

The Terrain:

Life takes effort! Ever since the sin of our first parents, humanity has confronted physical exhaustion, sweating for the work of our hands, illness, and our mortality. There is plenty of hardship to go around.

The Path

Forward:

Christ redeemed suffering from the smallest discomfort to the most severe pain. He redeemed labor so that every task, when undertaken with love, can be both a creative expression of us, as well as a sharing in the creative power of God. Labor can therefore be a pathway to Him.



HOLY HABITS CHALLENGE



LABOR FOR THE LORD



GIVE EACH DAY TO GOD WITH A MORNING OFFERING PRAYER.



GIVE EACH NEW TASK AND TRIP TO GOD WITH A "HAIL MARY."



GIVE EACH HARDSHIP TO GOD PRAYING: "I TRUST IN YOU!"

Sample morning offering prayer:

*"O Jesus, through the Immaculate Heart of Mary,
I offer you my prayers, works, joys, and sufferings of this day,
in union with the Holy Sacrifice of the Mass throughout the world.
I offer them for all the intentions of your Sacred Heart;
the salvation of souls, the reparation for sin, the reunion of all Christians;
I offer them for the intentions of our bishops and of all members of the Apostleship of Prayer,
and in particular for those recommended by the Holy Father this month.
Amen."*



Tip for success:

Pray the offering prayer as soon as you wake up each day.



Fruits of victory:

The guarantee of a serene heart when challenges come to us.

Extra stuff:

Did you know you can find the monthly intentions of the Holy Father by visiting the website of the Pope's Worldwide Prayer Network? <http://www.popesprayerusa.net>

Holy Habits Pledge:

"I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness."



**HOLY HABITS
CHALLENGE**