



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Our children look to us for guidance. In many ways, they do so by watching our actions and, in turn, imitating us.

Sometime this can be good – other times not so good. Praying with your children is always good. It can be extremely powerful and sets the example of the need for prayer in our lives. This conversation with God can spark a strong memory for them.

Start simple:

- Pray the Our Father
- Ask your child(ren) to pray for someone who is sick or sad or a friend at school
- Open it up for additional prayers when comfortable

[THE CHALLENGE]

Identify a good time to pray with your children and do it consistently. Establish the habit!

[BE]
COURAGEOUS.

[DURATION]: 30 Days