



# Love your *Neighbor*

## 1 Prayer

Make the sign of the Cross. Briefly center yourself in God's Presence.

Take at least one deep breath in and out.

Say "Come, Lord Jesus. Come, Holy Spirit."

Lord God, help me to be an instrument of your love & grace today... because Father, every person on this earth was made for love which means made for You! Father I know you love me and delight in me even when I am not aware of that love.

Holy Spirit, you delight in making me an instrument of Divine grace to lead people to encounter Jesus. Help me, Lord Jesus, to awaken and see and feel how & where you are present in my daily life, and also where You are asking me to show your Heart for others! Amen.

## 2 Challenge

Turn over this sheet to choose your challenge for the current weekday.

## 3 Affirmations

Say these to yourself.

- I trust that God loves me, will lead me, and never abandons me.
- I will not become discouraged. Discouragement never comes from God.
- God is always patient. The Holy Spirit dwells within me and I am never alone.
- I will not tire of asking God for help, since God delights in my asking.
- I bring joy to the heart of my heavenly Father and He delights in me.
- I am confident that everything that happens in my life today will work together for good because God is that good.

## 4 Prayer

Conclude with a prayer for our families

Heavenly Father, Your Son's Sacred Heart is the beating center of grace in family life. I humbly ask You to protect, heal and strengthen my family through our Lord Jesus Christ your Son, who lives and reigns with You in the unity of the Holy Spirit, God for ever and ever. Amen.

Christ the King, have mercy on us.

Mother Mary, St. Joseph and St. Luke, pray for us. Amen.



Want to receive the prayer challenge daily?

Text PRAYLENT to 84576

or

Go to [www.stlukecp.org/prayer-challenge](http://www.stlukecp.org/prayer-challenge)

### Share Your Lenten Challenge Success

When we share what God is doing in our lives, no matter how big or small, it gives God glory! It also encourages and reminds us all that any (even the smallest) act of love can have significant affects on others and the world. Anything you share will only be visible to the monitor.

How to Share- email [prayerchallenge@stlukecp.org](mailto:prayerchallenge@stlukecp.org)



# Love your *Neighbor*

bring **GRACE** to your week

## MONDAY

**G**ratITUDE

- Give someone a note of gratitude.
- List 3 things you are grateful for and write them down or share them with family at dinner.



*"In all created things discern the providence and wisdom of God, and in all things give Him thanks."*

St. Teresa of Avila

## TUESDAY

**R**ejoice

- Give someone a compliment.
- Smile and say hello to someone you don't know.
- Affirm someone by telling them they did a good job.



*"Never let anything so fill you with sorrow as to make you forget the joy of Christ risen."*

St. Mother Teresa

## WEDNESDAY

**A**ction

- Surprise someone with a coffee or treat.
- Clean a room or closet and donate items you don't need.
- Say hello to someone and ask how their day is going.



*"Actions speak louder than words. Let your words teach and your actions speak."*

St. Anthony of Padua

## THURSDAY

**C**are & Comfort

- Contact someone you haven't connected with in a while.
- Clean a shared space or do a chore unnoticed.



*"Charity is the sweet and holy bond which links the soul with its Creator: it binds God with man and man with God."*

St. Catherine of Siena

## FRIDAY

**E**nter into Prayer

- Pray for someone who has hurt you.
- Pray Stations of the Cross or Sorrowful Mysteries of Rosary.
- Choose something to fast from.



*"The praise of God should know no limits. Let us strive, therefore, to praise him to the greatest extent of our powers."*

St. Maximilian Kolbe