

Year 1 – Session 6  
**Family Faith Formation**  
*I AM THE WAY, COME FOLLOW ME*  
**Following Jesus as a Family**

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**Resource for Adults:**

The Domestic Church [www.youtube.com/watch?v=vVhcaEEmDHo](http://www.youtube.com/watch?v=vVhcaEEmDHo)

**Objectives for Adults:**

- The importance and mission of the domestic church
- How to engage your entire family
- How to live this out daily

**Objectives for Children:**

- Jesus is my friend and affects my choices
- How you can do this at home and everywhere
- How can we invite others to do the same

**Objectives for Family:**

- Jesus is the heart of our family
  - Make Sunday the Lord's Day
  - Plan to be Christ centered inspiration for others
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**Welcome / Introduce Theme:** (5 min.) Families begin together

Today we are going to learn about following Jesus, how it helps us as individuals and as a family, and how it can change our world.

## Opening Prayer (10 min.)

### Sign of the Cross

### Scripture Reading

Observe, my son, your father's bidding, and reject not your mother's teaching; Keep them fastened over your heart always, and put them around your neck; For the bidding is a lamp, and the teaching a light, and a way to life are the reproofs of discipline; (Prov. 6:20-23)

People were bringing even infants to him that he might touch them, and when the disciples saw this, they rebuked them. Jesus, however, called the children to himself and said, "Let the children come to me and do not prevent them; for the kingdom of God belongs to such as these. (Luke 18:15-16)

### Sharing

Parent and child talk about, "What makes me feel loved?" and "How does this demonstrates following Jesus?"

### Glory Be

\*Children are dismissed to their session. (See children's lesson)

## Parent/Adult Presentation (30 – 40 min.)

### Catechism of the Catholic Church:

"Christ chose to be born and grow up in the bosom of the holy family of Joseph and Mary." (CCC 1655)

"In our own time, in a world often alien and even hostile to faith, believing families are of primary importance as centers of living, radiant faith. For this reason, the Second Vatican Council, using an ancient expression, calls the family the *Ecclesia domestica*. It is in the bosom of the family that parents are "by word and example...the first heralds of the faith with regard to their children." (CCC 1656)

"It is here that the father of the family, the mother, children, and all members of the family exercise the priesthood of the baptized in a privileged way..." (CCC 1657)

**Video: The Domestic Church** [www.youtube.com/watch?v=vVhcaEEmDHo](http://www.youtube.com/watch?v=vVhcaEEmDHo)

**Discussion: The words and their meaning...**

- What elements make up a “church”?
- Do you know of a home that you view as a domestic church?
- Do you view your own home as a domestic church?
- Why is this vital in our lives?

**Building up the kingdom....**

- How does your family demonstrate this defined mission? (prayer, quiet, forgiveness, service, love)
- What habits do we practice in our home that leads to a well-formed conscience?
- For my part, I am willing to commit to....
- How can you come together as a family in these things? And when?
- Commitment to Mass attendance.

**Making it happen...**

- Pray the Morning Offering each day
- Pray for your children every day
- Scripture and prayer
- Sacrifice and service
- Examination of conscience and forgiveness
- Holding one another accountable

**Prayer for parents:** Lord God, from you every family in heaven and on earth takes its name. Father, you are Love and Life. Through your son, Jesus Christ, born of woman, and through the Holy Spirit, fountain of divine charity, grant that every family on earth may become for each successive generation a true shrine of life and love. Grant that your grace may guide the thoughts and actions of husbands and wives for the good of their families and of all the families in the world. Grant that the young may find in the family solid support for their human dignity and for their growth in truth and love. Grant that love, strengthened by the grace of the sacrament of marriage, may prove mightier than all the weakness and trials through which our families sometimes pass. Through the intercession of the Holy Family of Nazareth, grant that the Church may fruitfully carry out her worldwide mission in the family and through the family. Through Christ our Lord, who is the Way, the Truth, and the Life for ever and ever. Amen.

## **Children's Presentation (30-40 min.)**

A letter from Pope St. John Paul II says,

“How important children are in the eyes of Jesus!”

“What does it mean that “Unless you turn and become like children, you will not enter the kingdom of heaven”? Isn't Jesus pointing to children as models even for grown-ups?”

“In children there is something that must never be missing in people who enter the kingdom of heaven. People who are destined to go to heaven are simple like children, and like children, are full of trust, rich in goodness, and pure.”

**VIDEO:**      <https://www.youtube.com/watch?v=JtSvwOOOTBI>

**Discussion:**                      **We can know Jesus as our friend...**

- What do you know about Jesus? (Posters of Gospel stories)
- How does Jesus ask us to treat one another?
- How does Jesus want us to think of Him?
- What helps us to live the way Jesus asks us to live?

**Each of us is called to...**

- Form good habits (Posters showing virtues)
- Always be a good example
- Invite others to join this “family”
- Speak God's love in the world

**I can practice this by...**

- Planning some prayer time and quiet time
- Always be willing to forgive
- Be helpful
- Share God's love with everybody

**Sharing and Action Plan – Children and Parents together (15-20 min.)**

**Discussion/sharing our experience**

**Activity** (Hand out action plan sheet to be filled out and taken home)

Schedule habit forming practices

- Going to Mass
- Morning offering
- Night prayer & examination of conscience
- Service to our community
- Spreading the Good News

**Closing Prayer and Ritual (10-15min.)**

Each person traces and cuts out their footprint and writes on it how they choose to follow Jesus.

Encourage them to do this ritual at home every month and choose another way to follow Jesus.

All pray: Our Father, Hail Mary, Glory Be

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