

# WHILE AT HOME

March 21, 2020

## Celebrating the Day of the Lord at Home

Right now is an excellent time to renew our trust in God and teach our family to depend on Him to strengthen our faith, with the certitude of hope and the zeal of Christian charity. Offering prayers for other families or people that are going through difficulties because of the virus is a way to teach our kids, by example, how Christians trust in the only one that has the dominion of this situation: God.

Take advantage of this opportunity to pray together and teach others how to pray!

### How can we pray?

Families are domestic churches! What a great opportunity to really make our home a domestic church and share where faith is taught, shared and strengthened.

#### CONSIDER THESE WAYS TO PRAY TOGETHER:

- **Just start praying:** Need some prayers to help you get started? Find Spiritual Resources and Prayers available for free on the Archdiocese of Galveston-Houston website online at [www.archgh.org/spiritualresources](http://www.archgh.org/spiritualresources). You'll find many prayers, reflections, links to other resources, including the Pope's Worldwide Prayer Network and a link to the Online Mass and Liturgy guide and schedule.
- **Family meetings:** Sit together with as a family and start, or continue, to have family meetings. Ask questions about feelings, convictions and give each family member the chance to examine their strengths together with things that have not worked out or simply failed, and propose an action plan on how each member can help each other.
- **Create a sacred space:** "Altars have been meeting places between God and humans for ages and continue to be used in both old and new forms." (Reminders of God, Anne Grizzle – Paraclete Press 2004) This is a great occasion to build a sacred space at home in which we place all our petitions for the family, friends, community and world's needs. A sacred space used only as a place for prayer, where the family gathers together to encounter God in an intentional way.
- **Internet inspiration:** Search online for credible Catholic resources to increase the creativity in living the faith at home, print
- **Watch the Mass together:** Watch the Holy Mass, livestreamed online or on the TV, altogether in your family or living room as if you were at your parish church. Create a sacred space by placing a crucifix, Bible and sacred art in the center of the gathering space where you're watching Mass. If it's safe, light candles.
- **Quiet your heart:** Prepare your family for Mass just as if you were inside your parish church. Put away or silence any distracting devices.
- **Respond:** During Mass, respond out loud to the prayers said by the priest.
- **Follow along:** Use your Bible or Missal (also available online) to follow along during the Liturgy of the Word.
- **Sing:** Sing the hymns; if there's no music, sing or play hymns you know, or if you can, lead your own family in worship and song at the end of Mass.
- **Give thanks:** Once Mass concludes, spend some time to quietly offering a prayer of thanksgiving to God.
- **Act of Communion:** While circumstances may keep you from receiving Holy Eucharist in person, offer an Act of Spiritual Communion.



THE ARCHDIOCESE OF  
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### Find Spiritual Resources and Prayers online

[www.archgh.org/spiritualresources](http://www.archgh.org/spiritualresources)

Pray the Archdiocesan Prayer in the Time of the Coronavirus, find links to other prayers and more.



### An Act of Spiritual Communion

I wish, my Lord, to receive you with the purity, humility and devotion with which your most holy Mother receive you, with the spirit and fervor of the saints.

— St. Josemaria Escriva

Find videos and more online at [archgh.org/familylife](http://archgh.org/familylife)