



# COURAGEOUS. [ CHALLENGE ]

- Prayer
- Sacraments/Liturgy
- Learning

## [ABOUT]

As Catholics, we believe the Eucharist is the true presence of Christ. It is not a symbol. The practice of Eucharistic Adoration provides us with an opportunity to sit with Christ in our Reservation Chapel. Each weekday, The tabernacle door is open and the Monstrance holding the Blessed Sacrament is exposed for adorers from 9:30 am to 9:00 pm. Spend some time with Christ.

Some considerations for your time in Adoration:

- Bring a Catholic book to read
- Read any book from the Bible
- Read and reflect on the readings for the day
- Simply sit in silence and allow God to speak

## [THE CHALLENGE]

Pick a time this week to spend 30 minutes with our Lord in Adoration. Does this for 6 weeks.

[BE]  
COURAGEOUS.

[DURATION]: 6 Weeks