



Supreme Chaplain's Monthly Challenge for October 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 SEPTEMBER 2025 MONTHLY CHALLENGE:

"Whoever does not carry his own cross and come after me cannot be my disciple." (Gospel for Sept. 7, Lk 14:27)

Suffering is an inescapable part of human life, a consequence of the fall. When we deal with our suffering in a virtuous way, we unite ourselves to the cross of Christ. In fact, Jesus tells us that taking up our cross is an essential condition for being his disciple. The wonderful thing is that God will supply whatever grace and strength we need to carry our cross, if only we ask for it in faith. May we always carry our cross daily with courage as faithful followers of Christ.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, as we celebrate the feast of the Exaltation of the Cross on Sept. 14, I challenge you to undertake some sacrifice or mortification — such as abstaining from meat one or two days a week — to strengthen your willingness to carry your cross daily.

Questions for Reflection: What are the crosses you must carry in your life? Which do you struggle with the most? Do you faithfully and regularly seek strength from Christ in carrying your cross in prayer and the sacraments?

NEXT OCTOBER 2025 MONTHLY CHALLENGE:

"But the tax collector stood off at a distance and would not even raise his eyes to heaven but beat his breast and prayed, 'O God, be merciful to me a sinner.'" (Gospel for Oct. 26, Lk 18:13)

The parable of the Pharisee and the Tax Collector relates back to our August monthly challenge about humility. The Pharisee exalts himself before God, extolling his superiority and keeping of the law. Meanwhile, the tax collector prays with humility, seeking mercy for his sins. Our culture stresses the importance of "self-esteem," but we must also remember that all of us are sinners in need of God's mercy. We should never approach God in a spirit of pride, but always humbly on our knees — confident of his loving mercy.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, the month dedicated to the holy rosary, I challenge you to pray five decades of the rosary daily, asking God for humility and mercy.

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