

1 Prayer Challenge:
Confidently talk to God as you would a close friend.

Learning Challenge 4
Meditate on scripture in an effort to know Christ better.

2 Sacraments Challenge:
Show up early, and prepare yourself to genuinely participate in the Mass.

Sharing Challenge 5
Invite someone to pray with you.

3 Virtues Challenge:
Ask for a saint's intercession to grow in a specific virtue.

Service Challenge 6
Serve those in need, and then keep them in prayer.

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP5

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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