

Advent CHALLENGE:

SAY THIS PRAYER EVERY DAY IN ADVENT AND PICK ONE OF THE FOLLOWING CHALLENGES TO TRY UNTIL CHRISTMAS.

Mary, help me to prepare with you this Advent.

Remind me of your presence in my life.

Help me in all my struggles and worries, especially _____.

Remind me to be grateful for my blessings, especially _____.

Fill me with the peace of Jesus and journey with me closer to Him.
Amen.

PICK ONE OF THE FOLLOWING:

1. At least once a day, make a call instead of texting.

2. Consider taking 5 minutes in silence.
Increase by one minute a day up until 15 minutes.

3. Turn off your phone after 9pm and leave it off through the night.

4. At the end of the day, write down 3 things that you are grateful for.

5. Do some form of physical exercise three times a week
for at least 20 minutes.

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