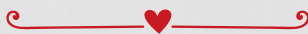


# YEAR OF THE FAMILY

## Prayer Challenge

We are so excited your family is joining in *The Family Challenge!*

We are currently in the *Amoris Laetitia* Year of the Family, which will end at the World Meeting of Families on June 15, 2022. Pope Francis has written often about the importance of family and this prayer challenge gives us a great opportunity to celebrate and pray with and for the families at our parish!



Knowing that each family is unique, this prayer challenge is for you to make your own! You are encouraged to complete a challenge each day for the next month. You can pick the order; just write which date you completed it on the line.

<p><b>Pray the Rosary together as a family.</b></p> <p>Date: _____</p>	<p><b>Write a family mission statement. How will your family show God's love?</b></p> <p>Date: _____</p>	<p><b>Listen to Good Good Father and share what the lyrics mean to you.</b></p> <p>Date: _____</p>	<p><b>Go out to eat as a family and make sure to pray Grace together.</b></p> <p>Date: _____</p>	<p><b>Spend 5 minutes in silence with the Lord.</b></p> <p>Date: _____</p>
<p><b>Read 1 Corinthians 13 &amp; discuss what love means to you.</b></p> <p>Date: _____</p>	<p><b>Write a letter to God about your day.</b></p> <p>Date: _____</p>	<p><b>Go to Confession and celebrate forgiveness afterward.</b></p> <p>Date: _____</p>	<p><b>Pray the Guardian Angel Prayer.</b></p> <p>Date: _____</p>	<p><b>Create a prayer space in your home.</b></p> <p>Date: _____</p>
<p><b>Create art (drawing, music, poetry) expressing thanksgiving to God.</b></p> <p>Date: _____</p>	<p><b>Pray the St. Michael Prayer.</b></p> <p>Date: _____</p>	<p><b>FREE</b></p> <p>Your Family's Choice!</p>	<p><b>Read the story of the Last Supper &amp; then take turns washing each others' feet.</b></p> <p>Date: _____</p>	<p><b>Do an act of service for a neighbor.</b></p> <p>Date: _____</p>
<p><b>Pray the Stations of the Cross together (at home or Church).</b></p> <p>Date: _____</p>	<p><b>Pray the Litany of Trust.</b></p> <p>Date: _____</p>	<p><b>Reflect on the Examen.</b></p> <p>Date: _____</p>	<p><b>One person blesses every other family member.</b></p> <p>Date: _____</p>	<p><b>Invite another family over to dinner and pray before your meal.</b></p> <p>Date: _____</p>
<p><b>Choose a patron saint for your family and ask for their intercession.</b></p> <p>Date: _____</p>	<p><b>Attend Eucharistic Adoration as a family.</b></p> <p>Date: _____</p>	<p><b>Take turns sharing prayer requests. Finish with the Glory Be.</b></p> <p>Date: _____</p>	<p><b>Pray the Divine Mercy Chaplet</b></p> <p>Date: _____</p>	<p><b>Pray the Prayer of the World Meeting of Families.</b></p> <p>Date: _____</p>

Family Name: \_\_\_\_\_