

TEMPLE OF THE HOLY SPIRIT



Prayer

- Choose any one (Hail Mary, Our Father, Glory Be...)
- Try to do one from memory

Thanksgiving List

- 3 things you are thankful for
- 3 people you are thankful for



Silence (3 minutes)

- No talking, sounds, sleeping, prayer or reading
- Sit and Listen (give God room)

Physical Part

3 exercises (*Push ups, Moses arms, wall sits*)

Repeat sets until point of exhaustion — recommit to prayer when the workout is tough and remember the things you are thankful for.

