



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

As Catholic men, we are called to be the "priest" of our household. There's nothing stronger and more courageous than leading your wife in prayer.

Some ideas to get started:

- Pray the Our Father, Hail Mary or Glory Be
 - USCCB Website – [Prayer List](#)
- Allow for silence so you can hear God speak to you
- When ready, open it up for additional prayer requests
- If that is too much, simply take her hand each morning and say an Our Father together to start your day.

Not only does God want this, but so does your wife.

[THE CHALLENGE]

Pick the same spot and the same time every day to pray with your spouse.

[BE]
COURAGEOUS.

[DURATION]: 21 Days