CHALLENGE of the Week

- [ ] **Make a cheerful sacrifice.** Volunteer to do a sibling's chores for a day, help a neighbor with yard work, make a meal for your family, or babysit for free. Write about what you did.

- [ ] **Create or find symbols of the Holy TRINITY.** Explain the symbolism to someone in your family and write about it in the space below.

- [ ] **Choose a saint to research,** and jot down three interesting facts in the space below about his or her life to share with your small group at the next class.

Closing Prayer

"For God so loved the world that he gave his only-begotten Son, that whoever believes in him should not perish but have eternal life." *–John 3:16*

Heavenly Father, you are powerful, but you don't force us to love you. Through the gifts of your grace and our FREE WILL, we can be heroes like the saints or experience the emptiness of sinful choices.

Help us, Lord, to always choose you. Thank you for giving us your Son, Jesus, whom we receive in Holy Communion and who strengthens us to find the very best in ourselves. Amen.