

ARCHDIOCESE OF SEATTLE

# At Home with Faith

**Rather than be ruled by our passions, we were meant to receive wisdom from God in the form of the Holy Spirit.** The first step in receiving the Holy Spirit is making space within our hearts for him to enter.



## 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.

Reading his warnings in our second reading it almost seems like St. James spent an hour scrolling through today's social media. With its tendency to emphasize conflict and the desire to possess, so much of what we see online triggers our passion but leaves us unsatisfied.

Of course, Jesus provides us a better way by encouraging us to set aside our desire to possess and control. Instead, he offers the example of the receptivity of a child. From the beginning, our Father in heaven designed us to receive the love of the Holy Spirit. Follow the [Make Space for God](#) plan to create space in our hearts and minds for God's joy.

**Wisdom 2:12, 17-20**

The wicked put the just one to the test.

**Psalm 54**

O God, by your name save me and defend my cause!

**James 3:16-4:3**

Where there is jealousy, disorder. Where there is wisdom, peace.

**Mark 9:30-37**

If anyone wishes to be first, he shall be the servant of all.

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## Talk

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

So much of what we find online is designed to trigger our passions to possess and control. Use our Make Space for God commitment to make family life more joyful. Remember, this works best when honored by children and parents!

- **No screens at the dinner table:** Make your dinner table a place where your family gives one another full attention and grows closer together. Saying grace at the beginning of the meal will start things off the right way.
- **No screens one hour before bedtime:** Two hours is best, but we can start with one hour. This provides you time to relax and prepare for sleep. It creates separation between what you encounter online and your time for rest. Replace the screens with other activities, such as reading or prayer.
- **No phones in the bedroom overnight:** Protect the bedroom as a place for uninterrupted rest. Rather than use phones as an alarm, use an alarm clock.



By setting aside our passions,  
**we create space for God to enter and bring us joy.**

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

**“The very special form of love that is marriage is called to embody what St. Thomas Aquinas said about charity in general. ‘Charity,’ he says, ‘by its very nature has no limit to its increase, for it is a participation in that infinite charity which is the Holy Spirit.’ . . . Marital love is not defended primarily by presenting indissolubility as a duty, or by repeating doctrine, but by helping it to grow ever stronger under the impulse of grace. A love that fails to grow is at risk. Growth can only occur if we respond to God’s grace through constant acts of love, acts of kindness that become ever more frequent, intense, generous, tender and cheerful.”**

### **Amoris Laetitia (The Joy of Love) #134**

Sometimes we act as if love is about fulfilling our desires or getting what we want. Pope Francis, quoting St. Thomas Aquinas, explains that it’s not about us taking what we want. Instead, it’s about receiving what God intends to give us: the Holy Spirit. By setting aside our passions, we create space for God to enter and bring us joy.

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

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