

2022



JOURNAL

BASED ON MATTHEW KELLY'S BOOKS

the
generosity
habit

DIFFICULT
TEACHINGS

the
generosity
habit

THE GENEROSITY HABIT

DAY 1 | THE GENEROSITY HABIT

“When we are generous, regardless of how we express that generosity, what we are really saying to people is: ‘I see you. I hear you. You matter. I am with you. I care.’ ” -Matthew Kelly

How is God speaking to you through today’s video?

When in your life have you felt seen, heard, and that you mattered?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

WHAT IS GOD LIKE?

DAY 2 | THE GENEROSITY HABIT

“The evidence of God’s generosity is everywhere, all around us and deep within us.” -Matthew Kelly

How is God speaking to you through today’s video?

When have you experienced God’s generosity in your own life?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

YOU'RE AT YOUR BEST WHEN...

DAY 3 | THE GENEROSITY HABIT

“Generosity animates us, literally breathes life into us, fills us with hope and enthusiasm. It brings out the best in human beings.” -Matthew Kelly

How is God speaking to you through today’s video?

When was a time someone was generous towards you and how did it make you feel?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

THE LOST GIFT OF DIGNITY

DAY 4 | THE GENEROSITY HABIT

“My grandfather was losing his battle against his disease, he had lost control of his body in embarrassing ways, but that salute was enough to remind him that he was valued, he was respected, he had honor.” -Stephen

How is God speaking to you through today’s video?

When have you witnessed someone bring dignity and respect to another person or situation in a way that was generous?

GENEROSITY IN ACTION

Reflect: When has a small act of generosity had a big impact on you?

Reflect: How were you the most generous version of yourself today?

GENEROSITY IS CREATIVE

DAY 5 | THE GENEROSITY HABIT

“Generosity is wildly creative. It is always looking for new and interesting, kind, loving, and thoughtful ways to manifest. Listen to the spirit of generosity within you.” -Matthew Kelly

How is God speaking to you through today’s video?

When has someone’s generosity surprised or fascinated you?
How did that expand your view of generosity?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

GENEROSITY IN ACTION

DAY 6 | THE GENEROSITY HABIT

“Generosity is not passive. It’s alive and dynamic, proactive, always looking for ways to express itself.” -Matthew Kelly

How is God speaking to you through today’s video?

Who is the most generous person you know and how do you feel when you are around them?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

THE SCOPE OF OUR GENEROSITY

DAY 7 | THE GENEROSITY HABIT

“Generosity improves every situation, and every situation is an opportunity to be generous.” -Matthew Kelly

How is God speaking to you through today’s video?

How can a situation in your life be improved by generosity?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

LIFE TO THE FULLEST

DAY 8 | THE GENEROSITY HABIT

“Our generosity or lack of generosity is apparent in almost everything we do.” -Matthew Kelly

How is God speaking to you through today’s video?

If you never practiced generosity again in your life, what kind of person would you become?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

WHAT IS GENEROSITY?

DAY 9 | THE GENEROSITY HABIT

“Generosity isn’t merely something we do; it is an essential characteristic of who we are. Generosity is a way of life.” -Matthew Kelly

How is God speaking to you through today’s video?

What is the greatest obstacle standing between you and your most generous self?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

WHO IS REALLY IN NEED?

DAY 10 | THE GENEROSITY HABIT

“The heart of generosity is humility. Focus on your need to give, not their need to receive.” -Matthew Kelly

How is God speaking to you through today’s video?

In what area of your life do you need to give more than you are currently giving?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

WHERE TO FIND BELIEF IN YOURSELF

DAY 11 | THE GENEROSITY HABIT

“It makes me wonder if there is anything more generous in the world than someone who believes in you before you believe in yourself.” -Jenna

How is God speaking to you through today’s video?

When is a time someone believed in you more than you believed in yourself? What impact did that have on you?

GENEROSITY IN ACTION

Reflect: When has a small act of generosity had a big impact on you?

Reflect: How were you the most generous version of yourself today?

TWO TYPES OF GENEROSITY

DAY 12 | THE GENEROSITY HABIT

*“Your feelings around generosity are messengers too, and worth exploring.”
-Matthew Kelly*

How is God speaking to you through today’s video?

In what way is God challenging you to be more generous?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

GENEROSITY IS CONTAGIOUS

DAY 13 | THE GENEROSITY HABIT

“The good we do lives on forever, in other people, in other places, in other times. Generosity lives on forever.” -Matthew Kelly

How is God speaking to you through today’s video?

