

The Terrain:

Every one of us has the same number of minutes in any given day, and we allocate our time based on what matters most to us. With so many people, places, and things in our lives today how do we decide how to spend our precious minutes? Is there a way that we can make sure we will always have enough time?

The Path Forward:

God promises us that if we give Him the best minutes of our day, making quality time for Him, that we will always have enough time for everything else that is the most important in our lives. Prayer is the unyielding formula for successful time management.



HOLY HABITS CHALLENGE



MAKE TIME FOR GOD



MAKE 15 MINUTES DAILY TO PRAY WITH THE SACRED SCRIPTURES.



MAKE 15 MINUTES DAILY TO PRAY THE ROSARY.



MAKE 15 MINUTES DAILY TO VISIT THE BLESSED SACRAMENT.

Tip for success:

Be prepared to work hard to get this habit down because prayer takes effort for everyone. Setting consistent times each day to pray is helpful, as is creating a dedicated prayer space in your home. Do not be discouraged if it seems like you are getting nowhere; God uses difficulties in prayer to teach us how to pray!

Fruits of victory:

Knowing God, knowing self, knowing others with depth and clarity; bringing order and peace to each day as your trust in God's unfailing providence grows deeper and deeper.

Extra stuff:

There are many helpful books on the topic of how to pray. One highly recommended book is: *Prayer for Beginners* by Peter Kreeft (Ignatius Press, 2000). Sometimes the best way to pray before the Blessed Sacrament is just to sit and say nothing at all.

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."

