

# CATHOLIC SUMMER FAITH CHALLENGE

Goal: Grow in faith as a family this summer!

**WEEK 1**

## LEARN A NEW PRAYER



**FAITH FOCUS:**  
Learn a new prayer

**CHALLENGE:**  
Pray St. Augustine's Prayer to the Holy Spirit



**WEEK 2**

## PRAYER WALK



**FAITH FOCUS:**  
Take a short walk as a family and thank God for 3 beautiful things in creation you notice.

**CHALLENGE:**  
Walk quietly for 2-3 minutes, notice: birds, wind, sounds around you. Then pray: "God, help me listen to You in my life."



**WEEK 3**

## SAINT OF THE WEEK



**FAITH FOCUS:**  
Learn about a Saint

**CHALLENGE:**  
St. Anthony of Padua – patron saint of lost things – June 13th



**WEEK 4**

## ROSARY TIME



**FAITH FOCUS:**  
Pray one decade of the Rosary together as a family.

**CHALLENGE:**  
Pray the entire Rosary.



**WEEK 5**

## KINDNESS CHALLENGE



**FAITH FOCUS:**  
Act of Kindness. Jesus' teaching about humility and love (Matthew 6:3).

**CHALLENGE:**  
Complete one secret act of kindness this week—done quietly, without being recognized.



**WEEK 6**

## RESOURCES DID YOU KNOW?



**FAITH FOCUS:**  
Visit a Catholic resource page and engage in one activity, movie, or prayer.

**CHALLENGE:**  
Try a new resource every day this week!

- Catholic Kids Bulletin
- Be A Heart
- Shining Light
- Hallow
- Formed
- 3-minute retreat
- Favorite kids Bible



**WEEK 7**

## SAINT STORY ADVENTURE WEEK



**FAITH FOCUS:**  
Saints are real people who show us how to follow Jesus in everyday life.

**CHALLENGE:**  
Choose a saint to learn about:

- St. Joan of Arc
- St. Francis of Assisi
- St. Thérèse of Lisieux
- St. Kateri Tekakwitha



**WEEK 8**

## GRATITUDE IN ACTION



**FAITH FOCUS:**  
Complete a "Gratitude Act of Service."

**CHALLENGE:**  
Recognizing gratitude turns small acts of love into prayer. If you were to wake up tomorrow with only the things you thanked God for today, what would you be left with?



**WEEK 9**

## VIRTUE CHALLENGE WEEK




**FAITH FOCUS:**  
Choose one virtue (patience, honesty, courage, self-control) and focus on it all week.

**CHALLENGE:**  
Notice when you succeed or struggle, try again each day, then reflect on "Where did I grow?"




**WEEK 10**

## SAINT OF THE WEEK




**FAITH FOCUS:**  
Learn about a Saint

**CHALLENGE:**  
St. Ignatius of Loyola – July 31<sup>st</sup>  
Founder of the Jesuits who taught people to look for God in everything. Ask kids: Where did you see God today?




**WEEK 11**

## PRIEST APPRECIATION




**FAITH FOCUS:**  
St. John Vianney – August 4<sup>th</sup> – is our patron Saint of Priests. Did you know we have a retirement center for priests in Boise called the St. John Vianney Retirement Center!

**CHALLENGE:**  
Write a thank you note to Father Tim Segert or Father German O'sorio. Mail it to the Cathedral of St. John the Evangelist 807 N 8th St, Boise, ID 83702



**WEEK 12**


## HOLY GROUND



**FAITH FOCUS:**  
As we are preparing to return to school, we have a special surprise for you!

Did you know our campus is on Holy Ground? Jesus is present in the Tabernacle in our church. As you walk around campus, look for special signage that shows how close you are to the Tabernacle and reminds us that Jesus is always near.

Take a moment to pause, say a short prayer, or simply remember that we are walking on holy ground. Jesus' heart is beating in the tabernacle right now, on fire with love for you. Where Jesus resides in the tabernacle is the heart of our campus, cathedral, the school.




**Bonus Family Challenge:**  
Complete 8 or more weeks and celebrate ice cream from your CICC team!



## CATHOLIC SUMMER FAITH CHALLENGE

Goal: Grow in faith as a family this summer!

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### Week 1

Faith Focus: Learn a new prayer

Challenge: St. Augustine's Prayer to the Holy Spirit

Breathe in me, O Holy Spirit, That my thoughts may all be holy.  
Act in me, O Holy Spirit, That my work, too, may be holy.  
Draw my heart, O Holy Spirit, That I love but what is holy.  
Strengthen me, O Holy Spirit, To defend all that is holy.  
Guard me, then, O Holy Spirit, That I always may be holy. Amen

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### Week 2 – Prayer Walk

Faith Focus: Take a short walk as a family and thank God for three beautiful things in creation you notice.

Challenge: Walk quietly for 2–3 minutes and notice: birds, wind, sounds around you  
Then pray: “God, help me listen to You in my life.”

