

The 5 Stones of Medjugorje



Prayer: Our Lady encourages daily prayer, particularly praying the Rosary with a heart.



Fasting: Fasting twice a week is suggested, with bread and water as the best fast.



Holy Mass (Eucharist): Receiving the Eucharist is essential, ideally every Sunday.



Daily Reading of the Bible: Reading the Bible regularly is crucial for spiritual growth.



Confession: Visiting the Holy Confession monthly is also recommended.