

# RAISING FAITH-FILLED KIDS

*a parent page*



## Focus on Faith

### The Ten Commandments

**W**hen Jewish people worship, they bring out the scroll containing the Torah, or the Law, with great reverence. They remember that God had saved the Israelites from slavery in Egypt. When God asked the people whether they wanted him to continue to be their God, they said yes. The Law, centered on the Ten Commandments, was given to them as a gift. The first three commandments taught them that only by loving God alone could they remain free. The last seven commandments gave them the basic principles they needed to live in peace with one another. The Ten Commandments remain for us, as Catholics, the fundamental teaching that God gives us in order to live in relationship with himself and others.

### Dinnertime Conversation Starter

**C**hoose a commandment that affects family life, such as the fourth, seventh, or eighth. Help the family determine positive ways to live that commandment.

### Hints for at Home



With your family, develop a checklist of weekly deeds that cultivate peace and justice according to God's commandments. The list should include actions that are relevant to each member of your

family. For example, say a prayer for someone you know who is going through a difficult time. Make a list for each family member and display the lists in a place where everyone can see them. Each time a family member has accomplished one of the deeds listed, that person should put a check mark next to that point. At the end of the week, gather the family and talk about what has been accomplished.



### Focus on Prayer

**Your child was encouraged to create a prayer of his or her own. Ask your child to help you write a prayer of your own. Don't ask to see your child's prayer but be willing to discuss it if your child wants to show it to you and talk about it.**



### Our Catholic Heritage

For many centuries Christians have recited certain prayers at particular times throughout the day. These sets of prayers are called the Liturgy of the Hours. Miriam's Song of Deliverance, found in Exodus 15:1–18, is one of the prayers found in the Liturgy of the Hours.