



Supreme Chaplain's Monthly Challenge for January 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 DECEMBER 2025 MONTHLY CHALLENGE:

"Even now the ax lies at the root of the trees. Therefore every tree that does not bear good fruit will be cut down and thrown into the fire." (Gospel for Dec. 7, Mt 3:10)

In these reflections over the past year, we have meditated on the importance of our faith bearing fruit in good works. In a way, this Gospel passage, quoting St. John the Baptist, might seem out of place during Advent. But throughout this season, we reflect not only on Christ's coming in the incarnation, but also his second coming in judgment at the end of the world. Let us pray and work to ensure we lead truly faithful and fruitful lives as disciples of Jesus.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, I challenge you to spend some time reflecting on the four last things — death, judgment, heaven and hell — to better prepare yourself for eternity.

Questions for Reflection: Do I live with my sights set on heaven? Am I aware of the reality of hell? Do I live my life so as to be prepared for my death and judgment?

NEXT 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.

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