



Supreme Chaplain's Monthly Challenge for July 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 JUNE 2026 MONTHLY CHALLENGE:

"[W]hoever does not take up his cross and follow after me is not worthy of me." (Gospel for June 28, Mt 10:38)

Our fallen human condition involves a measure of suffering and trials. Our commitment as disciples of Jesus, Scripture tells us, necessarily means taking up our own crosses willingly. God will grant us the strength to endure all trials if we remain faithful, and our suffering can prove redemptive if we accept it and unite it to the passion of Christ. This doesn't mean we can't take steps to alleviate our suffering, but we are called to courageously bear our crosses, even when faced with persecution, and to thereby participate in the saving work of Christ.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, I challenge you to pray the Divine Mercy Chaplet each day with the intention of uniting your daily sufferings with Christ's passion and in solidarity with all persecuted Christians around the world.

Questions for Reflection: Do you carry your cross willingly, or do you feel it is forced upon you? Where do you turn when you need help with the weight of your cross? To prayer and the sacraments? To your family, friends and brother Knights?

NEXT JULY 2026 MONTHLY CHALLENGE:

"While everyone was asleep his enemy came and sowed weeds all through the wheat, and then went off. When the crop grew and bore fruit, the weeds appeared as well." (Gospel for July 19, Mt 13:25-26)

In the midst of his suffering, Job asked, "Why do the wicked keep on living, grow old, become mighty in power?" (Job 21:7). It seems to human eyes an injustice: the good suffer while the evil prosper. But Jesus explains that God "makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust" (Mt 5:45). He is a patient God, and we must "consider the patience of our Lord as salvation" (2 Pt 3:15a). God is patient with sinners — including us.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, I challenge you to reach out to a family member or friend and invite them to go to the sacrament of penance.

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