

JOURNEY TO

FAMILY

CONSECRATION

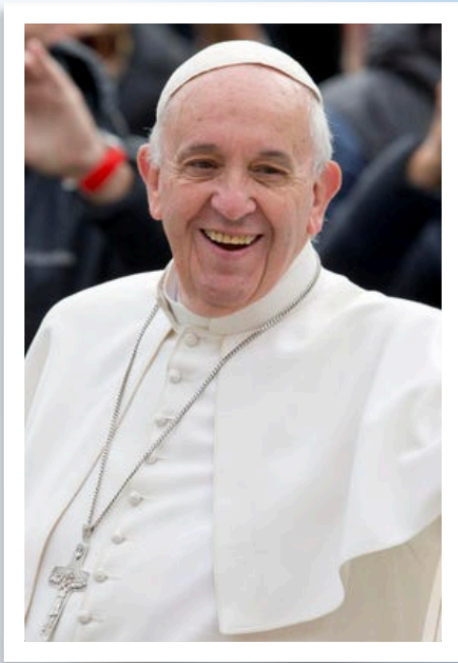
TO THE HOLY

FAMILY

(WEEK 3)



**BROTHERHOOD OF CHRISTIAN
BUSINESSMEN & PROFESSIONALS**



"No family drops down from heaven perfectly formed; families need constantly to grow and mature in the ability to love."

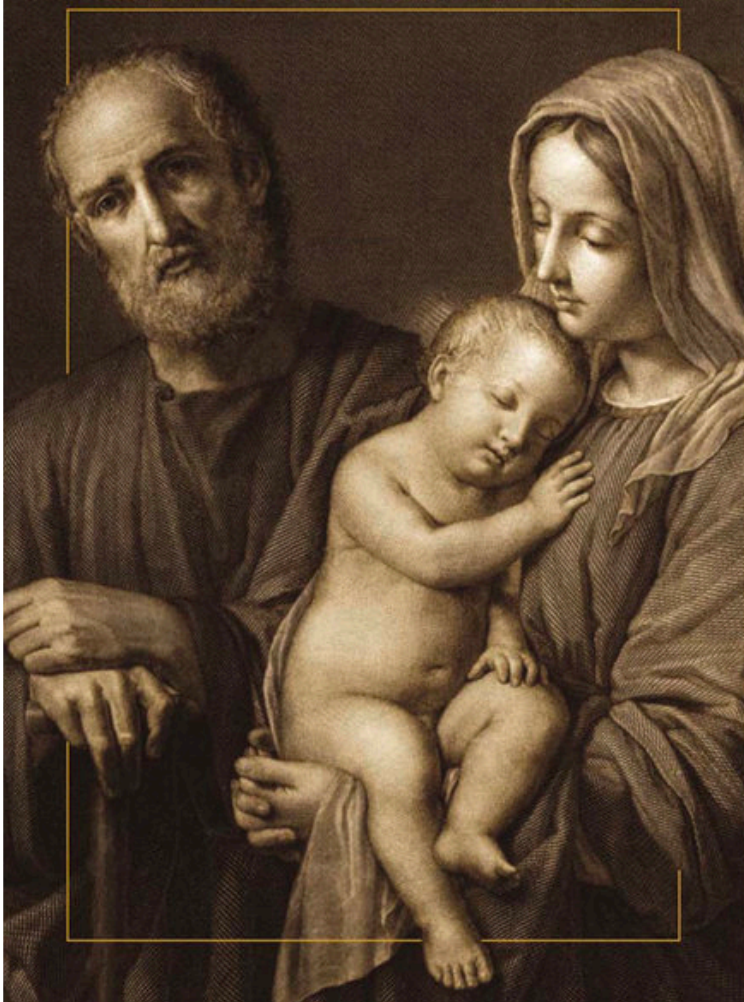
BY POPE FRANCIS

"The best way to bring Jesus back again into the family life is to consecrate the family to the sacred heart of Jesus, through Mary. Great changes happen to the family after the consecration."

BY ST. TERESA OF CALCUTTA



CONSECRATION TO THE HOLY FAMILY



O Lord Jesus,
you lived in the home of Mary and Joseph in Nazareth.
There you grew in age, wisdom and grace
as you prepared to fulfill your mission
as our Redeemer.
We entrust our family to you.

O Blessed Mary,
you are the Mother of our Savior.
At Nazareth you cared for Jesus
and nurtured him in the peace and joy of your home.
We entrust our family to you.

O Saint Joseph,
you provided a secure and loving home for Jesus and Mary,
and gave us a model of fatherhood
while showing us the dignity of work.
We entrust our family to you.

