

Devotion Challenge:

When you wake up, begin the day with a breath prayer. As you breathe in say: "The Lord is my shepherd." As you breathe out, say: "I shall not want."

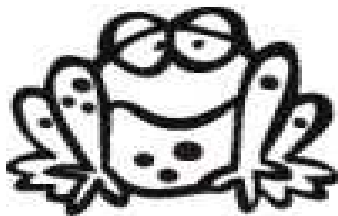


Devotion Challenge:

When you wash your face, say: "I am God's child through my baptism." Make the sign on your forehead and do the same for other family members.



Devotion Challenge:



As you and your family members leave for the day, stop at the door and pray for God's guidance and light to shine through you.

Devotion Challenge:



Pick a family prayer trigger. Whether it be at a meal, just before the TV goes on, at bedtime, or whenever you open the garage door, take a minute to say a short prayer together!



Devotion Challenge:

As you prepare food for your family, pray for each person. Pray that as you break bread together, God may be made known at your table.

