



CULTIVATING A Family of Faith


St. Philip Catholic Church
Family Catechesis

CULTIVATING A Family of Faith

Why are we here?

In each monthly meeting we will be looking at the foundational blocks on which we can build a Family of Faith and how to teach them to our children.

- The Role of Parents: Praying for Your Children
- What is faith?
- What does it mean to be made in the image and likeness of God?
- Advent, The Annunciation, the Immaculate Conception, and the Incarnation
- Who is Jesus?
- The Paschal Mystery and the Last Judgement
- The Holy Spirit and the Church
- The 4 Marks of the Church, the Communion of saints, New Heaven, and New Earth



September

The Role of Parents & Praying for your children

Basics of a Catholic Family Home

- Parents as Catechists/Educators
- Prayer
 - Basic Catholic Prayers
 - Prayer Before Meals
 - Night Prayers
 - Family Rosary
 - Praying *for* your children
- Scripture
 - Be familiar with the Bible
 - Sunday readings
- Church Teaching
 - Catechism
 - Wisdom of the Saints

CCC 2223

The Role of Parents

Parents have the first responsibility for the education of their children. They bear witness to this responsibility first by creating a home where tenderness, forgiveness, respect, fidelity, and disinterested service are the rule. The home is well suited for education in the virtues. This requires an apprenticeship in self-denial, sound judgment, and self-mastery - the preconditions of all true freedom. Parents should teach their children to subordinate the "material and instinctual dimensions to interior and spiritual ones." Parents have a grave responsibility to give good example to their children. By knowing how to acknowledge their own failings to their children, parents will be better able to guide and correct them.





Your Child's First Teacher

IS YOU!

"The ministry of evangelization carried out by Christian parents is original and irreplaceable. It assumes the characteristics typical of family life itself, which should be interwoven with love, simplicity, practicality, and daily witness."

- Pope St. John Paul II

**We learn
behavior by
watching
behavior.**

The BEST way to teach a child a new skill is to MODEL the skill.

The brain is wired for CONNECTION and wired to learn in the context of RELATIONSHIP & EXPERIENCE.

*They're
Always
Watching*



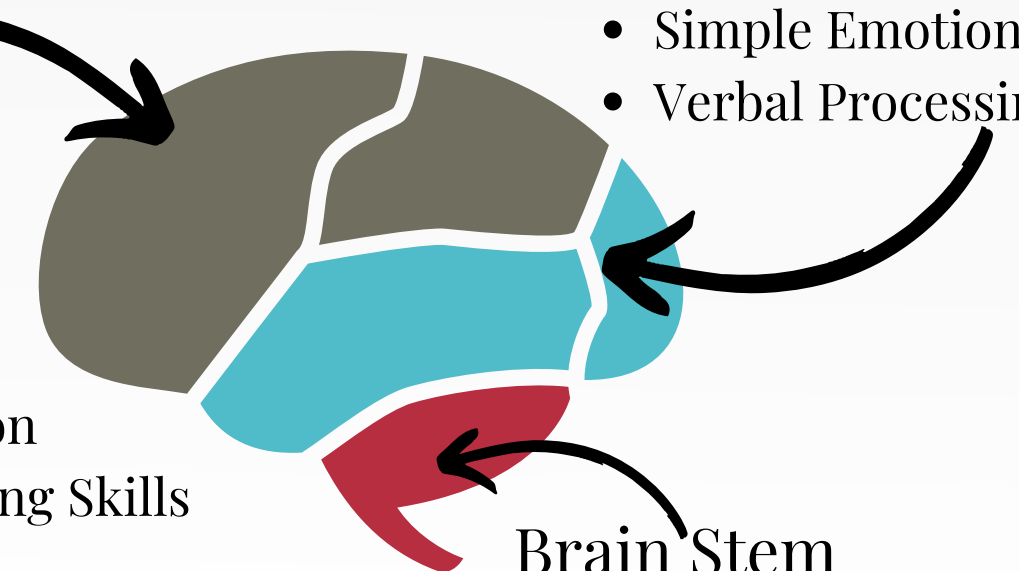
- Neo Cortex
- Pre-frontal lobes
 - Problem-solving
 - Learning & Logic
 - Emotional Regulation
 - Executive Functioning Skills
 - Virtue Acquisition!

