

FAMILIES ON FIRE



You shall love the
Lord your God
with all your heart,
with all your soul,
and with all your strength.

Deuteronomy 6:5



Reflection: October: Devotion

To have devotion to something or someone means to hold extreme respect and loyalty towards that thing, purpose, or person. There are things in our lives that we automatically are called to show devotion to. Some devotional practices come as easy as being available to our family. When we are a part of something such as a community, club, team, and family, the way we act, shows the level of devotion we have. This is just as true when we put devotion into a spiritual setting. The Church encourages all faithful families and individuals to practice and grow their devotion to Christ and His teachings. Fortunately, we have many ways to do this! Below are some examples to share as a family!

1. The Catholic Church is known for devotionals!! A Catholic devotional is a supplement we can use to increase our faith. They come in many forms such as prayers, novenas, Adoration, Veneration of Saints, to list a few. Find a new devotion that is specific to your family and start practicing it together.
2. October 2nd is the Feast of the Holy Guardian Angels! Get to know your Angels as a family. Add the Guardian Angel prayer to your daily prayer time! As a bonus, have Angel food cake for dessert!!
3. The whole month of October is dedicated to the Holy Rosary! This prayer is one of the greatest devotionals we can practice as a family! Read about how the rosary was started. Pray a decade (1Mystery) a week and try memorizing the order of the Rosary.
4. On October 22nd we celebrate Saint John Paul II. We can watch and read about his courageous devotion he had to Christ and His Church. He was known for having complete devotion and surrender to Mary, the Mother of God. Find a Marian devotion to bring your family closer to Christ.

**“Through devotion, your family
cares become more peaceful”**

Saint Francis de Sales