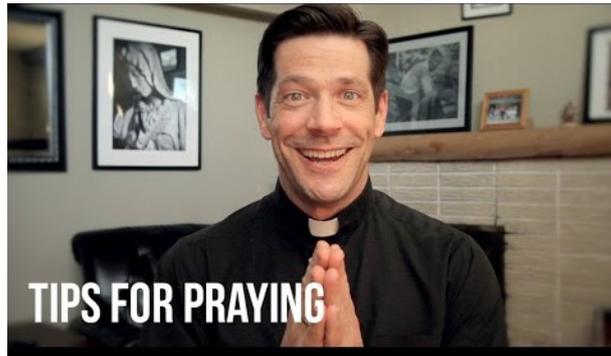


FULLY ALIVE PRAYER CHALLENGE



<https://www.youtube.com/watch?v=yk8In-6KUGc>

Tips for Praying Everyday

When:

What time of day will you pray?

How long you pray is not as important just as long as you pray!

"If our life is without prayer, it is like a house without a foundation...If you are too busy to pray, you are too busy." -St. Mother Teresa

Where:

St. Edith Stein once said, "It all depends on having a quiet little corner where you can talk with God on a daily basis as if nothing else existed." Do you have a quiet place to spend time with God? Maybe in your room, basement, or another quiet place in your house? This week, set up a prayer corner where you can place your Bible, your journal, a candle and a holy image (cross, prayer card of Jesus, Mary, or the saints). You can make it simple or get creative! The goal is for you to have special place to pray, where you can to spend time alone with God.

What/How:

Will you pray with God's Word, reading the Scripture? Will you journal? Say a Rosary or a decade of the Rosary? Will you offer a morning or nighttime prayer?

"The glory of God is man fully alive" - St. Irenaeus

DAILY MASS

Date of the Daily Mass you attended and name of the Church:

Reflect on the prayers, readings, and/or homily from the Mass

Example: Father spoke about the fact that God does not always give us what we want, but what we need. God knows what we need. This idea came from the Gospel reading about a woman who asked Jesus to heal her daughter.

CONFESSION

Reflect on your experience going to confession .Explain in your own words how the sacrament of Confession helps you live a life more fully as a Christian, as a disciple of Jesus.

ADORATION

Write about how you spent this time with Jesus in Adoration...

DEVOTION

Describe the devotion you chose to practice. What did you learn from the experience?
How can this prayer/ devotion help you to grow in love of God?