When have you witnessed the domino effect of generosity?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

EMBRACE YOUR NOBILITY

DAY 14 | THE GENEROSITY HABIT

“If you want to unleash an endless stream of fulfillment and satisfaction in your life, wake up every morning and try to be more generous today than you were yesterday.” -Matthew Kelly

How is God speaking to you through today’s video?

Who in your life is most in need of your generosity today?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

THE GENEROSITY OF JESUS

DAY 15 | THE GENEROSITY HABIT

“Every scene in the Gospels is an expression of Jesus’ generosity. Every scene in Jesus’ life has a lesson about generosity.” -Matthew Kelly

How is God speaking to you through today’s video?

How can you experience more of Jesus’ generosity in your life?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

GENEROSITY BEGINS WITH GRATITUDE

DAY 16 | THE GENEROSITY HABIT

“The world draws us into a conversation about all that we don’t have, but God invites us into a conversation about all that we do have.”
-Matthew Kelly

How is God speaking to you through today’s video?

What are ten blessings you are grateful for today?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

THE WORLD NEEDS CHANGING

DAY 17 | THE GENEROSITY HABIT

“The next big leap for humanity will come from rediscovering what it means to be authentically human, and embracing the dignity and nobility of generosity.” -Matthew Kelly

How is God speaking to you through today’s video?

In what ways are you flourishing?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

DARE TO LOVE

DAY 18 | THE GENEROSITY HABIT

“Just by the simple act of showing up and inviting me and persevering, Lolo started loving me back to life.” -Victoria

How is God speaking to you through today’s video?

Who in your life has not given up on you and how can you thank them today?

GENEROSITY IN ACTION

Reflect: When has a small act of generosity had a big impact on you?

Reflect: How were you the most generous version of yourself today?

THE FUTURE

DAY 19 | THE GENEROSITY HABIT

“It is our humanity that will change the world next: our generosity, our compassion, our love, patience, discipline, gentleness, forgiveness, empathy, and friendship.” -Matthew Kelly

How is God speaking to you through today’s video?

In which of the following ways is God calling you to share generosity with the world: compassion, love, patience, discipline, gentleness, forgiveness, empathy, or friendship? And why?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

REGRETS

DAY 20 | THE GENEROSITY HABIT

“Don’t let what you can’t do interfere with what you can do.” -Matthew Kelly

How is God speaking to you through today’s video?

What is standing between you and a simpler life?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

I CAN DO SO LITTLE

DAY 21 | THE GENEROSITY HABIT

“Decide today, right here, that the world will be a better place because you were here, that you will not let your part go undone.” -Matthew Kelly

How is God speaking to you through today’s video?

When have you witnessed someone doing their part in making the world a better place?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

CONFUSED ABOUT NEEDS AND WANTS

DAY 22 | THE GENEROSITY HABIT

“When we put our wants ahead of other people’s needs, we abandon our humanity.” -Matthew Kelly

How is God speaking to you through today’s video?

When is a time that you confused a need for a want?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

GENEROSITY LOOKS GOOD ON YOU

DAY 23 | THE GENEROSITY HABIT

“Different things look good on different people, but some things look good on everyone—and generosity is at the top of the list.” -Matthew Kelly

How is God speaking to you through today’s video?

Which three people in your life are most in need of encouragement right now?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

GENEROSITY FEELS GOOD

DAY 24 | THE GENEROSITY HABIT

“The ultimate feel-good sensations come from doing what is good, right, just, and noble.” -Matthew Kelly

How is God speaking to you through today’s video?

What is the best gift you’ve ever given someone and how did it make you feel to give it?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

THE RIPPLE EFFECT OF TRANSFORMATION

DAY 25 | THE GENEROSITY HABIT

“She told me how the tragedy was wrapped in hope because of her husband’s deep faith and because he died the man she always dreamed he could be.”
-Jack

How is God speaking to you through today’s video?

What is one way you can become more of the person God made you to be?

GENEROSITY IN ACTION

Reflect: When has a small act of generosity had a big impact on you?

Reflect: How were you the most generous version of yourself today?

GENEROSITY IS GOOD FOR YOU

DAY 26 | THE GENEROSITY HABIT

“Generosity leads to higher self-esteem, greater life satisfaction, better mental health, lower blood pressure, decreased stress, and the list literally goes on and on.” -Matthew Kelly

How is God speaking to you through today’s video?

Why do generous people tend to have better relationships?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

WHEN PEOPLE NOTICE

DAY 27 | THE GENEROSITY HABIT

“Deciding to live a life of intentional generosity is like falling in love. It rearranges your priorities, you are more energetic and enthusiastic about life, you get this light in your eyes and your face glows.” -Matthew Kelly

How is God speaking to you through today’s video?

