

DISCIPLES ON THE WAY

Spiritual Support During
the COVID-19 Outbreak



Diocese of
Green Bay

PARENTING RESOURCES

Discipleship is rooted in the home. Parents, take this opportunity to incorporate some of these practices into your family to grow in faith:



RELATIONSHIP WITH CHRIST

Enjoy the change of schedule and take a moment to build your own relationship with Christ through prayer, reading the Scriptures, and praying the rosary. Additionally, Bishop Ricken has declared a special year of prayer in honor of St. Joseph. This is a great opportunity for families in our diocese to seek out the intercession of St. Joseph.

www.gbdioc.org/stjoseph

INTENTIONALITY

This downtime is a great way to learn something new about your child and find a way to love them in what interests them. A great tool is the 5 Love Languages of Children. There are books and online quizzes you can read to discover more about what your children loves so you can be intentional in your time together.

www.5lovelanguages.com/profile/#discovery-child

AVAILABILITY

Make memories over these next few days that will last longer than the memory of this virus. Turn off all media for a little while and enjoy some simple time together by baking, playing games, doing an activity, etc. Sharing time together and being present to one another can quickly bring peace and joy to any situation.

*"If you want to bring happiness to the whole world, go home and love your family."
- Saint Teresa of Calcutta*

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OPENNESS

It is in adversity that we can teach our children how best to trust in God's care. Take the time to pray for those who are affected by the virus, create an intention list, read the lives of the saints together, or watch a spiritual movie/program. These acts of faith will help you and your children better cope with any stress that may come.

*"Faith is the assurance of things hoped for, the conviction of things not seen."
- Hebrews 11:1*

MAKE THE MOST OF THIS TIME TOGETHER

These are the days to create happy and lasting memories in your home and grow in your relationships. Once the disruption of the virus has passed, the happiness created together in these moments will endure.

*"So now faith, hope, and love abide, these three; but the greatest of these is love."
- 1 Corinthians 13:13*

ADD YOUR OWN IDEAS
