

# THE ENEMY IS THE ENEMY

What have you been struggling with? Share your heart with a friend.

Have you been fighting the wrong enemy? How might the enemy be causing frustration, discouragement, or division in your life?

How will you fortify your spiritual defenses: pray a daily Saint Michael the Archangel prayer, read Scripture everyday, pray the Rosary to ask for Mary's intercession?

Your body is good. If that's hard to believe that truth, tell Jesus about your pain or insecurities.