

# Family Faith at Home



## 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.



## Third Sunday of Easter

### Mass Readings:

Acts 3: 13-15, 17-19

Psalms 4: 2, 4, 7-8, 9

1 John 2: 1-5a

Luke 24: 35-48

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

### Discuss

After reading the Sunday readings, discuss as a family:

1. Are you, or when you were young were you, afraid of the dark? How does/did that make you feel? What do/did you when you are afraid of the dark?
2. Jesus' disciples were afraid when they saw him? Why? How did Jesus help them not to be afraid?
3. When they realized that it was really Jesus, the Gospel says they were filled with joy and amazed. Why does knowing Jesus fill you with joy? What has God created or done for you that amazes you?

### Share

Pope Paul VI wrote in a document called [Christian Joy](#), "Is it not normal that joy should dwell in us, when our hearts contemplate or rediscover, in faith, the fundamental and simple reasons for joy? God has so loved the world that He gave His only begotten Son; through His Spirit, God's presence does not cease to enfold us with His tenderness and to fill us with His life;" In today's readings we are reminded of the great truth of Easter: that Jesus died and rose from the dead so that we could have eternal life! In the Gospel, the disciples who have locked themselves up in a room because they were afraid, but this is no barrier to Christ! Jesus broke through their fear, and he can break through our fears too and fill us with joy!

### Watch

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

### Pray

[St. Philip Neri](#) is known as the patron saint of joy. As a family ask for his intercession with this prayer:

*O holy St. Philip Neri, patron saint of joy, you who trusted Scripture's promise that the Lord is always at hand and that we need not have anxiety about anything, in your compassion heal our worries and sorrows and lift the burdens from our hearts. We come to you as one whose heart swells with abundant love for God and all creation. Hear us, we pray. Keep us safe through your loving intercession, and may the joy of the Holy Spirit which filled your heart, St. Philip, transform our lives and bring us peace. Amen*

### Do

Pope Francis says the "the Christian identity card is joy" and "a Christian is a man, or a woman, of joy: a man and a woman with joy in their heart. There is no Christian without joy!" With markers, crayons, pens, and paper make a name card for your door. Put your name in the middle and then draw or write all the gifts that God has given you that make you full of joy! Hang them on your bedroom doors.