How have you changed since the first day of The Generosity Habit?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

THE HAPPIEST PEOPLE I KNOW

DAY 28 | THE GENEROSITY HABIT

“The world proposes selfishness as the path to happiness. God proposes generosity as the path to happiness.” -Matthew Kelly

How is God speaking to you through today’s video?

In what ways do you need to step off the path of selfishness and move toward generosity?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

IT’S WHO YOU ARE

DAY 29 | THE GENEROSITY HABIT

“Generosity is not something you do. It’s who you are.” -Matthew Kelly

How is God speaking to you through today’s video?

Think about your funeral. What would have to change about your life for those who attend to consider you the most generous person they’ve ever known?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

EVERYONE THINKS THEY ARE GENEROUS

DAY 30 | THE GENEROSITY HABIT

“The temptation is to say that those who give more money have more money, or those who volunteer more time have more time. But this is not true.” -Matthew Kelly

How is God speaking to you through today’s video?

How would your life be different if you saw life as a generosity contest?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

HOW GENEROUS ARE YOU?

DAY 31 | THE GENEROSITY HABIT

“We are all called to live generous lives, and to grow in the area of generosity is one of the surest ways to grow spiritually.” -Matthew Kelly

How is God speaking to you through today’s video?

How generous are you? Give yourself a generosity score between one and ten, with one being the meanest, stingiest person you can imagine and ten being the most generous person you have ever known. Then consider how you can increase your score by one number.

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

THE SUBTLE POWER OF GENEROSITY

DAY 32 | THE GENEROSITY HABIT

“It can be so easy to fall into the trap of thinking that generosity requires something big or extravagant but it doesn’t.” -Melissa

How is God speaking to you through today’s video?

Think of a time when someone made you feel welcome. How did it feel and how can you bring that feeling to others?

GENEROSITY IN ACTION

Reflect: When has a small act of generosity had a big impact on you?

Reflect: How were you the most generous version of yourself today?

THE WISDOM OF OPPOSITES

DAY 33 | THE GENEROSITY HABIT

“The opposite of being generous is to be greedy, mean, selfish, stingy, and fearful. You cannot be generous and greedy.” -Matthew Kelly

How is God speaking to you through today’s video?

In what ways do you need to replace greed with generosity?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

WHAT’S HOLDING YOU BACK?

DAY 34 | THE GENEROSITY HABIT

“If we are to grow in generosity, it will require an intentional effort. Life is so busy and distracting. We are not going to just stumble upon greater generosity.” -Matthew Kelly

How is God speaking to you through today’s video?

What is holding you back from being more generous with your time, talent, and treasure?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

BE GENEROUS WITH YOUR MONEY

DAY 35 | THE GENEROSITY HABIT

“If you are not generous with your money you will not be generous with your heart. In this way it is incredible how powerfully our attitude toward money can affect our relationships with our family and friends—and of course our relationship with God.” -Matthew Kelly

How is God speaking to you through today’s video?

What is your attitude toward money and how is that impacting your relationships with your family, friends, and God?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

GENEROSITY IS A VIRTUE

DAY 36 | THE GENEROSITY HABIT

“Our lives only genuinely and sustainably improve when we grow in virtue, and a culture only genuinely and sustainably improves when the people who make up that culture grow in virtue.” -Matthew Kelly

How is God speaking to you through today’s video?

Which virtue are you most generous with? Which virtue are you most stingy with?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

MOST IMPORTANT GENEROSITY LESSON

DAY 37 | THE GENEROSITY HABIT

“Life, love, free will, all your fond memories, the dreams that fascinate your heart, everything you’ve ever had and anything you will have in the future... are all gifts from the Giver of all good things.” -Matthew Kelly

How is God speaking to you through today’s video?

In what ways could you be a better steward of what God has entrusted to you?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

SURROUNDED BY NEED

DAY 38 | THE GENEROSITY HABIT

“If we open the eyes of our soul we will discover that we are surrounded by need. The needs of others are always an invitation from God to live generously.” -Matthew Kelly

How is God speaking to you through today’s video?

When is a time that God worked through you or someone you know to answer a prayer?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

A PERFECT STORM FOR GENEROSITY

DAY 39 | THE GENEROSITY HABIT

“It wasn’t just about the work that needed to be done, it was about giving of themselves to help people they cared about with no expectation of any returns. A gift of time, freely and selflessly given.” -Eric

How is God speaking to you through today’s video?

