

ARCHDIOCESE OF SEATTLE

# At Home with Faith

**Our anxiety about all the bad things that might happen to us,** even when we don't have something in mind can be a helpful reminder that we are meant to ground our hope for eternal life in Christ.

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## Read

Take time to read and reflect on the Scriptures for this day.

**Don't have access to a Bible?**

Visit [www.usccb.org/bible/readings](http://www.usccb.org/bible/readings) or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

In *The Courage to Be*, the theologian Paul Tillich describes how we struggle with anxiety because we feel alienated from God, our source of immortality. In many ways, this anxiety can be fruitful when it calls us to contemplate how, as Jesus promised "heaven and earth will pass away, but my words will not pass away." (Mark 13:31)

Jesus assures us that, when it seems that everything is falling apart, we need not panic. These signs of our world's fragility remind us that our destiny is to find our immortality in Christ. Through him we "shall shine brightly [and] be like the stars forever." (Daniel 12:3)

**Daniel 12:1-3**

The wise shall shine brightly forever.

**Psalms 16**

You are my inheritance, O Lord.

**Hebrews 10:11-14, 18**

Christ makes the perfect sacrifice for our sin.

**Mark 13:24-32**

Heaven and earth will pass away but my words will not.

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## Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Help your child to manage anxiety:

- **Share your own experience with anxiety:** If your child is anxious about events that might happen, let your child know about times you have struggled with anxiety, whether it had to do with health, a family member or world events.
- **Let your child know a little anxiety is natural:** Our souls were made for immortality, but our bodies are mortal. It makes sense that we would find sickness and death distressing.
- **Tell your child that anxiety is like a hunger for God:** God made us for eternal life with him and, in the same way that hunger leads us to get the food we need, anxiety should prompt us to seek a deeper encounter with Jesus.
- **Encourage your child to pray to Jesus about their anxiety:** Let your child know that Jesus loves to hear them pray to him. He is always listening and always ready to respond in love.



Year of the  
Family

Live the joy of God's love

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In that encounter with Christ, who shares our human vulnerability, **we find hope in rebirth through him.**

For more on the Year of the Family, visit <https://archseattle.org/yof>

**“In the same way, times of difficulty and trouble in the lives of family life can teach important lessons. This happens, for example, when illness strikes, since ‘in the face of illness, even in families, difficulties arise due to human weakness. But in general, times of illness enable family bonds to grow stronger ... An education that fails to encourage sensitivity to human illness makes the heart grow cold; it makes young people “anesthetized” to the suffering of others, incapable of facing suffering and of living the experience of limitation.”**

### **Amoris Laetitia (The Joy of Love) #277**

Pope Francis recognizes that we cannot escape the fragility of our bodies and he encourages us not to turn away from this reality. Though caring for those who are ill forces us to confront our own mortality and vulnerability, it also opens our hearts to an encounter with Christ. In that encounter with Christ, who shares our human vulnerability, we find hope in rebirth through him.

**For more resources, visit us online at:**

<https://marriagefamilylife.seattlearchdiocese.org/athomewithfaith>