



Supreme Chaplain's Monthly Challenge for January 2025 *Cor*

Each month, Supreme Chaplain Archbishop William E. Lori selects a brief passage from the Gospel reading of one of the Sunday Masses, shares a reflection on the passage, and issues a challenge for men to live during the month and discuss afterward.

This resource can easily be used for the Formation key element of *Cor*.

GENERAL INSTRUCTIONS:

- 1) Open with the Sign of the Cross and a brief prayer.
- 2) Re-read the Supreme Chaplain's Monthly Challenge with the challenge that was lived during the previous month.
- 3) Open the floor for discussion on what it was like to try and live the previous month's challenge. Every month has a number of *Questions for Reflection* that may help facilitate discussion. Attendees who did not undertake the previous month's challenge can still participate in the discussion.
- 4) When finished with the discussion, read the Supreme Chaplain's Monthly Challenge for the next month to prepare participants for the new challenge they will strive to live.
- 5) Close by asking if there are any intentions and end with a brief prayer.

PREVIOUS DECEMBER 2024 MONTHLY CHALLENGE:

"Be vigilant at all times and pray that you have the strength to escape the tribulations that are imminent and to stand before the Son of Man." (Gospel for Dec. 1, Lk 21:36)

To remain watchful is a frequent exhortation of Jesus, for we do not know when the end will come. For most people, their end will come at the moment of their death. We trust in God's grace, but grace requires our response: We must not grow lax and presume we have plenty of time to repent. We must pursue holiness and seek God's will at all times so that we stand ready to meet him at any time.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, in which we celebrate the birth of Jesus, I challenge you to meditate on the poor shepherds who watched over their flocks on the night he was born and identify one way you can better incorporate watchfulness into your own life.

Questions for Reflection: Do you maintain a practice of daily prayer, regular examination of conscience and frequent confession, or do you sometimes grow spiritually lazy? Do you commit yourself to steady growth in holiness and virtue as preparation for the final judgment? Do you teach and encourage your loved ones to do the same?

NEXT JANUARY 2025 MONTHLY CHALLENGE:

[A]nd on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage. (Gospel for Jan. 5, Mt 2:11a)

The solemnity of the Epiphany of the Lord recalls the visit of the Magi to the infant Jesus. The Magi recognize the newborn king and offer him homage. This great feast occurs during the liturgical season of Christmas, which begins on Christmas Eve and continues through the feast of the Baptism of the Lord. During Christmas time, we all remember and celebrate the reality that God assumed our human nature and became a little child. May this season also remind us to recognize the dignity of all children — including unborn children — today.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, I challenge you to work toward greater recognition of the sanctity of unborn human life by participating in a peaceful pro-life demonstration or supporting a pregnancy resource center.

For more information on the Supreme Chaplain's Monthly Challenge visit: kofc.org/monthlychallenge