

Our hearts are restless, Lord,  
until they rest in you. St. Augustine

## Experience the presence and love of Christ In your family

### **You are Called to Listen and Pray Together.**

Up until Vatican II, reading and praying the Scripture was a tradition of relatively few Catholic families. If your family has not made that experience a regular part of your life together, take the following suggestions and see how they fit your circumstances. If Scripture is already a part of your family tradition, these suggestions may contain a few helpful ideas for you, too.

#### 1. Read and pray Scripture together regularly.

( Children's bedtime can be a good time or before the main meal of the day. Consider the time sacred- a time when you deliberately want to be together to love one another by sharing the Word. )

#### 2 Let the children do as much as possible.

(Every contribution they make should be appreciated, no matter how young they are. Memories of these times will have a profound influence on their relationships with you, with each other, and with God.)

#### 3. Prayer should be part of every Scripture gathering.

(After reading and sharing your thoughts, give each family member a chance simply to talk to Jesus or the Father or the Spirit or one of the saints or prophets. Silence is very good, too.)

- Focus on the presence of Jesus in your midst.

#### **Format**

- A family member chooses and reads the Scripture passage.
- Read the commentary from the footnotes and the introduction at the beginnings of the Gospel, letter, or book.
- Reflect on the passage. Then write or draw the thoughts and feelings that came to you from the reading .
- Share together.
- Make a family resolution- something positive that all call do.
- Do an activity- Memorization contest, Scripture game or snack.
- Pray together.
- Share a sign of peace and joy: embrace, shake hands, kiss. Talk to each other. The kingdom of God is in your midst.