When have you experienced the gift of someone’s time, freely given?

GENEROSITY IN ACTION

Reflect: When has a small act of generosity had a big impact on you?

Reflect: How were you the most generous version of yourself today?

PROVIDENCE

DAY 40 | THE GENEROSITY HABIT

“God’s promise is that He will provide for our needs, not that He will provide for our greed.” -Matthew Kelly

How is God speaking to you through today’s video?

What is preventing you from fully trusting that God will provide for you?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

HOW GENEROSITY CHANGED MY LIFE

DAY 41 | THE GENEROSITY HABIT

“It seems you trust your money more than you trust God.” -Matthew Kelly

How is God speaking to you through today’s video?

What is standing between you and a plan to give 1% more each year?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

ARE YOU LISTENING?

DAY 42 | THE GENEROSITY HABIT

“At every step, God leads us into a better life than before, filled with more joy, freedom, and happiness—and yet we still resist the next step.”
-Matthew Kelly

How is God speaking to you through today’s video?

What is the next step God is calling you to take in your generosity journey? What joy, freedom, and happiness would taking that step bring to your life?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

THE MOST GENEROUS PEOPLE YOU KNOW

DAY 43 | THE GENEROSITY HABIT

“When we are at our best as human beings, we are filled with an eagerness to do good, an eagerness to give generously, and an eagerness to help our brothers and sisters regardless of what ocean or idea separates us.”
-Matthew Kelly

How is God speaking to you through today’s video?

When have you been at your best as a human being?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

I WILL SERVE

DAY 44 | THE GENEROSITY HABIT

“This is the night when Jesus shared his final meal with his disciples, washed their feet, reminded them that they had a unique contribution to make, and gave them the servant leadership model.” -Matthew Kelly

How is God speaking to you through today’s video?

When is a time you have witnessed a great display of servant leadership?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

RECEIVE GRACIOUSLY

DAY 45 | THE GENEROSITY HABIT

“There is a generous way to receive a gift. Learning to receive other people’s generosity gratefully and graciously is itself a form of generosity.”
-Matthew Kelly

How is God speaking to you through today’s video?

When has someone’s reaction to receiving a gift made a lasting impression on you?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

WHO’S YOUR EXCEPTION?

DAY 46 | THE GENEROSITY HABIT

“Growing up, I was always taught that helping others was a good thing to do, but until that day in the snow, I never knew I had one exception to that rule: helping strangers.” -Emalie

How is God speaking to you through today’s video?

How can you grow in your willingness to serve others, especially strangers?

GENEROSITY IN ACTION

Reflect: When has a small act of generosity had a big impact on you?

Reflect: How were you the most generous version of yourself today?

ENNOBLE PEOPLE

DAY 47 | THE GENEROSITY HABIT

“Every act of generosity ennoble another human being. Generosity is a deeply personal and loving response to the needs of other human beings.”
-Matthew Kelly

How is God speaking to you through today’s video?

From this point forward, how will living The Generosity Habit change your life forever?

GENEROSITY IN ACTION

Plan: How will you live out today’s generosity habit?

Reflect: How were you the most generous version of yourself today?

DIFFICULT TEACHINGS

WHOLEHEARTEDLY

DAY 1 | DIFFICULT TEACHINGS

“All our efforts to avoid the difficulties of life lead us away from everything that is deeply satisfying.” -Matthew Kelly

How is God speaking to you through today’s video?

What could your life be like a year from now if you lived the teachings of Jesus with your whole heart?

THE GOSPEL IN ACTION

Plan: Read Matthew 22:34-38 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

WHO IS YOUR NEIGHBOR?

DAY 2 | DIFFICULT TEACHINGS

“There is a connection between our ability to love ourselves in a healthy way and our ability to love our neighbor.” -Matthew Kelly

How is God speaking to you through today’s video?

In what ways do you struggle to love yourself in a healthy way? How will improving that help you better love your neighbor?

THE GOSPEL IN ACTION

Plan: Read Matthew 22:39-40 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

DO NOT WORRY

DAY 3 | DIFFICULT TEACHINGS

“A lot of worry and anxiety is born because we think we are responsible for things we are not responsible for.” -Matthew Kelly

How is God speaking to you through today’s video?

How is your life different when you pray and when you don’t?

THE GOSPEL IN ACTION

Plan: Read Matthew 6:25-34 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

WHAT TO DO WITH YOUR WORRY

DAY 4 | DIFFICULT TEACHINGS

“But eventually he hit a point where he had to make a choice. Keep trying to exert control over the future. Or seek God first.” -Stephen

How is God speaking to you through today’s video?

