

**1 Prayer Challenge:**  
Pray with undivided attention away from distractions.

**Learning Challenge 4**  
Discuss the role of the Christian family in *Familiaris Consortio*.

**2 Sacraments Challenge:**  
Pray for forgiveness of your sins before communion.

**Sharing Challenge 5**  
Partner with a family member to grow in a specific aspect of faith.

**3 Virtues Challenge:**  
Create your family mission statement.

**Service Challenge 6**  
Set aside money to donate to your local church or a charity.

# Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP 10

Follow the **6 Principles Challenges** from this month's **Be Not Afraid Family Hour®** and **check off the boxes** for the challenges you take on each day to see how often you make progress.

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