

RAISING FAITH-FILLED KIDS

a parent page



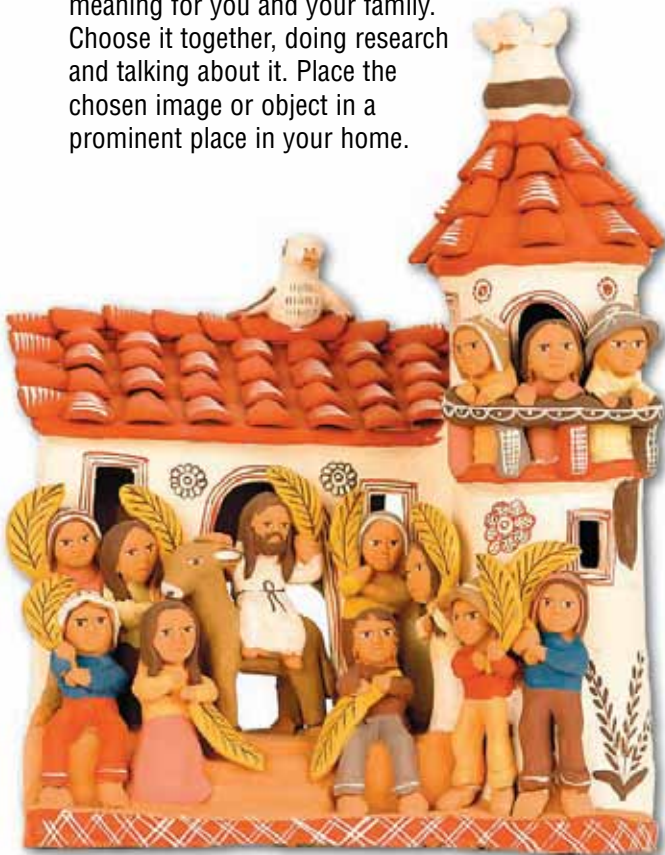
Focus on Faith

Becoming a Source of Blessing

At meals we begin with a prayer of blessing. We ask God to bless us and the gifts we receive. In saying this prayer, we recognize God as the source of all blessings. He is the source of all that we have and all that we share. God blesses us because he cares for us. What God asks of us is to share the blessings that we have received. We can do this with our children by blessing them with the Sign of the Cross every day. When this becomes an important practice in our homes, we show our children that the love we share is not limited to what we give them materially. God's love flows into us and overflows to others.

Hints for at Home

Sacramentals are sacred signs of the Church. With your child, obtain a religious image or object—a picture, a statue, a crucifix—that has a special meaning for you and your family. Choose it together, doing research and talking about it. Place the chosen image or object in a prominent place in your home.



Dinnertime Conversation Starter

With your family do a quick recall of how God blesses you personally or as a family. Starting at one end of the dinner table, ask each person to mention a blessing, either spiritual or material. Continue around the table until you run out of things to mention. Then thank God for his generosity.

Our Catholic Heritage

The term *sacrament* comes from the Latin word *sacramentum*. A *sacramentum* was a solemn oath or pledge of obedience such as that given by a Roman soldier to his commander. This was the visible sign of his allegiance. The term was adopted by the early Church to signify that the sacraments are visible signs of Christ's presence in the Church.

Focus on Prayer

Your child reflected on the story of Jesus' raising of Jairus's daughter (Mark 5:21–24, 35–43). Together read the story and then spend a few minutes silently reflecting on Jesus' healing presence and care for others, as well as on Jesus' presence in your lives.



Doré