Where in your life do you most need to give God more control?

THE GOSPEL IN ACTION

Reflect: When have you seen a challenging teaching of Jesus lived well?

Reflect: How did you live the Gospel today?

I AM THE WAY

DAY 5 | DIFFICULT TEACHINGS

“It is by simply being with Him that we are prepared to go out into the world and do something meaningful.” -Matthew Kelly

How is God speaking to you through today’s video?

What does a meaningful life look like to you?

THE GOSPEL IN ACTION

Plan: Read John 14:1-7 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

ASK. SEEK. KNOCK.

DAY 6 | DIFFICULT TEACHINGS

*“The reason most people don’t ask, seek, and knock in prayer is because they want things that they know God does not want for them.”
-Matthew Kelly*

How is God speaking to you through today’s video?

What prayer risk is God inviting you to take today?

THE GOSPEL IN ACTION

Plan: Read Matthew 7:7-11 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

DENY YOURSELF

DAY 7 | DIFFICULT TEACHINGS

“The self-denial that Jesus invites us to is not life-limiting, it is life-expanding.” -Matthew Kelly

How is God speaking to you through today’s video?

How often do you say no to yourself? Think of a time you said no to yourself in something that was difficult. What fruit did that bear in your life?

THE GOSPEL IN ACTION

Plan: Read Matthew 16:24 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

LOVE YOUR ENEMIES

DAY 8 | DIFFICULT TEACHINGS

“Love is not the same as like. Love is a divine summons and like is a personal preference. You can love someone without liking them.” -Matthew Kelly

How is God speaking to you through today’s video?

Who in your life do you struggle to love, and what’s one thing you can do to will their good?

THE GOSPEL IN ACTION

Plan: Read Matthew 5:43-48 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

COME TO THE QUIET

DAY 9 | DIFFICULT TEACHINGS

“Jesus invites us to this sacred quiet because it refreshes the soul, and from this quiet emerges the clarity necessary to continue the journey.”
-Matthew Kelly

How is God speaking to you through today’s video?

When was the last time you felt calm, peaceful, tranquil, and at ease? More importantly, how long are you going to put off the next time?

THE GOSPEL IN ACTION

Plan: Read Mark 6:30-32 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

THE NARROW WAY

DAY 10 | DIFFICULT TEACHINGS

“The inner life is difficult, but the joy that comes from throwing ourselves into this quest has no limits.” -Matthew Kelly

How is God speaking to you through today’s video?

Where in your life are you choosing destruction and how can you choose life instead?

THE GOSPEL IN ACTION

Plan: Read Matthew 7:13-14 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

IF YOU WERE THE ONLY PERSON ON EARTH

DAY 11 | DIFFICULT TEACHINGS

“In the midst of chaos and problems and anxiety, there was Jesus.” -Jenna

How is God speaking to you through today’s video?

Has anyone ever brought Jesus to life for you? How can you do that for others?

THE GOSPEL IN ACTION

Reflect: When have you seen a challenging teaching of Jesus lived well?

Reflect: How did you live the Gospel today?

HUMBLE YOURSELF

DAY 12 | DIFFICULT TEACHINGS

“Humility is not thinking less of yourself, it’s thinking of yourself less.”
-C.S. Lewis

How is God speaking to you through today’s video?

What are you really good at and how can you use that talent to serve others?

THE GOSPEL IN ACTION

Plan: Read Luke 14:7-11 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

DO NOT BE AFRAID

DAY 13 | DIFFICULT TEACHINGS

*“What’s the opposite of fear? The opposite of fear is confidence. In this context the source of that confidence would be trust. Trust in God.”
-Matthew Kelly*

How is God speaking to you through today’s video?

When has God moved powerfully in your life in the past and how can you draw strength from those moments to trust Him in the future?

THE GOSPEL IN ACTION

Plan: Read Luke 12:32 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

THE PARADOXICAL PATH

DAY 14 | DIFFICULT TEACHINGS

“The teachings of Jesus present a stark contrast to the path the world prescribes.” -Matthew Kelly

How is God speaking to you through today’s video?

Which of the beatitudes is God inviting you to live more fully?

THE GOSPEL IN ACTION

Plan: Read Matthew 5:3-10 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

YOU WILL BE PERSECUTED

DAY 15 | DIFFICULT TEACHINGS

“Life is difficult. Following Jesus is difficult. We only make it harder for ourselves when we try to make it easy.” -Matthew Kelly

How is God speaking to you through today’s video?