Limbic System

- Simple Emotions
- Verbal Processing

Brain Stem

- Fight/Flight
- Autonomic Functions
- Appetite



**The best way
to teach your
children the
faith, is to
practice the
faith!**





Parenting is a **MINISTRY**

"The sacrament of marriage gives to the educational role the dignity and vocation of being really and truly a "ministry" of the Church at the service of the building up of her members. So great and splendid is the educational ministry of Christian parents that Saint Thomas has no hesitation in comparing it with the ministry of priests: 'Some only propagate and guard spiritual life by a spiritual ministry: this is the role of the sacrament of Orders; others do this for both corporal and spiritual life, and this is brought about by the sacrament of marriage, by which a man and a woman join in order to beget offspring and bring them up to worship God.'"

- Pope St. John Paul II & St. Thomas Aquinas

parenting is
HOLY work
with eternal
fruits!



Sacraments & Sacramental Living

First and foremost, bring your children to Mass every Sunday and make sure they have regular access to the Sacramental preparation and the Sacraments, including regular confession if they are of age to do so.

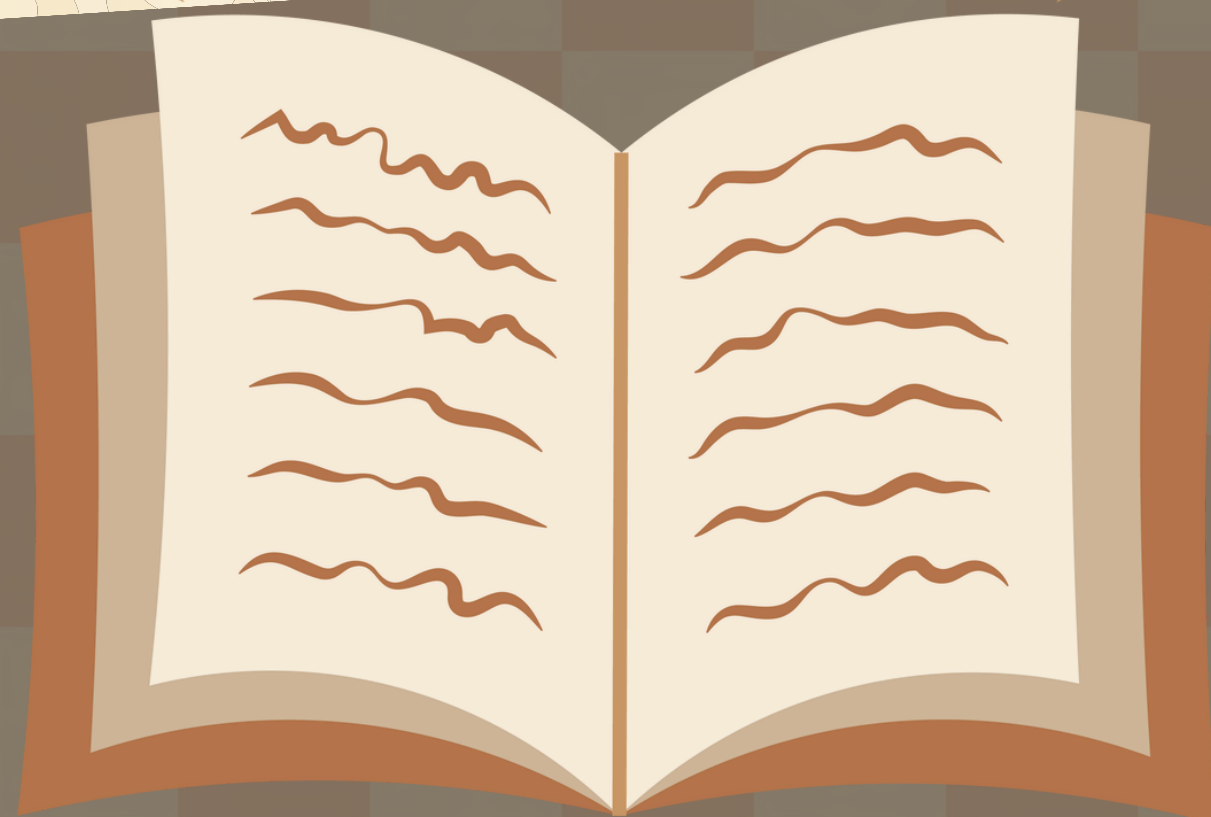
Consider adding a family Holy Hour once a month to your calendar and teach your children to spend time with our Lord in Adoration.

