

ARCHDIOCESE OF SEATTLE

# At Home with

# Faith

**St. Paul reminds the Ephesians about how their relationship with Jesus renewed their hearts and minds.** Jesus, the Bread of Life, does this in many ways, particularly in the Eucharist. Encourage your family to receive this gift and be renewed.

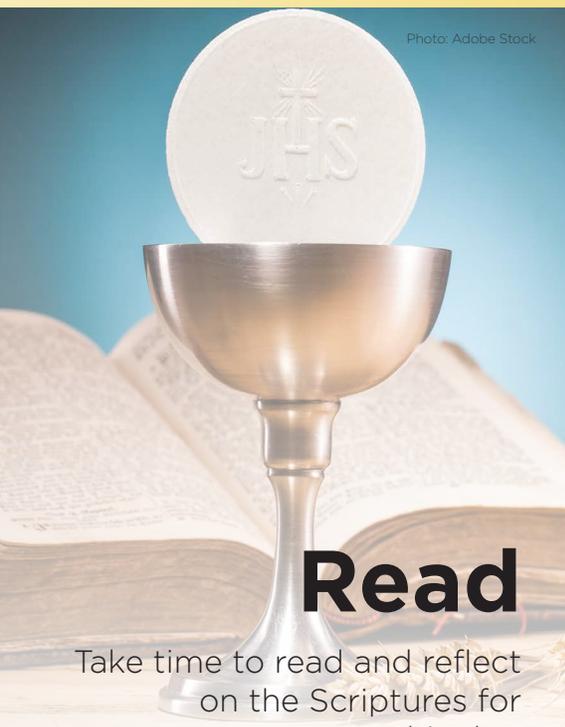


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## Read

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.

We live in what has sometimes been called a “culture of self-invention.” In other words, advertisements and the popular media that carry them often suggest that life is about how we go about defining who we are and getting others to see us as we see ourselves.

St. Paul is talking about something very different when he tells the Ephesians to put on the new self, created in God’s way. He encourages us to set aside all the desires and hunger that we had before in favor of a relationship with Jesus, who is himself the Bread of Life. Only in Jesus, encountered especially in the Eucharist, do we find the answer to our deepest longings.

**Ezekiel 16:2-4, 12-15**

“This is the bread that the Lord has given you to eat.”

**Psalm 78**

The Lord gave them bread from heaven.

**Ephesians 4:17, 20-24**

Put away the old self and put on the new self.

**John 6:24-35**

“I am the bread of life; whoever comes to me will never hunger.”

# At Home with Faith

## Talk

Here are some discussion starters to help you have **Great Conversations** with the whole family.

Let the Eucharist renew the hearts and minds of your family:

- **Make Mass a special time of the week.** Do your best to make going to Mass as a family a bonding experience. Try to give your family a little extra cushion of time before Mass so you aren't too rushed on the way. Also, try to provide your family a fun experience afterwards, whether it's time for coffee and donuts at the parish or a special activity.
- **Let your children know that Mass changes us inside.** Make sure your children know that receiving Jesus in the Eucharist changes us inside. Each time we receive the Eucharist, he is transforming us and changing our hearts and minds.
- **Observe how you feel different before and after Mass.** Sometimes we go to Mass when we aren't at our best. Whatever may be going on, maybe we are arguing with each other, maybe we're stressed about something, we might find that going to Mass helps to make us feel better. If you've ever had this experience, share it with your children and encourage them to look for it in their own hearts and minds.



Every time we receive the Eucharist, we are made more like the Holy Family **and given a fresh start with one another.**

**"The covenant of love and fidelity lived by the Holy Family of Nazareth illuminates the principle which gives shape to every family and enables it better to face the vicissitudes of life. . . . Every family, despite its weaknesses, can become a light in the darkness of the world. 'Nazareth teaches us the meaning of family life, its loving communion, its simple and austere beauty, its sacred and inviolable character. May it teach how sweet and irreplaceable is its training, how fundamental and incomparable its role in the social order.'"**

### **Amoris Laetitia (The Joy of Love) # 66**

St. Paul's encouragement to the Ephesians, that despite failures of the past, they begin anew in a life changed by Jesus, applies to our families, too. None of our families are perfect and we all have things that we have to get over or move beyond. Jesus is ready to help us do just that.

Let your family know that God wants to help us love one another in a new way, with a pure heart. Remind your family that every time we receive the Eucharist, we are made more like the Holy Family and given a fresh start with one another.

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

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