How can you prepare yourself to stand up for what is good, true, or just, even if it brings persecution?

THE GOSPEL IN ACTION

Plan: Read Matthew 5:10-12 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

FOLLOW ME

DAY 16 | DIFFICULT TEACHINGS

*“It is impossible to be a great leader if you do not first learn to follow.”
-Matthew Kelly*

How is God speaking to you through today’s video?

When you hear Jesus’ invitation “Come, follow me,” where do you think he is leading you?

THE GOSPEL IN ACTION

Plan: Read Matthew 4:18-22 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

PLUCK OUT YOUR EYE

DAY 17 | DIFFICULT TEACHINGS

“There is something in your life that is creating an obstacle between you and God... Pluck it out of your life and throw it away from you.”
-Matthew Kelly

How is God speaking to you through today’s video?

What is creating an obstacle between you and God and how can you cut it out of your life?

THE GOSPEL IN ACTION

Plan: Read Matthew 18:7-9 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

LET GO OF WHAT’S HURTING YOU

DAY 18 | DIFFICULT TEACHINGS

“If I keep tripping over the same thing in my spiritual life, it’s better to remove it altogether, no matter how painful it might be.” -Victoria

How is God speaking to you through today’s video?

Who are you surrounding yourself with and are they helping you become the best-version-of-yourself?

THE GOSPEL IN ACTION

Reflect: When have you seen a challenging teaching of Jesus lived well?

Reflect: How did you live the Gospel today?

WHOEVER IS NOT AGAINST YOU

DAY 19 | DIFFICULT TEACHINGS

“Be careful who you cast aside as not being for us, don’t assume that someone who is not vocally for us is against us.” -Matthew Kelly

How is God speaking to you through today’s video?

Where in your life can you build a bridge where one does not currently exist?

THE GOSPEL IN ACTION

Plan: Read Mark 9:38-41 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

LIVE GENEROUSLY

DAY 20 | DIFFICULT TEACHINGS

“It would be a shame to come to the end of our lives and realize that we could have done so much more for others.” -Matthew Kelly

How is God speaking to you through today’s video?

How is God inviting you to astound someone with your generosity today?

THE GOSPEL IN ACTION

Plan: Read Luke 3:11 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

JUDGING OTHERS

DAY 21 | DIFFICULT TEACHINGS

*“When you judge others, you do not define them, you define yourself.”
-Earl Nightingale*

How is God speaking to you through today’s video?

Think about the last 24 hours. How many times did you judge others in that time? What can you do to decrease that number?

THE GOSPEL IN ACTION

Plan: Read Matthew 7:1-5 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

FORGIVENESS

DAY 22 | DIFFICULT TEACHINGS

“And in that moment, I realize that I have not fully forgiven that person, and that I need to forgive that person again.” -Matthew Kelly

How is God speaking to you through today’s video?

Who do you need to forgive right now, either for the first time or for the thousandth time?

THE GOSPEL IN ACTION

Plan: Read Matthew 18:21-22 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

WOE TO YOU

DAY 23 | DIFFICULT TEACHINGS

*“We have all been guilty of pretending to be something or someone we are not, or something more than who we are, and we know when we are doing it.”
-Matthew Kelly*

How is God speaking to you through today’s video?

In what ways is your life currently out of alignment with your values and beliefs? How can you live more authentically?

THE GOSPEL IN ACTION

Plan: Read Matthew 23:25-26 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

LET YOUR LIGHT SHINE

DAY 24 | DIFFICULT TEACHINGS

“How we decide to deal with the darkness in our lives, in the world, and in our own souls is a life-defining decision.” -Matthew Kelly

How is God speaking to you through today’s video?

How can you bring the light of Jesus to someone who needs it today?

THE GOSPEL IN ACTION

Plan: Read Matthew 5:14-16 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

HOW ONE LIGHT DEFEATS THE DARKNESS

DAY 25 | DIFFICULT TEACHINGS

“She told me how the tragedy was wrapped in hope because of her husband’s deep faith and because he died the man she always dreamed he could be.”
-Jack

How is God speaking to you through today’s video?

What is one way you can become more of the person God made you to be?

THE GOSPEL IN ACTION

Reflect: When have you seen a challenging teaching of Jesus lived well?

Reflect: How did you live the Gospel today?

LUST OF THE EYES

DAY 26 | DIFFICULT TEACHINGS

*“What we choose to look at either helps us become the-best-version-of-ourselves and leads us closer to God, or it leads us to betray self and God.”
-Matthew Kelly*

How is God speaking to you through today’s video?

Think about the TV and movies you watch, books you read, social media you consume...how healthy is your current content diet?

