

## **FAMILY FAITH FORMATION TEAM**

### **FAMILY IDEAS FOR SACRAMENTS**

#### **PRAYER AND REFLECTION**

- Start a prayer journal using an exercise book or note book and cover and/or decorate
- Write your own prayers to God
- Ask Jesus to be with you as you prepare to receive him in your hearts through the Sacraments.
- Learn and pray prayers with your family such as the Our Father, Hail Mary, Glory Be, a Sorry prayer asking for forgiveness, the Apostles' Creed, Come Holy Spirit. Use these in your prayers during the week.
- Explore your favourite Morning and Night prayer.
- Search google for other prayers you may like.
- Learn the prayers from the Mass: Gloria, Holy Holy, Lamb of God
- Search you tube for songs by Michael Mangan, Andrew Chinn and John Burland. Use these as part of your prayer or enjoyment as a family.
- Discuss with your family about what you are looking forward to in receiving the Sacraments. Write a prayer to Jesus about this and ask him each day to help you.
- Each night, thank God for the blessings of the day. Ask Jesus to show you what were the good or poor choices you made that day at school or home. Reflect on your thoughts or actions during the day - the actions you took or the actions for good that you didn't take. Reflect on what you could do to make up for the poor choices or what actions you can take the next time. Write to Jesus about thanking him for his help during the day and asking him to help you to do better and grow close to him.
- As a family, use the *Family Liturgies* each week based on the Sunday Gospel from the following link: <https://adelaide.catholic.org.au/our-works-and-community/family-and-parish-based-catechesis/prayer-services>



#### **GOSPEL STORIES**

- Search youtube for gospel stories such as Zacchaeus, the Good Samaritan, the Good Shepherd or the Lost Sheep, the Prodigal Son, the First Eucharist or the Last Supper, Pentecost or the Coming of the Holy Spirit. Share and discuss with your family. Then, write a prayer or a reflection on the message of Jesus' story for your life at home or at school.
- Search for activity sheets on the Gospel stories.

#### **INSPIRING PEOPLE**

- Reflect on people you know among your family, friends or school and write why they inspire you
- Write about or draw the wonderful gifts God has given to you
- Using google or books from your school library, explore Saints who may inspire you and write why in your prayer journal.
- Search youtube for video clips on the *Gifts of the Holy Spirit* and reflect which gift you would like the most in your life and why. Write your reflection in your prayer journal.
- Search youtube for clip on the *Fruits of the Holy Spirit* and write in your journal who you know who show these gifts in their lives. Discuss with your family what fruits of the spirit you see in your own lives and which fruits of the Spirit you would like to grow in.