

40-day challenge to deepen your Catholic faith.

It is said that anything you do for 30 days in a row becomes a habit, but because the number 40 is so significant in the Bible, and inspired by the movie Fireproof, I decided to put together a 40-day challenge to help deepen your Catholic faith. Everyone is welcome to take on this challenge, Catholic or not. I especially challenge atheists.

- *A few examples of the number 40 in the Bible:*
- *The flood lasted 40 days and nights.*
- *Moses spent 40 days and nights on Mount Sinai, where he received the law.*
- *The people of Israel wandered in the desert for 40 years after being led out of Egypt by Moses.*
- *It rained Manna for 40 years so that the Israelites could eat.*
- *The prophet Elijah walked 40 days and nights to get to the Mountain of God, Horeb.*
- *Jesus fasted for 40 days and nights to prepare for his public life.*
- *After the resurrection, Jesus was still on earth for 40 days.*
- *There are 40 days between Christmas and the Presentation in the Temple.*
- *A woman's pregnancy lasts 40 weeks.*

Perhaps during these 40 days you could keep a journal and at the end of each day write down your experiences, grievances, difficulties, things you are thankful for and prayers.

You will be asked to complete a number of tasks daily in this 40-day challenge:

- Keeping a diary
- Pray the Rosary
- If possible, attending the daily Mass
- Begin each day with the prayer of abandonment:

*Father,
I abandon myself into your hands;
do with me what you will.
Whatever you may do, I thank you:
I am ready for all, I accept all.
Let only your will be done in me,
and in all your creatures -
I wish no more than this, O Lord.
Into your hands I commend my soul:
I offer it to you with all the love of my heart,
for I love you, Lord, and so need to give myself,
to surrender myself into your hands without reserve,
and with boundless confidence,
for you are my Father.*

Buy a miraculous medallion, have it blessed by a priest and wear it for at least 40 days. (The cheapest are available through the Wish app.)

Some challenges require some preparation time, so read them in advance.

Feel free to change the order of challenges whenever it suits you best.

If for some reason you are unable to complete a daily challenge, just add another day to the end.

Try to keep to the prayer of surrender, the rosary, the daily mass and the reading of the bible.

40-day challenge

- Day 1 Write a promise to God, making a commitment to complete this 40-day challenge. Ask God to give you the strength, inspiration, and perseverance to fulfill this promise.
Start today and every day with the following:
- The Prayer of Surrender
 - The Rosary
 - If possible, attend daily Mass
 - Read a portion of the Bible.
- Day 2 Go to confession and try to do this weekly for the next 40 days.
- Day 3 Find a Novena from your favorite Saint and do it for the next 9 days.
- Day 4 Do a good deed, and make sure no one discovers it. (Tips: send someone an anonymous message of encouragement, a good wish, or a passage from the Bible, leave a flower or small gift in their workplace, inbox, or mailbox, hide a small amount of money in the cheapest pack of diapers in a cheap supermarket with a note, leave something beautiful on the street somewhere, to be found).
- Day 5 Light a candle for someone in the Church.
- Day 6 Spend this day without screens, except for work and answering and making necessary phone calls. You can fill the time you save with prayer, reading the Bible, overdue maintenance of your home, spending time in nature, etc.
- Day 7 Visit or call someone today you haven't seen in a while, ask them how they are and if there's anything you can do for them.
- Day 8 List some of the things you are grateful for and spend time in prayer thanking Jesus for them.
- Day 9 Write a confession of the main sins in your entire life, read it to a priest.
- Day 10 Read a chapter from one of the Gospels.
- Day 11 Resolve not to say anything negative today, If something makes you angry or irritated, or if something happens that hurts you, try not to say anything and pray silently, "Jesus, I carry this with You because I can't do it alone."
- Day 12 Ask someone who knows you well to name something that annoys or bothers them. Apologize.
- Day 13 Close your eyes and pick a random spot in the Bible, read the passage, and write in your journal how it is appropriate at this time in your life.
- Day 14 Fast today with bread and water and spend more time in prayer.
- Day 15 Do a good deed and let no one find out.

- Day 16 Go to confession.
- Day 17 If possible, do not talk today, or as little as possible.
- Day 18 Do a good deed and let no one find out.
- Day 19 Choose any psalm and contemplate its meaning.
- Day 20 See if anyone close to you needs anything you could do for them today. Choose something that conveys your love for them and do it with a smile.
- Day 21 Take a closer look at your addictions, whether it be food, money, screen time, alcohol, tobacco, pornography, or other addictions. Take the time to pray and ask God to help you get over this.
- Day 22 Try not to gossip or speak negatively about anyone today. Write in your journal how this affects you.
- Day 23 Go to confession.
- Day 24 Try not to complain about anything this entire day, no matter what it is.
- Day 25 Smile at strangers you meet on the street or in a store and greet them.
- Day 26 Compliment a stranger and ask how they are.
- Day 27 Set aside extra time to pray and read the Magnificat.
- Day 28 Do a good deed and make sure no one finds out.
- Day 29 Make a list of people you have not yet forgiven, take the time to pray and forgive them.
- Day 30 Go to confession.
- Day 31 Make a list of people who need to forgive you for something. Look them up, call or email them to ask for their forgiveness.
- Day 32 Find a church in your area with a Lady Chapel and invite someone to pray the Rosary with you there.
- Day 33 Pray and thank God openly for your food, whether at home, at your job, with friends or in a public place.
- Day 34 Take a walk in nature and pray the Rosary as you walk.
- Day 35 Give alms today to someone in need, to a beggar, to your church, or anything else you can think of.
- Day 36 Watch Mel Gibson's *The Passion of Christ*. (for rent at iTunes, Amazon or YouTube)
- Day 37 Go to Confession.

Day 38 Make an sacrifice for God or someone today. Look at what you could give up today.

Day 39 Find a church near you where the Blessed Sacrament is displayed and sit there for an hour in silent prayer.

Day 40 Thank God for completing this challenge.