If your schedule allows, attend daily Mass once a week.





Scriptures



- Have a Bible visible & accessible
- Teach Bible Basics
 - p. 4 - Kid's Book
- Read the Scriptures
 - Kid's Bible
 - Bible in a Year
 - Weekly / Daily Mass Readings



Catechism



- Have a Catechism visible & accessible
- Teach Catechism Basics
 - Religious Ed
 - Kid's Catechism
 - Catechism in a Year

Saints



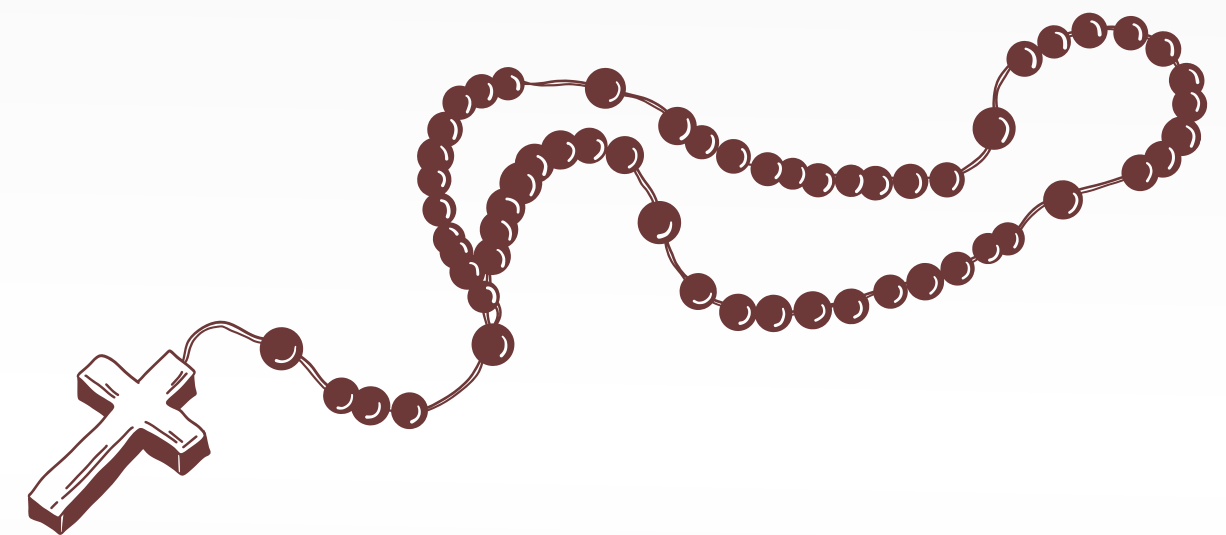
- Read about the saints
- Watch movies about the saints (FORMED)
- Listen to Podcasts about Saints
- Learn about any family patron or special saints
- Have pictures and/or quotes of the saints in your home
- Celebrate feast days



Prayer



- Basic Catholic Prayers
- Prayer Before Meals
- Night Time Prayers
- Family Rosary
- Praying ***for*** your children





Basic Catholic Prayers

OUR FATHER

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil. Amen.

HAIL MARY

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Prayer Before Meals

BLESS US O LORD

Bless us, O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, Our Lord. Amen

An illustration on the left side of the page shows a pair of hands clasped in prayer, rendered in shades of orange and red. The hands are set against a dark brown and grey checkerboard background. Above the hands are two white, hand-drawn style stars. Below the hands, there are more white stars and some abstract, layered shapes in yellow and green. The entire illustration is partially enclosed by a torn, paper-like edge that separates it from the text area on the right.

Morning Prayers

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

Nighttime Prayers

ANGEL OF GOD

Angel Of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

DAILY EXAMEN

God, you have been with us all day long, since the time we woke up until now; help us to remember our day, so we can bring it to you.

