE]

Set aside 20 minutes every day to read one Gospel passage listed above.

[BE]
COURAGEOUS.

[DURATION]: 4 Weeks