1 Prayer Challenge:
Write down the inspirations you received from prayer daily

2 Sacraments Challenge:
Read the Sunday Gospel with your family before mass.

3 Virtues Challenge:
Think of 10 things to be grateful for when you experience resentment.

Learning Challenge 4
Learn the "7 petitions & 7 blessings" in the "Our Father".

Sharing Challenge 5
Rather than trying to convert strangers, get to know them.

Service Challenge 6
Pray for those who serve the sick and dying.

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP**12**

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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