THANK God for what went well, **REPENT** for areas of sin, **ASK** for forgiveness where needed, **PETITION** to God for our needs and the needs of others.


An illustration of two hands clasped in prayer, with fingers pointing upwards. The hands are rendered in shades of orange, red, and brown. Above the hands are three white, hand-drawn style stars. The background is a dark brown and black checkerboard pattern.

Family Rosary

Consider ways to make this work for your family.



- Pray a decade or the whole thing
- Take turns leading each decade
- Follow along with a YouTube rosary or the Hallow app
- Use a children's rosary book
- Pray as a part of your bedtime routine
- Pray at the end of dinner
- Pray in the car on the way to school
- Do a rosary walk
- Keep rosaries visible and accessible

An illustration of two hands clasped in prayer, with fingers pointing upwards. The hands are rendered in shades of orange, red, and brown. Above the hands are two white, hand-drawn style stars. The background is a dark brown and black checkerboard pattern. The entire illustration is set against a larger background of a light beige, crumpled paper texture.

Pray For Your Children

Consider ways to make this work for your family.

- Spiritual Warfare - Lord, Send Angels
- Prayer for Conversion of Heart - Holy Spirit
- Mary's Intercession - Our Lady of Cana
- Intercession of Saints:
 - General - Name Saints, Birthday Saints, Etc.
 - Gifts - Saints with similar gifts
 - Struggles - Saints with similar struggles
 - Faith Formation - Name & Confirmation Saints

Spiritual Warfare

Lord Jesus, I ask for You to send angels of sufficient number, rank, power, and authority, to surround _____, our home, our relationships, our property, our vocations, everywhere we go, and everything we do. I ask for You to give these angels charge to do battle in the heavenlies on our behalf, fighting off and away every principality, power, and demon of darkness that may come to kill, steal or destroy in any way. I pray that these angels make space in our hearts to hear and experience the every word, gift, and work of the Holy Spirit in our lives. In the name of the Father, the Son, and the Holy Spirit, Amen.



Conversion of Heart

Holy Spirit, I ask that you convict _____. In Your loving care, bring them to a place of repentance, restoration in Christ, and right relationship with Our Lord. In the name of the Father, the Son, and the Holy Spirit, Amen.



Mary's Intercession

Mary, I ask that you hold my child in your arms of intercession. Advocate on behalf of their deficiencies. Lead them to an even closer relationship with Jesus, and pray that they may receive the graces they need, in order to do "whatever He tells them," so that they may fulfill the will of the Father in their life. In the name of the Father, the Son, and the Holy Spirit, Amen.



Intercession of the Saints

"I ask for the intercession of all the angels and saints, especially those who are near and dear to our family and those who can help us with our struggles.

Saint _____, pray for us."

Find saints to pray for your kids:

- General - Name Saints, Birthday Saints, Etc.
- Gifts - Saints with similar gifts
- Struggles - Saints with similar struggles
- Faith Formation - Name & Confirmation Saints, saints associated with their school or your parish



