

1 Prayer Challenge:
Focus on Jesus after receiving communion.

Do formation as a family once a week with a focus on the Eucharist.

2 Sacraments Challenge:
Reflect on the uniqueness of the sacraments.

Learning Challenge 4
Sharing Challenge 5
Try to list 20 reasons why you Love the Church, then share them.

3 Virtues Challenge:
Be patient & forgiving when distracted during the sacraments.

Service Challenge 6
Visit a nursing care facility as a Eucharistic minister.

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP14

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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