THE GOSPEL IN ACTION

Plan: Read Matthew 5:27-28 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

ACKNOWLEDGE ME

DAY 27 | DIFFICULT TEACHINGS

“Don’t pretend to know Jesus, actually get to know him in real and meaningful ways.” -Matthew Kelly

How is God speaking to you through today’s video?

How do you acknowledge Jesus in your own life? What can you do to prepare for the next moment when you are called upon to acknowledge Jesus?

THE GOSPEL IN ACTION

Plan: Read Matthew 10:32-33 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

DRAW FROM THE NEW AND THE OLD

DAY 28 | DIFFICULT TEACHINGS

“The real treasure the householder possesses is his knowledge and wisdom. His treasure is discernment.” -Matthew Kelly

How is God speaking to you through today’s video?

Who is the wisest person you know and how have they inspired you to grow in wisdom?

THE GOSPEL IN ACTION

Plan: Read Matthew 13:52 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

CONFRONT THOSE WHO WRONG YOU

DAY 29 | DIFFICULT TEACHINGS

“The Gospel challenges us to face life head on, not to skirt the truth, not to avoid challenges.” -Matthew Kelly

How is God speaking to you through today’s video?

What conflict or conversation are you avoiding and how is it hurting you?

THE GOSPEL IN ACTION

Plan: Read Matthew 18:15 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

HELL IS REAL

DAY 30 | DIFFICULT TEACHINGS

“The more we trust God the less we fear. The more we value eternity the less we fear in this life.” -Matthew Kelly

How is God speaking to you through today’s video?

How will the reality of hell inspire how you live in the present?

THE GOSPEL IN ACTION

Plan: Read Matthew 10:28 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

WHATEVER YOU DO FOR THE LEAST

DAY 31 | DIFFICULT TEACHINGS

“When we are at our best, we don’t just tend to the least among us as they cross our paths, we lovingly seek them out.” -Matthew Kelly

How is God speaking to you through today’s video?

How is God inviting you to serve “the least among us,” particularly in your local community?

THE GOSPEL IN ACTION

Plan: Read Matthew 25:31-46 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

BEYOND YOUR COMFORT ZONE

DAY 32 | DIFFICULT TEACHINGS

“Visiting the imprisoned is a challenge for me, a challenge not to just do what is easy or natural when it comes to following Jesus’s call, but to follow in ways that may push me out of my comfort zone, knowing that God will lead me and guide me.” -Melissa

How is God speaking to you through today’s video?

Where is Jesus calling you to step outside of your comfort zone in the service of others?

THE GOSPEL IN ACTION

Reflect: When have you seen a challenging teaching of Jesus lived well?

Reflect: How did you live the Gospel today?

BE PREPARED

DAY 33 | DIFFICULT TEACHINGS

“What we prepare for, and how we prepare for different things, reveals our priorities.” -Matthew Kelly

How is God speaking to you through today’s video?

If you knew you only had one year to live, how would you prepare for your death?

THE GOSPEL IN ACTION

Plan: Read Mark 13:35-37 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

NOT ON BREAD ALONE

DAY 34 | DIFFICULT TEACHINGS

“The greatest threat to your happiness and wholeness is your unrecognized spiritual needs.” -Matthew Kelly

How is God speaking to you through today’s video?

What do you do on a regular basis (or what can you start doing) to feed your soul?

THE GOSPEL IN ACTION

Plan: Read Matthew 4:3-4 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

NOT AN EARTHLY KINGDOM

DAY 35 | DIFFICULT TEACHINGS

“We are not called to embrace heaven and reject earth; we are called to embrace both.” -Matthew Kelly

How is God speaking to you through today’s video?

In what way is Jesus inviting you to live the Gospel more fully in the public aspects of your life?

THE GOSPEL IN ACTION

Plan: Read John 18:33-37 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

SHAKE THE DUST

DAY 36 | DIFFICULT TEACHINGS

“God wants to love you out of all your insecurities.” -Matthew Kelly

How is God speaking to you through today’s video?

How is seeking the approval of others preventing you from living the life God wants you to live?

THE GOSPEL IN ACTION

Plan: Read Matthew 10:14 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

WHAT TO EXPECT

DAY 37 | DIFFICULT TEACHINGS

“The expectations we have of life as a disciple of Jesus can support or destroy a life of faith.” -Matthew Kelly

How is God speaking to you through today’s video?

What do you expect life as a disciple of Jesus to look like and how has this program impacted those expectations?

