

1 Prayer Challenge:
Ask Jesus to heal you of the fears that hold you back.

Learning Challenge 4
Read & discuss Sunday's gospel as a family each week.

2 Sacraments Challenge:
Leave your anxieties & triumphs at the altar during mass.

Sharing Challenge 5
Ask God for the words to communicate His love to others.

3 Virtues Challenge:
Practice charity by loving others even when you don't "feel like it."

Service Challenge 6
Secretly do special things for each family member.

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP8

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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