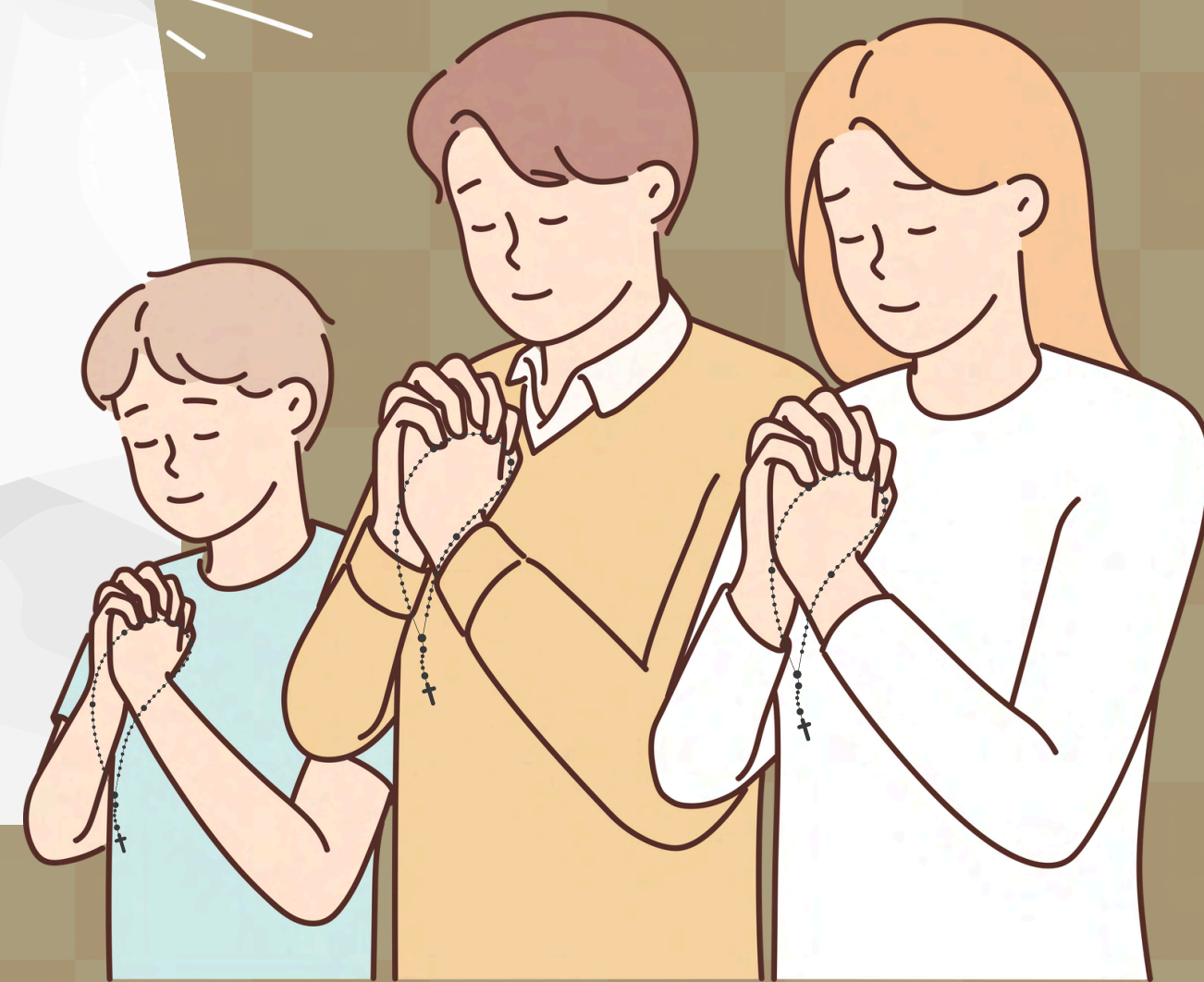
Consider:

What does it look like in our family to have our faith “interwoven” with the “characteristics of typical family life” as JPPII encourages us to do?

How can we include the scriptures in our daily lives?

How can we learn more about and incorporate the teachings of the saints in our home?

How is our family called to a life of prayer?



Resources

Prayer from Walking with Purpose That I Mentioned in the Talk

Lord, throughout this day, may I offer myself in humble service. May I be full of You, God, and empty of selfish desires and malicious intentions. May I drink deeply of Your Spirit, God, so that kindness and peacefulness flow through all my words and actions. May I be proud in praise of others and silent to their faults. May joy and laughter well up from deep within me, washing over sadness and disappointments that will surely come. May each and every day be your day God, and may all who see me, see only Your Son. Amen.

Prayer from *Touching the Divine*, a Walking With Purpose Bible Study

www.WalkingWithPurpose.com



RAISED IN GRACE
MADE FOR WHOLENESS

Raised in Grace: Made for Wholeness is a way of life or roadmap to aid educators, parents, and caregivers who are entrusted with the essential role of nurturing children through their developmental years.

<https://openlightmedia.com/raised-in-grace/>



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MEDIA

www.openlightmedia.com



Dominican Sisters of Mary
Mother of the Eucharist



Prayer for Angels

*In this FREE 30 minute webinar,
Jansen shares a simple and practical prayer of spiritual warfare. He also dives
deeper and teaches about the biblical and theological basis for the prayer.*

If you are looking for prayers of spiritual protection, look no further!

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