



At Least Once A Week Prayer Commitments

+ PRAY THE HOLY ROSARY (ROSARY GUIDE PROVIDED)

<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm>

<https://www.bluearmymia.org/copy-of-devotions-1>

<https://www.osv.com/shop/product?ProductCode=P83>
(link to rosary pamphlet)

+ AN HOUR OF ADORATION BEFORE THE BLESSED SACRAMENT

Examples of devotions: (Handout in back of chapel)

+ FAST OR PRACTICE ABSTINENCE IN ONE AREA OF YOUR LIFE

<http://catholicexchange.com/10-ways-can-fast>

Take The Next Step 

At Least Once During the Challenge

+ BEGIN A SPIRITUAL BOOK

1. *Into Your Hands Father: Abandoning Ourselves to the God who Loves Us* by Fr. Wilfrid Stinissen
2. *Time for God and/or Thirsting for Prayer* by Fr. Jacques Phillippe
3. *Deep Conversation, Deep Prayer* by Fr. Thomas Dubay
4. *Do It At Home Retreat (Ignatian Retreat)* by Fr. Andre Ravier, SJ
5. *Prayer for Beginners* by Peter Kreeft

+ CELEBRATE THE SACRAMENT OF PENANCE

Act of Contrition: O, my God, I am heartily sorry for having offended you. I detest all my sins because of your just punishment, but most of all because they offend you, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.

There's an app for the Colossians Challenge!

Search myParish app in your app store and set Christ the King as your parish.

Also, if you want to start a group, email luke.oestman@focus.org



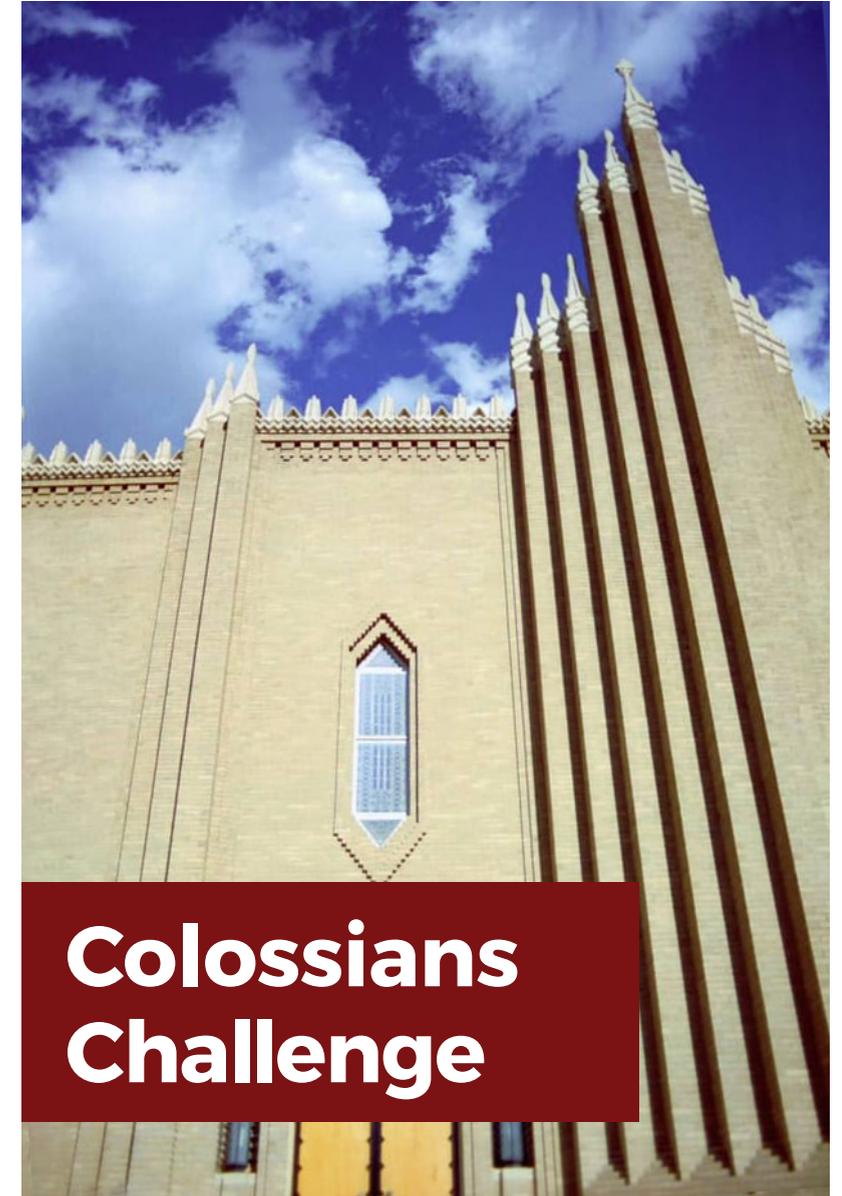
+ NOTES ON ACCOUNTABILITY:

1. Check in with one another at least once a week.
2. In person is best!

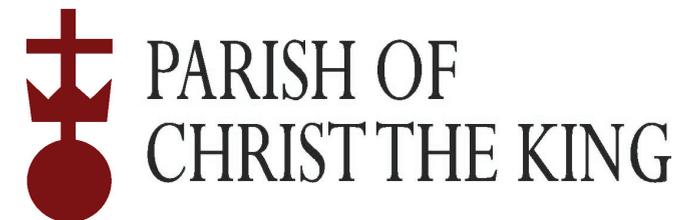
START DATE _____ END DATE _____

Two people I am praying for who I can invite to begin the Colossians Challenge with me:

PERSON 1: _____ PERSON 2: _____



Colossians Challenge



www.christthekingcatholic.church



+ INVITATION FROM FATHER ELKIN GONZÁLEZ

The Colossians Challenge is an initial step to embrace the gifts of peace and joy that Christ offers us by cultivating a daily discipline of prayer and spiritual reflection. You need a willing heart, two more prayer partners (group of 3), and faithfully commit to the practice of the following prayers and devotions found under the next three sections labeled **1) daily**, **2) weekly**, and **3) at least once** during the challenge.

The purpose is to help you establish a discipline of prayer and introduce you to the joy of discipleship. Once the challenge is finished, you will have the confidence to invite others to do the same and be the one who brings others to Christ. Thank you for taking the challenge!

Colossians Chapter 3:15-17

“And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

5 Daily Prayer Commitments

1. PRAYER TO THE HOLY SPIRIT

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

2. MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

3. MEDITATE ON SCRIPTURE

(for example use the following *Lectio Divina* guide with the daily Gospel or another method for meditation of your choice like www.pray-as-you-go.org)

Lectio/Reading—What does the text say? Ask: What is going on in the Bible passage?

Meditatio/Meditation—What is God saying to me through the text? Ask: Is there something that God might want to reveal to me through this passage?

Oratio/Prayer—What do I want to say to God about the text? Express to God your feelings and thoughts in a prayer. Ex., Lord, I am feeling fearful. Please give me courage. Or, I am feeling inspired, Lord. Please lead and guide me in your will.

Contemplatio/Contemplation—Rest in the presence of the Lord and His love.

Actio/Action—What do I want to do, based on my prayer? Prayer should move us to action even if it simply makes us want to be more compassionate and faithful.

Daily Readings

<http://www.usccb.org/bible/readings/>

<http://www.ewtn.com/daily-readings/>

...Daily Prayers Continued

4. DAILY EXAMINATION

This is a version of the five-step Daily Examen that St. Ignatius practiced.

- » Become aware of God’s presence.
- » Review the day with gratitude.
- » Pay attention to your emotions.
- » Choose one feature of the day and pray from it.
- » Look toward tomorrow.

For details: <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray>

5. PRAY DAILY FOR SOMEONE ELSE’S NEEDS

Ex., Lord, (name), is suffering from _____. Please touch her/him and give her/him all the graces necessary to endure this trial and to experience your presence in the midst of this situation.

