

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 be celebrated at the World Meeting of Families in June 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 the challenges over the summer months. You can pick the order; just write which date you completed it on the square. Your children may turn these in when they return to faith formation or school in the fall.

Pray the Rosary together as a family. Date: _____	Write a family mission statement. How will your family show God's love? Date: _____	Listen to Good Good Father and share what the lyrics mean to you. Date: _____	Go out to eat as a family and make sure to pray Grace together. Date: _____	Spend 5 minutes in silence with the Lord. Date: _____
Read 1 Corinthians 13 & discuss what love means to you. Date: _____	Write a letter to God about your day. Date: _____	Go to Confession and celebrate forgiveness afterward. Date: _____	Pray the Guardian Angel Prayer. Date: _____	Create a prayer space in your home. Date: _____
Create art (drawing, music, poetry) expressing thanksgiving to God. Date: _____	Pray the St. Michael Prayer. Date: _____	<div style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">FREE</div> Your Family's Choice!	Read the story of the Last Supper & then take turns washing each others' feet. Date: _____	Do an act of service for a neighbor. Date: _____
Pray the Stations of the Cross together (at home or Church). Date: _____	Pray the Litany of Trust. Date: _____	Reflect on the Examen. Date: _____	One person blesses every other family member. Date: _____	Invite another family over to dinner and pray before your meal. Date: _____
Choose a patron saint for your family and ask for their intercession. Date: _____	Attend Eucharistic Adoration as a family. Date: _____	Take turns sharing prayer requests. Finish with the Glory Be. Date: _____	Pray the Divine Mercy Chaplet Date: _____	Pray the Prayer of the World Meeting of Families. Date: _____

Family Name: _____

