



# COURAGEOUS.

## [ CHALLENGE ]

- Prayer
- Sacraments/Liturgy
- Learning

### [ABOUT]

Attending Mass and trying to understand what God is saying through the readings & Gospel can be a daunting task. Reading them ahead of time allows for better preparation and openness to hear the homily more clearly. God speaks to us throughout the Mass, but in particular through the readings and homily.

Consider:

- Reading the readings before heading to Mass
  - <http://www.usccb.org/bible/readings>
  - Apps: Laudate; Evangelizo; iBreviary
- Joining a group of men who meet on Saturday mornings at 7:00 AM near the fireplace to discuss the readings
- Allowing for silence so you can hear God speak to you

### [THE CHALLENGE]

Read the readings and Gospel before going to Mass on Sunday.

[BE]  
**COURAGEOUS.**

[DURATION]: 2 months