

- 1 Prayer Challenge:** Pray for the ill, & if you are ill, ask God to sanctify your suffering. **Learning Challenge 4** Seek out information on JPPI's Theology of the Body.
- 2 Sacraments Challenge:** Ask Jesus to increase your desire for Him with each Communion. **Sharing Challenge 5** Take more opportunities to share the faith.
- 3 Virtues Challenge:** Adopt a healthy diet & 30 minutes of physical activity daily. **Service Challenge 6** Pick a corporal work of mercy as your "theme of service".

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP7

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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