



# 40 Days With the Saints

## WHAT IS IT?

“The 40 STEPS Challenge” is intended to help you explore different methods of prayer and deepen your relationship with Jesus. Prayer is the key to opening up God’s purpose and plan for your life. It has the ability to change your motivations, open you up to new horizons, and give your life decisive direction. Through prayer we come to encounter the unconditional love of God.

Personal and spiritual growth is about encountering God on a daily basis and forming habits of scripture reading, reflection, and prayer. Your life will change as your habits change. When you make prayer a part of your daily life, you allow God to transform your behaviours, enabling you to take small steps towards better living.

## HOW DOES IT WORK?

Over the next forty days you will receive a daily email consisting of a short Bible verse, a brief reflection, and a simple prayer. We encourage you to make time each day to read “The 40 Steps Challenge”. Take time to reflect upon what you have read and let God’s word permeate your mind and heart. This may not be easy at first, but once you establish this habit you will start to notice a change in your life. Don’t worry if you miss a day. Just pick up where you left off and keep going.

## WHEN IS IT?

The 40 Steps Challenge begins on June 9 and ends July 18.

## HOW DO I SIGN UP?

To sign up for the 40 Steps Challenge, send an email entitled “40 Steps” to [stjohnboscoministry@gmail.com](mailto:stjohnboscoministry@gmail.com)