CHALLENGE of the Week

- [ ] **Do something small for God.** Read a child a story from the Bible. Pick up trash around your school or neighborhood. Do an extra chore. (This one works best if you're just a little "sneaky" so no one else notices!) In the space below, describe what you did ... and how it felt.

- [ ] **Ask God to help you to sincerely forgive someone who has hurt you.** Offer something to God as a spiritual gift for this person's well-being (e.g., extra effort at school and chores, your next Eucharist, or avoiding sweets for the week). In the space below, describe what you did and how you felt.

- [ ] **Take advantage of the sacraments!** In addition to Sunday Mass, try going to Mass during the week, and take note of the impact this has on your day. Write about it in the space below.

Closing Prayer

"I can do all things in him who strengthens me." –*Philippians 4:13*

Lord, you strengthen us with your grace through the sacramental life of the Church. In the sacraments, we encounter you in a personal and intimate way and receive a share in your divine life.

Walking with you in this way changes everything, as we begin to see ourselves and our lives more clearly, with greater hope and with a holy joy. Give us the grace to cling to the sacraments all the days of our lives and to become the best people we can be. Amen.