

Building a Holy Family

In the joy of the Christmas season, we celebrate the Feast of the Holy Family. God so loves us that He sent His Son, Jesus, to be born into the context of the family and home of Mary and Joseph. As we reflect on all the images of Christmas, Jesus is at the center. When we place Jesus at the center of our lives and our homes, then you are strengthening and building your own holy family.

The Saint Joseph Relief in our Church offers us a beautiful and inspiring reflection on the dimensions of family life. Take some time to reflect on the images, the scriptures and reflections. Pray, with your family, this prayer of dedication to being a family and a home set upon the Lord.



FAMILY TIME MATTERS

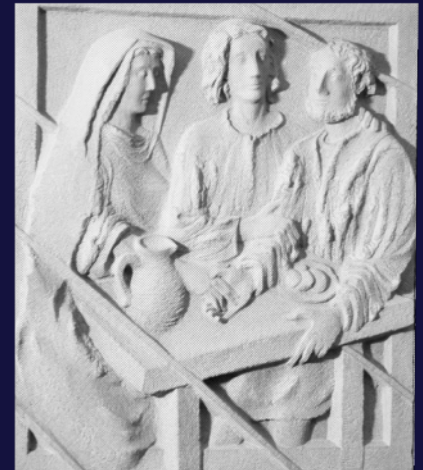
“Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people.”

- ACTS 2, 46-47

Our belief in the “magic” of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals.

Over three decades of research have shown that regular family meals offer a wide variety of physical, social-emotional and academic benefits. While some of these benefits can be gained through other activities, eating together is the only single activity that is known to provide all of them at the same time. (TheFamilyDinnerProject.org)

Make daily meals a priority in the life of your family.



PASS IT ON

“One generation praises your deeds to the next and proclaims your mighty works. They speak of the splendor of your majestic glory, tell of your wonderful deeds. They speak of the power of your awesome acts and recount your great deeds. They celebrate your abounding goodness and joyfully sing of your justice.”

- PSALM 145, 4-7

One of our greatest hopes and desires is that our children will continue with the same core values that define us. That they'll carry on with purpose and perseverance through life's difficulties, never forgetting who they are and whose they are.

What are the core values and priorities that set the foundation for your family? How are you clearly and consciously passing them on to your children, grandchildren and extended family members?



TOGETHER ON THE JOURNEY

“Train the young in the way they should go; even when old, they will not swerve from it...The LORD loves the pure of heart; the person of winning speech has a king for a friend. The eyes of the LORD watch over the knowledgeable, but he defeats the projects of the faithless.”

- PROVERBS 22, 6-12

Who are the people who are with you on the journey? Make a list so you can daily hold them in prayer and remember those you walk with and those who share the journey with you. **If you can, create a photo wall of the key people in your life. It's a beautiful and powerful way to remember who walks with you.**



CHERISH EVERY MOMENT

“There is an appointed time for everything, and a time for every affair under the heavens. A time to give birth, and a time to die; a time to plant, and a time to uproot the plant.”

- ECCLESIASTES 3, 1-2

Time is a precious gift from God. Live as to cherish every moment and each person who God has placed in your life. **Practically, take less photos so you can make more memories in your mind and heart.**



MERCY & FORGIVENESS

“And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.”

- EPHESIANS 4, 32

Family relationships are intricate and can be both a source of immense joy and profound challenges. Disagreements are inevitable in all families, but the ability to forgive and reconcile plays a pivotal role in maintaining healthy family bonds.

“For Christians, forgiveness is not only a moral duty but also a divine commandment. Central to our faith is Christ’s love and example transplanted into our hearts when He died on the cross for the forgiveness of our sins. And, because of His love and forgiveness towards us, we are compelled to show the same towards others.”

- BETH BAUS

Practice forgiveness in your home and with your family.

A Prayer for our Family

O Lord Jesus,
You lived in the home of Mary and Joseph in Nazareth.
There You grew in age, wisdom and grace as You prepared to fulfill Your mission as our Redeemer.
We entrust our family to you.

O Blessed Mary,
you are the Mother of our Savior.
At Nazareth you cared for Jesus and nurtured him in the peace and joy of your home.
We entrust our family to you.

O Saint Joseph,
you provided a secure and loving home for Jesus and Mary,
and gave us a model of fatherhood while showing us the dignity of work.
We entrust our family to you.

Holy Family,
we consecrate ourselves and our family to you.
May we be completely united in a love that is lasting, faithful and open to the gift of new life.
Help us to grow in virtue,
to forgive one another from our hearts, and to live in peace all our days.
Keep us strong in faith, persevering in prayer, diligent in our work, and generous toward those in need.
May our home, O Holy Family, truly become a domestic church where we reflect your example in our daily life.
Amen.

Jesus, Mary and Joseph, pray for us!