

## Daily Prayer

The champions of every sport become great champions by having great habits. They practice hard and eat healthy foods.

The champions of our faith became saints by having great habits. They practiced being patient and kind, generous and compassionate—and they prayed every day.

The habit of daily prayer will help you discover the voice of God in your life and give you the courage to do what God is inviting you to do.

The Prayer Process is a great habit that will help you to become the-best-version-of-yourself and live a holy life.

We find incredible happiness in doing God's will. By spending a few minutes in quiet prayer each day and going to Mass each Sunday you will discover God's will for your life.

You are blessed. The more you embrace the habit of daily prayer, the more blessed you will become.