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### Week 3 – Saint of the Week

Faith Focus: Learn about a Saint

Challenge: St. Anthony of Padua – patron Saint of lost things – June 13<sup>th</sup>

Have you ever heard your mom, dad, or grandma say, “St. Anthony, St. Anthony, please come around... something is lost and must be found!”  
Many Catholics say this little prayer when they can't find something. Maybe it's lost keys, a missing shoe, or even a favorite toy!

St. Anthony of Padua lived a long time ago (over 800 years ago!), but he is still one of the most loved saints in the Church. He was a priest who loved Jesus, the Bible, and helping people. St. Anthony was known for being a great teacher and preacher, and people came from far away to hear him talk about God.

So why do people ask St. Anthony to help find lost things?

One story tells that a student once stole St. Anthony's book of prayers. Books were very rare and important back then. St. Anthony prayed that it would be returned—and it was! Because of this, people began asking for his help when they lost something.

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#### Week 4 – Rosary Time

Do you have a favorite Rosary? Maybe Father shows his collection of rosaries?

Rosary brings us closer to Jesus, reflects on Jesus' life, Great defense against spiritual warfare, internal dilemmas, and oer our rosary for the intentions for peace, people in need, or personal prayer requests.

Faith Focus: Pray one decade of the [Rosary](#) together as a family.

Challenge: Pray the entire Rosary

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#### Week 5 – Kindness Challenge

Faith Focus: Act of Kindness. Jesus' teaching about humility and love (Matthew 6:3 — “do not let your left hand know what your right is doing”).

Challenge: Complete one secret act of kindness this week—done quietly, without being recognized.

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#### Week 6 – Resources – did you know we have SO many resources?

Faith Focus: visit a catholic resources page and engage in one activity, movie, or prayer.

Cha llen ge:Try a new resource every day this week.

- o [Catholic Kids Bulletin](#) – weekly gospel activities, coloring pages, and saint stories
- o [Be A Heart](#) website – aimed to bring light into the shadows of our lives. Awesome activity book for families [Living the Seasons](#)
- o [Shining Light](#) – free printable downloads for activities
- o [Hallow](#) – prayer and meditation app
- o [Formed](#) – Catholic streaming app for catholic faith on demand
- o [3-minute retreat](#) – Loyola Press – simple reflections and prayer moments tied to scripture
- o [Favorite kids bible](#)

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## Week 7 – Saint Story Adventure Week

Faith Focus: Saints are real people who show us how to follow Jesus in everyday life.

Challenge: Choose a saint to learn about:

St. Joan of Arc (courage and standing up for what is right)

St. Francis of Assisi (care for animals/nature)

St. Thérèse of Lisieux (small acts of love)

St. Kateri Tekakwitha (prayer in nature)

Saints show us that holiness is lived in real life, not just in stories

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## Week 8 – Gratitude in Action

Faith Focus: Complete a “Gratitude Act of Service.” Do one kind act for someone, mail your grandparents a card, or do someone else’s chore.

Challenge: Recognizing gratitude turns small acts of love into prayer. **If you were to wake up tomorrow with only the things you thanked God for today, what would you be left with?**

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## Week 9 – Virtue Challenge Week

Faith Focus: Choose one virtue (patience, honesty, courage, self-control) and focus on it all week.

Challenge: Notice when you succeed or struggle, try again each day, then reflect on “Where did I grow?”

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## Week 10 – Saint of the Week

Faith Focus: Learn about a Saint

Challenge: St. Ignatius of Loyola – July 31<sup>st</sup>

Founder of the Jesuits who taught people to look for God in everything.

Ask kids where they saw God today?

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## Week 11 – Priest Appreciation

Faith Focus: St. John Vianney—August 4<sup>th</sup> – is our patron Saint of Priest. Did you know we have a retirement center for priest in Boise called the St. John Vianney Retirement Center!

Challenge: write a thank you note to Father Tim Segert or Father German O’sorio. Mail it to the Cathedral of St. John the Evangelist at 807 N 8th St, Boise, ID 83702

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## Week 12 – Holy Ground

As we are preparing to return to school, we have a special surprise for you!

Did you know our campus is on Holy Ground? Jesus is present in the Tabernacle in our church.

As you walk around campus, look for special signage that shows how close you are to the Tabernacle and reminds us that Jesus is always near.

Take a moment to pause, say a short prayer, or simply remember that we are walking on holy ground. Jesus’ heart is beating in the tabernacle right now, on fire with love for you. Where Jesus resides in the tabernacle is the heart of our campus, cathedral, the school.

☐ Bonus Family Challenge:

Complete 8 or more weeks and celebrate ice cream from your CICC team!

If you are participating through the Cathedral Parish, contact Covey Hunter at [covey@boisecathedral.org](mailto:covey@boisecathedral.org) to stay in the loop with events and information!