

1 - Introduction

The purpose of this catechesis is for the family to have a shared experience of the Good News of the two previous catechesis, that also includes the smallest children.

Sit down with the whole family and share a few words from what you have discussed and meditated on previously. One key point is to communicate that God's love has brought us together as a family, and He is the source of all good and love that we share. He created us. Because none of us are perfect, and both parents and children need to grow, Jesus has showed us the way.

2 - Reading the Holy Scripture

Create a ceremony for the reading of the Gospel together in the livingroom: put a cross, candles, and the Bible on your table (you can also have holy water if available at the house).

- Do the Sign of the Cross together (if available with holy water).
- Pray to the Holy Spirit:



Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

L. Send forth your Spirit and they shall be created.

A. And You shall renew the face of the earth.

Let us pray. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

A reading from the Gospel according to St. Matthew (6,8-15).

Your Father knows what you need before you ask him.

9 So you should pray like this: Our Father in heaven, may your name be held holy,

10 your kingdom come, your will be done, on earth as in heaven.

11 Give us today our daily bread.

12 And forgive us our debts, as we have forgiven those who are in debt to us.

13 And do not put us to the test, but save us from the Evil One.

14 'Yes, if you forgive others their failings, your heavenly Father will forgive you yours;.

15 but if you do not forgive others, your Father will not forgive your failings either.

Explanation

The “Our Father”, which was thought to us by Christ himself, really sums up the previous meditations on Love in the Family - Strength of the Church. Christ did not only teach us how to pray. When we do everything “in the Lord”, that is “in Jesus”, we stand together with Him as sons and daughters of our heavenly Father, and together we can say “Our Father”. That’s why “Our Father” must be the most important prayer of our family and each of us individually. It’s a constant reminder that we are brought together as a family because of God our Father’s love.

3 - Prayer and activity

- a. Pray the “Our Father” together:

OUR FATHER,
WHO ART IN HEAVEN,
HALLOWED BE THY NAME;
THY KINGDOM COME,
THY WILL BE DONE ON EARTH
AS IT IS IN HEAVEN.
GIVE US THIS DAY OUR DAILY BREAD;
AND FORGIVE US OUR TRESPASSES
AS WE FORGIVE THOSE
WHO TRESPASS AGAINST US;
AND LEAD US NOT INTO TEMPTATION,
BUT DELIVER US FROM EVIL. AMEN.

- b. Try to come up with hand or body motions that correspond with the words of the prayer.
c. Pray the “Our Father” with the hand/body motions.
d. End the family catechesis with a big family hug.

