



# *April Faithful Challenge:* **SELF-CARE**

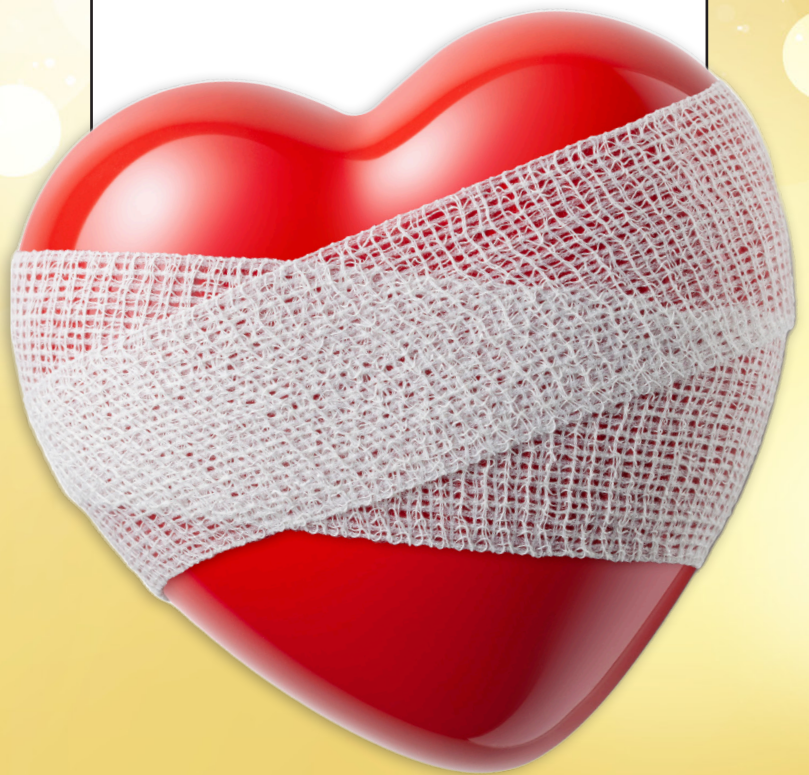
***Be still and know that I am God***

***Psalms 46:10***

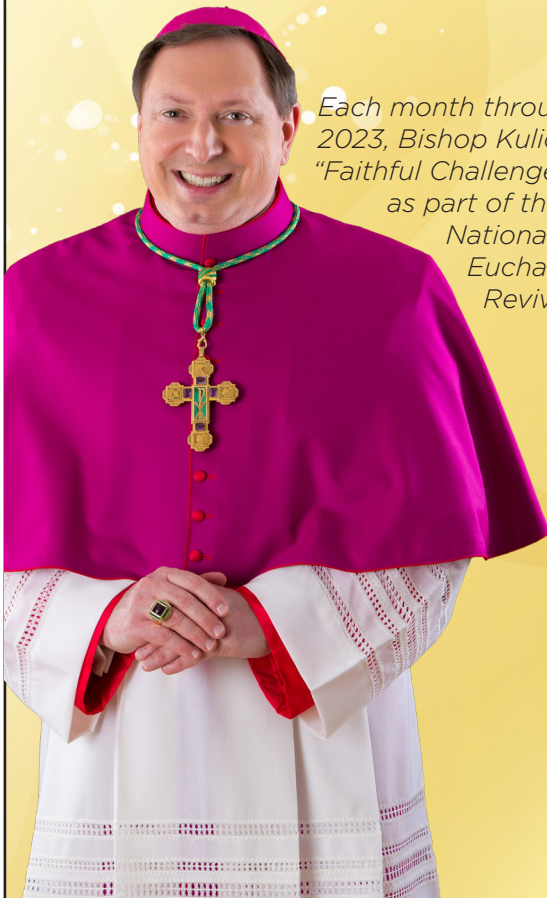
Bishop Kulick's April Faithful Challenge is self-care. Be patient and kind with yourself. Nurturing your spiritual, mental, physical, and emotional health makes you stronger and enables you to better serve others. How we should serve God while taking care of ourselves is evident throughout the New Testament. There are many examples of Jesus spending time in prayer with God and doing so away from the crowds. Couldn't we all focus more on being still? Take time this Easter season to nourish yourself with His word.

## **Challenge yourself:**

- **Spend time with Jesus during Eucharistic Adoration**
- **Extend your time alone with God in prayer**
- **Make a day of rest and relaxation a priority this month**



*Each month throughout 2023, Bishop Kulick will issue "Faithful Challenges" as part of the National Eucharistic Revival.*



Eucharistic Revival is a three-year process initiated by the USCCB to invite the faithful to reflect upon the mystery and meaning of the sacrament of the Eucharist in our lives. While much of year one involves providing devotional and formational opportunities for parish and Diocesan staff, you, too, can be a part of Eucharistic Revival right now! Visit the Diocese of Greensburg Facebook page every Thursday to participate in a Faithful Challenge, and hopefully you will feel yourself growing in a relationship with Christ. Visit the Eucharistic Revival resource page at [DioceseofGreensburg.org/EucharisticRevival](https://www.dioceseofgreensburg.org/EucharisticRevival) for videos, prayers and gathering dates. Consider Bishop Kulick's invitation to become an intentional disciple this year!