



Supreme Chaplain's Monthly Challenge for September 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 AUGUST 2025 MONTHLY CHALLENGE:

"For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted." (Gospel for Aug. 31, Lk 14:11)

One lesson of this parable in Luke's Gospel is that when you exalt yourself, there's nowhere to go but down. In the life of a disciple of Christ, we are called to develop the virtue of humility. We are called to self-giving service to others, not self-serving advancement of ourselves. Let us strive not to seek worldly honors in an egotistical spirit, but rather to live as servants to others so that God may exalt us to eternal life.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, in which we celebrate the feast of Blessed Michael McGivney on Aug. 13, I challenge you to pray each day the Litany of Blessed Michael McGivney or the prayer for his canonization — and take time to reflect on his humility in serving the people of God.

Questions for Reflection: Do you sometimes struggle with the sin of pride? How can you be at once humble of heart and yet bold in living and proclaiming your faith? What living examples of humble service have you found in your own life?

NEXT 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.

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