



A FAMILY OF *Faith*

September 2020

An Interactive Family Guide

*“and coming to her, he said, ‘Hail,
favored one! The Lord is with you.’”*

Luke 1:28



Summary Checklist

Like and bookmark our pages, so you know where to find us:

- ☐ [Families of Faith Resources page](#)
- ☐ [Families of Faith Facebook page](#)

[September Overview: Sacraments:](#)

- ☐ Watch the Sacraments video

[Our Catholic Home: Prayer Before Meals:](#)

- ☐ Post a mealtime picture or video on all your social media platforms and use the hashtag for a special prize. #CatholicShrineAtlanta

[Activity 1: Bible Basics:](#)

- ☐ Test your Bible knowledge

[Activity 2: Basic Catholic Prayers](#)

- ☐ Write down all the prayers you can say collectively in five (5) minutes
- ☐ Write a family prayer and pray it every day this month.

Preparation the Community Activity, Oct 4:

- ☐ Be ready to introduce your family in a creative way for at least one (1) minute.

Contact [Damellys](#) if you have any issues.

September Overview

The sacraments are about God's love, fully shared and revealed to us in Jesus Christ. They are the foundation of our Christian living. We will learn about each of the sacraments: Baptism, Confirmation, Eucharist, Penance and Reconciliation, Anointing of the Sick, Holy Orders and Matrimony.

The sacraments are important parts of each stage of life, in which we receive God's free gift of grace. Through the grace given to us in the sacraments, Jesus brings us into communion with Himself, the Father, and the Holy Spirit, and with one another in the church.

As we begin this journey, let us rejoice that Jesus is with us in the sacraments!

THE SACRAMENTS by ODB FILMS



Our Catholic Home

Prayer Before Meals

Praying before meals is a loving, simple, and practical way to interweave our faith into our daily lives.

Begin and end with the 'sign of the cross:'

Bless us O Lord,
and these thy (your) gifts,
which we are about to receive,
from thy (your) bounty,
through Christ our Lord.
Amen.

Post a mealtime picture or video by Sunday, September 30th on all your social media platforms to be entered in a special drawing (one entry per post). Use the hashtag:
#CatholicShrineAtlanta

Let us commit to pray this month before every meal, no matter where we are.

Activity 1

Bible Basics

The Old Testament begins with the book of Genesis, which tells the story of how God created the world, Adam and Eve's fall from grace, and the promises God made to the Israelites. Broadly speaking, the Old Testament includes the Pentateuch (the first five books called the Torah by the Jews), the historical, the wisdom, and the books of the prophets.

The New Testament tells the story of Jesus Christ, and it was written by the Apostles or their immediate disciples. It begins with the four Gospels: Matthew, Mark, Luke, and John, which tell the story of Christ's life from the Annunciation to the Resurrection. The Acts of the Apostles tells the story of the early Church. Following this are 21 epistles or letters to churches in the ancient world. The final book, Revelation, offers hope to a church under persecution, expressing belief in God's justice and victory over evil.

Test your Bible knowledge with this matching game!

[Start Game Now](#)

Note: Catholic bibles have seven more Old Testaments books than Protestant bibles.

Activity 2

Basic Catholic Prayers

Our communication with God can be expressed in a variety of ways. We communicate with God using words, songs, imagination, silence, ritually and spontaneously.

We can pray in church, our gardens, our cars, or while in the shower. We can also pray laying in bed, as the first thing we do when we wake up, and the last thing we do as we drift off to sleep. One of the characteristics of prayer is that with the right intention every moment of the day (all our hopes, works, joys, and sufferings) can become our prayer.

Catholics pray in different ways. The Catechism names three major expressions of prayer: vocal prayer, meditation, and contemplative prayer.

HOW WE PRAY VIDEO



Activity 2

Basic Catholic Prayers (continued)

Today, we are going to test our combined knowledge of ritual vocal prayers and enhance your prayer arsenal.

Activity 2.1

Set a five (5) minute timer and write all the prayers you have committed to memory. Only prayers that are recited in their entirety can be counted.

Traditional Catholic Prayer List
LOYOLA PRESS

Activity 2.2

Write your own prayer. You can use this acrostic as a guide to write your prayer: A.C.T.S. Each letter stands for one of the key elements of prayer:

- (A) Adoration: love, honor, worship
- (C) Confession: admission of failure & to seek forgiveness
- (T) Thanksgiving: expression of gratitude
- (S) Supplication: petition, asking for help