



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Praying before meals sounds simple, but how often do we do it?

In our busy world, many times we rush to eat our meals or get distracted during meals with our devices. Slowing down before we eat to thank God for our meals is a simple, yet profound acknowledgement that everything we have comes from God.

Praying before meals, especially in a restaurant, can be a simple, yet powerful, sign of our faith. It's also a great example for our children and teaches them to turn to God at all times.

Pray before meals... by yourself, with your family, no matter what.

[THE CHALLENGE]

Pray before every meal, every day, whether at home, work or at a restaurant. Make it Your Habit!

[BE]
COURAGEOUS.

[DURATION]: 21 Days