

Caring Conversation at Home

1. Share “highs” and “lows” of your day or week.
2. Make a point of talking about what happened in church, adult class, Sunday school or at youth group.
3. Ask: “How did you see God working today?”
4. Have a time of affirmation for your family: “When I think of you, I thank God for . . .”

Rituals and Traditions at Home

1. Eat meals together without the TV on.
2. Mark regular family events with simple faith celebrations. Celebrate birthdays, baptismal anniversaries, wedding anniversaries, etc.
3. Say a “Greeting Blessing” as you greet each other after coming home from school and work. Make the sign of the cross on your loved one’s forehead and say: “May the Word of Christ dwell in you richly.”
4. Say a “Sending Blessing” to your loved one as he or she leaves the house. Make the sign of the cross on your loved one’s forehead and say: “Be strong and bold. Do not fear. The LORD your God goes with you.” (You might bless teenagers as they go out by saying: “Remember whose you are.”)

Devotions at Home

1. Say together the Lord’s Prayer each day.
2. Set up a family altar. (You can use candles, Bibles, a cross, and any other drawings or symbols.)
3. Set up a “Prayer Sheet” on the fridge. Have members of your family write prayer concerns for the week on the paper. Take turns praying for each of the different prayer requests.
4. Say “grace” before meals.

Family Service

1. Remember: household chores no longer exist - there are only *opportunities for service!* Ask: How can you help or serve each other?
2. Recycle at home. Pick up trash wherever you go!
3. “Adopt” an elderly member, a college student to support through prayer and friendship. You may try “adopting” a charity and support it financially and prayerfully.
4. Plan “hospitality nights” when you can have another family around for dinner.