

Faith Sharing as a Family

Goals

- Families sharing caring, faith-based conversation
- Families connecting their daily life experience with their faith and perhaps Sunday liturgy

Barriers

- On average, a child spends three minutes per day in non-directive communication with his or her parents.
- Families are so distracted with activities that it's hard for them to be present to each other (or God).
- Families can be intimidated in having faith-based conversations.

Objectives

Help families insert faith sharing into their regular routine

- Have them insert it into "already scheduled" household life: supper, after particular events, etc.
- Special prayer or sharing times rarely work and are hard to maintain

Suggest reflective talk

- After an event such as sports practice or dance rehearsal, do "reflective talk." Simply ask questions of each other about the day and what's happening.
- Children can be drawn into a discussion through this Examen. Ask questions such as: What touched you about this event? What memories do you have about it? What really struck you in this? What did you learn from this?

Promote Using a Question of the Week

- Pick one question to reflect on as a family each week.
- Try drawing it from the Gospel for Sunday Mass, but don't be tied to that approach.
- Make it provocative and draw household members into the discussion.
- Post it on the fridge. Bring it up at supper.
- Subscribe to our Weekly Readings email for questions of the week for both parents and children.

GrowingUpCatholic.com/faithsharing