

Home Activity

Sign of Blessing – Prayers for the Domestic Church



“The family is the domestic church...the home is the Church in miniature.”

Pope St. John Paul II

Saint John Paul II described the family as the domestic Church. He reminded us that our life as a family is holy – the way that we care for each person reminds us of how God loves us. Our love for each other is also a sign of love for the world!

Watch this video. (You can watch this together if you are a family with teenagers.)

The Domestic Church, published by NFCYM August 14, 2014

<https://www.youtube.com/watch?v=vVhcaEEmDHo>

This video reminds us that:

- Family Life is Sacred
- Family Activity is Holy
- Families have a Unique Ministry
- Families are an Evangelizing Community

One way to remember that family activities are holy is to pray the moments of family life. During our gathering, we talked about and practiced together a sign of blessing by making a Sign of the Cross on the forehead. Take some time to think about and discuss these questions:

- *What are the times and ways we pray as a family?*
- *What are some ways we can bless each other and pray for each other?*
- *What are some new ways we could pray together?*

Use these resources provided by Loyola Press for praying as a family.

<https://www.loyolapress.com/catholic-resources/family/praying-as-a-family/>

All websites were accessed successfully as of May 1, 2021.