

## Families Fostering Scripture at Home



### 1. Prepare for the Sunday Readings

Use short portions from the coming Sunday's readings for prayer during the week. A psalm response can be used at meals or as part of morning prayer. Imagining Jesus in a Gospel story can be done before bed.

### 2. Use Scripture Stories as Bedtime Reading

Find age-appropriate children's bibles or storybooks to familiarize children with Bible stories.

### 3. Honor the Bible Visibly in the Home

Place the Bible in a position of honor. Put symbols of the liturgical season and a candle nearby.

### 4. Consider Purchasing a Family Bible

Family Bibles have space to write in important religious moments in a family's life, such as sacraments. It links a family's history to the history of the People of God, told in the Bible.

### 5. Give Each Child His or Her Own Bible

### 6. Send Your Child to Vacation Bible School

As a student or a helper, VBS is fun, fun, fun!

## Living Lent At Home

Lent is a time to step up the giving of ourselves to others. Here are some ideas:

- On Ash Wednesday, put each family member's name in a hat. The name drawn becomes one's **secret friend** for the Lenten season. Secretly, one looks for ways to help them with their work, encourage them with little notes, listen to them, give them small gifts, and especially to pray for that person. During Holy Week, make your secret friend a special Easter card.
- Have a **simple meal** one day a week during Lent and use the money that is saved to donate to some charity the family selects.
- **Plan a creative fast**, not just from meat on Fridays, but from harmful things such as too much TV watching. Instead, play a family game. Each family member can also fast from one bad verbal habit, such as tattling, yelling, complaining, or gossiping.
- **Give yourself as a family.** Bake cookies for an elderly neighbor. Find out who needs a ride to church and bring them with you. Invite someone who lives alone to dinner. Prepare a meal for someone who is sick or a shut-in. Offer to babysit for neighborhood children so their parents can have a night out. Ask your pastor if there are any jobs you can do as a family around the parish. Save all your change to donate to the Poor Box.
- Attend the Ash Wed. service, **Stations of the Cross** or a communal celebration of the Sacrament of **Reconciliation** at your parish.

