



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Silence is a practice of slowing down and quieting our minds and thoughts with the purpose of demonstrating our openness to God and making ourselves available to listen to Him.

Some simple steps:

- Put away all electronics
- Move to a place of quiet and calmness
- Repeat a slow, simple prayer of 'speak Jesus, I am listening' intermittently

➤ Watch this short video from Fr. Mike Schmitz to learn more:
<https://www.youtube.com/watch?v=-hHjdLtNOwg>

Be open to thoughts that God may lay on your heart.

[THE CHALLENGE]

Watch the video, then set aside 15 minutes of silence every day.

[BE]
COURAGEOUS.

[DURATION]: 21 Days