



# RITUALS AND TRADITIONS



Routines make us human! Rituals and traditions are routines – patterns of behavior that occur regularly. They communicate **MEANING**, **VALUES**, and **RELATIONSHIPS** that exist between people and with God. For the Christian community, the way people greet one another each day, the use of a table grace, bedtime prayers, regular worship, the blessing of a Christmas tree, and birthday or baptismal anniversary celebrations are examples of family rituals and traditions that communicate the GOOD NEWS of JESUS CHRIST.

You probably have more rituals and traditions than you realize. What does your family do every day? Do you say grace before meals? Do you have a good night/bedtime routine? Are there games that you like to play as a family – on car trips or Friday nights? Do you celebrate birthdays? Graduations? Do you say “God bless you!” when you sneeze?

If you want to be more intentional about adding a ritual to your family’s routine, consider adding sending blessings:

Make the sign of cross on your loved one’s forehead and say:

1. “May the Word of Christ dwell in you richly.”
2. “May the Lord bless you and keep you.”
3. “God loves you and so do I.”

OR, you may try:

1. Have one person say: “The peace of the Lord be with you”  
Have another answer: “To infinity and beyond!”
2. Have one person say: “The peace of the Lord be with you”  
Have another answer: “And also with you!”

THE KEY IS . . . Finding a way to SHOW God’s love –  
and yours - to those you care about  
EVERY DAY!

