



Supreme Chaplain's Monthly Challenge for February 2026 *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 JANUARY 2026 MONTHLY CHALLENGE:

[T]he people who sit in darkness have seen a great light, on those dwelling in a land overshadowed by death light has arisen.
(Gospel for Jan. 25, Mt 4:16)

Why would anyone sit in darkness? When it is dark, we ordinarily seek a source of light so that we may see — and be seen. Unless asleep, one who remains in the dark typically wishes not to be noticed. When we immerse ourselves in unrepented sin, we effectively enter into darkness. Like Adam and Eve after the fall, we hide from God. But Jesus calls us forth into the light, inviting us to repent of our sins, so that we might embrace Christ, the light of the world, who leads us to everlasting life.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, I challenge you to make an examination of conscience every day — perhaps using *A Guide to Confession*, published by the Order's Catholic Information Service (kofc.org/cis) — and to make a good confession at least once.

Questions for Reflection: How does the daily practice of examining your conscience affect your outlook or behavior? How is a good confession akin to moving out of the darkness and into the light? In what ways can you be a better witness to the light of truth?

NEXT FEBRUARY 2026 MONTHLY CHALLENGE:

"Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me."
(Gospel for Feb. 1, Mt 5:11)

In the next verse, Jesus continues, "Thus they persecuted the prophets who were before you" (Mt 5:12b). His words imply that his disciples are prophets in their own right, following after the prophets of old. Indeed, as his disciples, we become priests, prophets and kings by virtue of our baptism. In our prophetic role, we are called to speak God's truth even when it is unpopular in the eyes of the world.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, I challenge you to learn more about the Church's teachings on one or two contemporary issues that you are concerned about, so that you can better defend the truth when an opportunity arises. Look to the *Catechism of the Catholic Church* and booklets from the Order's Catholic Information Service (kofc.org/cis) as resources.

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