

# 1 Prayer Challenge:

Make Wed. a devotional day of prayer for St. Joseph!  
After each family rosary, pray the "Litany of St. Joseph".

# 2 Sacraments Challenge:

For husbands and wives, make a daily habit of affirming your relationships in small ways, especially during hard times.

# 3 Virtues Challenge:

Step out of your comfort zone and ask a trusted friend what virtues you need to grow in.

# Learning Challenge 4

Read and learn about St. Joseph, like the book St. Joseph - Foster Father of Jesus by Fr. John A. Hardon, S.J.

# Sharing Challenge 5

If you're musically gifted, host a benefit concert to support a needy family in the community.

# Service Challenge 6

In addition to the things you *have* been asked to do, help with household chores you were *not* asked to do.

## Life is a Journey of Growth

### TRACK THAT GROWTH EVERY DAY - EP18

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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