

# Are You Up to the Challenge?

What is one tangible thing we can do to  
grow closer to the Lord this week?

That answer is often PRAY, but it doesn't always happen.  
Well, it is more likely to happen if we make a plan, so let's do this.

Monday: \_\_\_\_\_  
Tuesday: \_\_\_\_\_  
Wednesday: \_\_\_\_\_  
Thursday: \_\_\_\_\_  
Friday: \_\_\_\_\_  
Saturday: \_\_\_\_\_  
Sunday: \_\_\_\_\_

# Let's Pray

Spend 5 minutes with the Lord. Just 5 minutes! What can you do today to make sure this 5 minutes happens?

Not sure how to talk to the Lord? Uncomfortable?  
Unsure of what to say? Well, a couple of options:  
Just talk to God. Fill him in on what's going on in your  
life and your heart.

Need some structure to help guide you? Think ACTS.

**A** Adoration-Tell God how awesome He is.

**C** Contrition-Tell God you're sorry for everything you've done  
that has separated you from Him (aka sin.)

**T** Thank Him-You have been given so much to be thankful for.  
What do you want to specifically thank God for this week?

**S** Supplication-Fancy Word Meaning Ask-Ask God for  
what you need! The Lord answers us when we ask  
Him.

# MEDITATE:

## God as Father

God is our Father, but he wants to be your Abba, or Dad. It is uniquely Christian to speak to God in such a personal way.

Take some time to just be still. Quiet your thoughts. Breathe deeply & slowly. Ask the Holy Spirit to be present and with you.

Ask the Holy Spirit to show you God as your Abba.

Let God speak to you about how you are His son or daughter, and how He delights in you.

Imagine your Heavenly Father telling you how much He loves you, and how proud He is of you.

Rest in that for a moment.

# Lectio Divina: Matthew 6:26-34

## ASK:

Ask the Holy Spirit to be with you as you read Sacred Scripture.

## READ Matthew 6:26-34:

Read the verse slowly. Read it again, paying attention to any words or images that stand out.

## MEDITATE:

Think about what you just read. Put yourself in the passage or picture. (Be a bird!)

## PRAY:

Ask the Lord what He is telling you in this passage. Ask Him why certain words stood out, and what specific things mean. LISTEN to what He is trying to tell you.

## CONTEMPLATE:

Rest in the Truth of this passage. Just BE with your Heavenly Father who loves you.

# Lectio Divina:

## Matthew 18:10-14

### ASK:

Ask the Holy Spirit to be with you as you read Sacred Scripture.

### READ Matthew 18:10-14:

Read the verse slowly. Read it again, paying attention to any words or images that stand out.

### MEDITATE:

Think about what you just read. Put yourself in the passage or picture. (Be a sheep!)

### PRAY:

Ask the Lord what He is telling you in this passage. Ask Him why certain words stood out, and what specific things mean. LISTEN to what He is trying to tell you.

### CONTEMPLATE:

Rest in the Truth of this passage. Just BE with your Heavenly Father who loves you. He left the 99 to find YOU.

# Prepare for Mass: Read Next Sunday's Gospel

Mark 13:24-32

## Pray Through Music

The Lord wants to speak to us through music! Some song ideas based on this week's theme:

Reckless Love-Cory Asbury  
Good Good Father-Chris Tomlin  
Psalm 34 LIVE-Shane & Shane

## Go To Confession.

Hard to pray? Sin weighs us down, and separates us from God. Basically, sin just builds a giant wall between us & our Heavenly Father, and Confession tears that wall down.

Tuesday: 7:00-8:00 at St. Joseph  
Saturday: 10:00-11:00 at St. Charles

Who are you praying for  
this week?

How can we pray for you  
this week?

Journal Page