

## *Make Sunday Come Alive All Week!*

The Department of Youth Faith Formation wants to help you and your whole family explore God's Word in your lives. Each week we will be sending out this resource which can help you reflect on the upcoming Sunday readings with your entire family.

Here are some ideas on how to use this resource:

- Consider reading one of the mass readings each evening.
- Do the discussion questions after dinner one night.
- Watch the video on a different night.
- Pray the prayer each evening.



## *Feast of the Holy Family*

### **Mass Readings:**

Sirach 3: 2-6, 12-14  
Psalm 128: 1-2, 3, 4-5  
Colossians 3: 12-21  
Luke 2: 22-40

[Readings can also be found at the United States Conference of Catholic Bishops.](#)

### *Discuss*

After reading the Sunday readings, discuss as a family:

1. The first two readings and the responsorial psalm are filled with the Lord's prescriptions for building a happy family. What are some of the ways God calls us to be for each other in our family?

2. When we follow the Lord's way for us in our family, He makes us many promises. What are some of those promises?
3. In the Gospel, we hear of the presentation of Jesus in the temple. Our Tradition tells us that this moment was Mary's great joy but also her great sorrow. Why was Mary joyful? Why was Mary sorrowful?

### *Share*

"Saints at Home, Saints Everywhere! Many times we are tempted to think that sainthood is reserved only to those who have the opportunity to break away from daily affairs in order to dedicate themselves exclusively to prayer... But that is not so! Sanctity is something which God gives us. It is in living with love and offering one's own Christian witness in everyday affairs that we are called to become saints. Are you married? Be a saint by loving and taking care of your husband or your wife as Christ did for the Church. Are you a parent or a grandparent? Be a saint by passionately teaching your children or grandchildren to know and to follow Jesus. It takes so much patience to do this: to be a good parent, a good grandfather, a good mother, a good grandmother; it takes so much patience and with this patience comes holiness: by exercising patience." (Pope Francis: Nov. 19, 2014)

### *Watch*

For families with small children, [watch this video.](#)  
For families with older children, [watch this video.](#)

### *Pray and Do*

- Make a list of the ways God asks us to be for each other in our family.
- Place this list in your family prayer space and read it together before your prayer time.

Ask God to help you to follow His way more and more as you pray to build an even happier family together.

"Jesus, Mary and Joseph, in you we contemplate the splendor of true love, to you we turn with trust. Holy Family of Nazareth, grant that our families too may be places of communion and prayer, authentic schools of the Gospel and small domestic Churches. Holy Family of Nazareth, may families never again experience violence, rejection and division. May all who have been hurt find ready comfort and healing." Amen. (Pope Francis)