CHALLENGE of the Week

- [ ] **Invite friends or family to come with you to visit a hospital, nursing home, or someone who is elderly or homebound,** and pick an activity to share with them. Read or play cards or a board game, help them write letters, or play them some music and perhaps sing. Write about it in the space below, and come prepared to talk about it next week.

- [ ] **Evaluate your physical health,** and make a new commitment to improve your diet or get more exercise. Offer the extra effort as a sacrifice for someone who is chronically ill or disabled. Commit to what you are going to do by writing it in the space below.

- [ ] **Spend 5 minutes in prayer, looking closely at an image of Jesus Christ** crucified or carrying his Cross. Write a prayer or reflection in the space below, and consider sharing it next week.

Closing Prayer

"Is any among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord." *–James 5:14*

Lord, you suffered, and you felt alone on the Cross. You are very close to us when we suffer, especially when we feel completely alone.

You always accept us just as we are, wounded by sadness and sin. But you love us too much to leave us that way. Thank you for the powerful graces we receive through anointing and for teaching us to accept our sufferings willingly, knowing that they bring us closer to you and help us to become the authentic and heroically loving people that you call us to be. Amen.