

## Virtual Family Faith Formation Reflection Guide

March 23, 2020

### Reflection Questions (Parents Only):

I invite you to take a few minutes each day to ponder the following questions. It might be helpful to start a notebook for this journey so you can record your responses and those of your child each week.

- 1) How would I describe my current faith life? (I.e. vibrant, life-giving, non-existent, struggling, lukewarm, etc.)
- 2) How do I feel about leading my child(ren) in their faith formation and spiritual life? What joys do I foresee on this journey? What challenges do I see ahead of me?
- 3) What are some ways that I can grow in my own relationship with Christ? What is one small step that I can do today toward growth?

### Family Reflection Questions:

- 1) What comes to mind when you think about God?
- 2) How can we grow together as a family in our faith during this time?

### This Week's Activities-For Parents:

- Start a journal or notebook to record notes from the videos, write down questions and ideas, and help process this experience.
- Make sure to practice self-care. You are going through a lot right now. It's okay to take a break—exercise, go outdoors, read a good book, enjoy some tea. Make time each day for a little bit of joy-filled renewal.
- Find one small way each day to grow in your friendship with Jesus. Some examples might include:
  - Read the Sunday readings ([www.usccb.org](http://www.usccb.org))
  - Start faith-based book
  - Listen to podcast that focuses on growing in your faith (Recommend: Pray As You Go)
  - Connect with other parents to talk about this journey
  - Make time for 5 minutes of silence in the morning.

## This Week's Activities-For Toddlers:

Look for concrete objects in your home that can remind your child of God, Jesus, Mary, the Saints. This can be a statue of Jesus, a cross, saint holy cards, images of the Holy Family/ Mary/Jesus. If you don't have any of these things, consider making or purchasing some small items. Young children experience the world (and their faith) through their hands. You can use these items to help your child learn the names of those central to our faith. Keep it short and simple. Hold the statue of Jesus and say "Jesus." Point at the picture of Mary and say "Mary."

### **PROJECT IDEA: Saint Cards on a Ring**

This is a relatively easy project to do. You can either purchase a laminated saint cards OR you can print the cards off and laminate at home (with self-laminating packets). Then, punch a hole in one corner and bind together with a loose-leaf ring OR piece of string.



## This Week's Activities-For 3-6 Year Olds:

Make time this week to learn a new song or two with your child that will help your them learn more about their friendship with Jesus. Here are some suggestions:

[Liturgical Colors Song](#)

[Kingdom of God Song](#)

[God is so Good](#)

## This Week's Activities-For 6-12 Year Olds:

Invite your child to begin their own journal for this experience. Get a notebook and allow them to decorate it as they wish. On the first page, have them write down the following questions and give them time to reflect on it this week:

*What are my feelings about the world right now? Can I see God at work at all? How?*