



COURAGEOUS. [CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

We take notes during an important business meeting or at a conference. What message is more important than the message we are receiving during Mass?

The Mass Journal is a tool, designed by Dynamic Catholic to enrich your experience at Sunday Mass, teach you how to listen to the voice of God and deepen your daily spirituality.

The Mass Journal is a spiritual tool that urges us to ask the question, “God, what is one way that I can become a better-version-of-myself this week?” If we do this every Sunday and then focus on that one thing throughout the week, we would have 52 ideas that we put into action to improve our faith life.

[THE CHALLENGE]

Invest in a Mass Journal and bring it to Mass each week. After 3 months, review the insights you’ve gained.

[BE]
COURAGEOUS.

[DURATION]: 12 Weeks