



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

It's simple, yet powerful... and as Catholics, we do it a lot!

The Sign of the Cross – while we sign ourselves before we pray, the sign of the cross is a prayer in and of itself. Think about it. I'm offering my day in the name of the Father, and of the Son and of the Holy Spirit.

This signing is something Christians have been praying for centuries and is a simple way to place ourselves under God as we prepare for the day.

- Start the day – reminds us that we are God's children
- Throughout the day – gives us strength, courage and reminders
- End of the day – allows us to reflect on where we saw God

[THE CHALLENGE]

Make the sign of the cross each morning and ask God to lead you through the day then find moments in your day to sign yourself as a reminder of who's you are.

[BE]
COURAGEOUS.

[DURATION]: 1 Month