

**1 Prayer Challenge:**  
Ask God for the gift of Faith each day in prayer.

**Learning Challenge 4**  
Discuss the catechism's chapter on the Sacrament of The Eucharist.

**2 Sacraments Challenge:**  
Apply this month's Learn the Faith Challenge at mass.

**Sharing Challenge 5**  
Bring morality and religion into pop culture conversation.

**3 Virtues Challenge:**  
Begin & end each day acknowledging what you are grateful for.

**Service Challenge 6**  
Find new ways to experience God's presence.

# Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP9

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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