THE GOSPEL IN ACTION

Plan: Read John 15:18 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

SELL WHAT YOU OWN

DAY 38 | DIFFICULT TEACHINGS

“We yearn for powerful and profound spiritual experiences, but shy away when we see what is involved.” -Matthew Kelly

How is God speaking to you through today’s video?

What one material possession could you give away today that would create more room for Jesus to enter into your life?

THE GOSPEL IN ACTION

Plan: Read Mark 10:17-27 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

EMBRACING GOD’S TIMELINE

DAY 39 | DIFFICULT TEACHINGS

“When Jesus says, ‘My Kingdom is not an earthly Kingdom,’ he challenges me to live from an eternal perspective not an instant one, and operate on his timeline, not my own.” -Eric

How is God speaking to you through today’s video?

Where in your life do you need to make the shift from an instant perspective to an eternal one?

THE GOSPEL IN ACTION

Reflect: When have you seen a challenging teaching of Jesus lived well?

Reflect: How did you live the Gospel today?

TURN THE OTHER CHEEK

DAY 40 | DIFFICULT TEACHINGS

“Turning the other cheek is just the first step. The next is to pray for them. The step after that is to do good to them. And the step after that is to love them.” -Matthew Kelly

How is God speaking to you through today’s video?

When you feel tempted to seek vengeance, what is one concrete strategy you can use to turn the other cheek instead?

THE GOSPEL IN ACTION

Plan: Read Matthew 5:38-39 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

REPENT

DAY 41 | DIFFICULT TEACHINGS

“Every journey toward something is a journey away from something. If we need to turn back to God at this moment in our lives, we also need to turn away from whatever led us away from God and keeps us away.”
-Matthew Kelly

How is God speaking to you through today’s video?

In what ways, big or small, have you turned away from God and how will you return to the path He wants you to follow?

THE GOSPEL IN ACTION

Plan: Read Matthew 14:17 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

SERVANT

DAY 42 | DIFFICULT TEACHINGS

“The model of leadership that Christ himself left us was one of service and sacrifice.” -Matthew Kelly

How is God speaking to you through today’s video?

Where in your life are you called to be a leader and how can you carry out that role with the heart of a servant?

THE GOSPEL IN ACTION

Plan: Read John 13:1-17 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

YOU CAN LOSE YOUR SOUL

DAY 43 | DIFFICULT TEACHINGS

“We should be more afraid of losing our souls than falling off a ten thousand foot cliff.” -Matthew Kelly

How is God speaking to you through today’s video?

Do you treat anything in your life like it is worth more than your own soul?

THE GOSPEL IN ACTION

Plan: Read Mark 8:36 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

THE EUCHARIST

DAY 44 | DIFFICULT TEACHINGS

“From now on, each time you go to Mass, participate and celebrate it as if it were your first Mass, your last Mass, your only Mass.” -Matthew Kelly

How is God speaking to you through today’s video?

How can you develop a deeper relationship with Jesus in the Eucharist?

THE GOSPEL IN ACTION

Plan: Read John 6:52-58 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

LAY DOWN YOUR LIFE

DAY 45 | DIFFICULT TEACHINGS

“Today is a day to reflect, to consider who and what you are laying your life down for, to make the necessary adjustments, and to plead with Jesus for the grace to lay down our lives lovingly and heroically.” -Matthew Kelly

How is God speaking to you through today’s video?

What are you currently laying your life down for? Are you doing it intentionally or unconsciously? What do you want to lay your life down for?

THE GOSPEL IN ACTION

Plan: Read John 15:13 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?

AN AUDIENCE OF ONE

DAY 46 | DIFFICULT TEACHINGS

“She served for an audience of one: Jesus. It didn’t matter if anyone else noticed.” -Emalie

How is God speaking to you through today’s video?

How would your life change if you saw every opportunity to serve others as an opportunity to serve Jesus?

THE GOSPEL IN ACTION

Reflect: When have you seen a challenging teaching of Jesus lived well?

Reflect: How did you live the Gospel today?

RESURRECTION

DAY 47 | DIFFICULT TEACHINGS

*“If you yearn for a deeper faith, a stronger faith, a more practical faith, a faith that keeps you focused on what matters most and gives you the grace to let go of what matters least – spend more time getting to know Jesus!”
-Matthew Kelly*

How is God speaking to you through today’s video?

What in your life do you need Jesus to resurrect from the dead so that you can live the life you were made for?

THE GOSPEL IN ACTION

Plan: Read John 12:44-50 and reflect on how God is inviting you to live today’s difficult teaching.

Reflect: How did you live out today’s difficult teaching?
