

1 Prayer Challenge:
Pray this simple prayer of mercy: "Lord Jesus Christ, Son of the Living God have mercy on me, a sinner."

Learning Challenge 4
Pay attention, journal, & review how you are modeling God's love to your children.

2 Sacraments Challenge:
Recall opportunities for virtue you may have missed when you go to confession.

Sharing Challenge 5
Give a good DVD/CD on the Faith to someone struggling or questioning their faith.

3 Virtues Challenge:
Look for an accountability partner who will help you and challenge you to grow in virtue.

Service Challenge 6
Look for opportunities to fulfill the Corporal Works of Mercy in your daily routine.

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP16

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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