



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Yes, it's intimidating, all of those beads. What do they mean? How do I pray it? What if I mess up? What if I loose count of the Hail Marys?

While the Rosary can be intimidating initially, it will be a beautiful and powerful prayer experience once you learn it. It's really quite simple, because you likely know most of the prayers already. (Apps: Laudate; myParish; iRosary)

Some options to consider:

- Pray the Rosary by yourself
- Use a Rosary app and pray with it (RelevantRadio – Pray)
- Pray with another individual (your spouse, children...)

[THE CHALLENGE]

Pray the rosary twice a week for 4 weeks and evaluate how much confidence you have built up.

[BE]
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[DURATION]: 4 Weeks