Holy Family,
we consecrate ourselves and our family to you.
May we be completely united
in a love that is lasting, faithful
and open to the gift of new life.
Help us to grow in virtue,
to forgive one another from our hearts,
and to live in peace all our days.
Keep us strong in faith, persevering in prayer,
diligent in our work, and generous toward those in need.
May our home, O Holy Family,
truly become a domestic church
where we reflect your example in our daily life. Amen.
Jesus, Mary and Joseph, pray for us!



Prayer composed by Archbishop William E. Lori of Baltimore, Supreme Chaplain.

10371 2/16

WEEK 3. GROWING IN VIRTUE AS A FAMILY

OPENING PRAYER



Dear Lord, we thank you for the past week. It was a busy one but we are happy to have this special time together again as one family. As we devote these next moments together, we invite your Holy Spirit to join us, to be with us in our conversations, to listen to our laughter as well as our quiet reflections.

Grant us the grace to be able to share ourselves with the people whom you have chosen to be our family. Different and imperfect as we are, you somehow bound us together in a love that is lasting and faithful.

We pray for a chance to become more like you, especially in the way we relate with one another. Like Jesus, Mary and Joseph in Nazareth, may our daily life help us to know and rediscover each other more and lead us to find you there. We entrust our family to you. Amen.

QUICK REVIEW

Last week, we reflected on our family unity, identifying the casual as well as the serious roles we play in our day to day life together, and what makes us unique as a family. Some were new revelations about each other, but most were common facts we already knew, but just never got to share with each other.

Living in harmony all the days of our life is never easy. It is a decision we choose to make just as loving one another is, whether as husband and wife, parent and child, or as siblings. We deepen this commitment by looking at ways of showing true authentic love by growing in virtue as a family.



Let's watch this video by Fr Mike Schmitz on Family bringing out the worst in you (so that God can heal it).

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

POINTS FOR REFLECTION

'The virtuous man does what is good CONSISTENTLY, EASILY and JOYFULLY.'
- Catechism of the Catholic Church

Growing in virtue is a habitual and firm disposition to do good. It is giving the best of ourselves consistently, no matter what the circumstances may be. Being generous, patient and kind even when we are tired, stressed or overwhelmed in life. It is doing good deeds delightfully, finding a deeper joy in living the way God created me to live.

In the family, where guards are all down, it is easy to swing to do otherwise, because we think our family will understand us anyway. But what a gift it will be for relationships, if we effortfully choose to act kindly especially with our family.

To grow in virtue takes time and practice. We need to persevere until it gradually becomes natural. Hard as we think it may be, the good news is: it is possible by God's sanctifying grace. He fills in every time our weak human nature can't do it. His grace transforms and allows us to be more patient, humble loving. *It is no longer I who live, but Christ who lives in me. - Gal 2: 20*

Let us try to practice this by doing this family activity together.

FAMILY ACTIVITY

1. Prepare sticky notes or sheets of colored paper cut into about 3"x 3" pieces and masking tape.
2. Using colored sheets of paper, write three (3) virtues you think each family member possesses and stick this at the back of the shirt of that member with masking tape. You may choose from the following list or add your own:

Kindness	Generosity	Humility
Patience	Self Control	Diligence
Courage	Perseverance	Cheerfulness
Gentleness	Simplicity	Faithfulness

3. When all are done, take time to remove sheets of paper behind your back and read them quietly, reflecting on the virtues that you have successfully lived out in your family.
4. You may choose to share your reflections on the activity with each other over your family snack.

Note. For those who will be virtually meeting as a family, you may opt to do this activity via other platforms like Mentimeter, Padlet, Kahoot or simply send your answers to different family members via SMS or messenger, telegram, viber any whatever group your family is in. The more creative, the more fun it will be.

CLOSING PRAYER

Prayer for Generosity

<https://open.spotify.com/track/2hUjEsvyedUjaniDWOxpw?si=6a90bb822df34f37>



All: Jesus, Mary and Joseph, lead us to grow in virtue and to be diligent in our work. We entrust our family to you. Amen.

HOMEWORK



Make a family virtue chain by observing/catching random acts of virtue done by any member of the family this coming week/s, e.g. an older sibling being patient with me, being complimented by my spouse, house chores done without complaining. Write each virtuous act on a pre-cut piece of colored paper (about 2"x6" strips) and tape ends together like a link. Place on top of your family altar...or dress as a garland on your Christmas tree.

The more acts done, the longer the family virtue chain, allowing each of us to truly grow in virtue not only this week but everyday of our lives as a family.

Take time this week to also think of a virtue you feel you need to grow in personally. Bring this to God in your personal prayer time.

Additional Assignment for Week 4 Leader:

Please prepare a vigil candle (preferably bottled), 1-2 boxes of matchsticks, and a clay pot or empty old can (used as a trash bin) to be used for family activity next week.