

# Holy, Happy, Healthy Families





# The Five Traits of Holy, Happy & Healthy Families



1. Be Grateful and Thankful
2. Cultivate Holiness and Prayer
3. Forgive
4. Live a Sacramental Life
5. Love Your Neighbor

# The Paradox of Our Time in History is that

we spend more, but have less;

we buy more, but enjoy it less.

We have bigger houses and smaller families;

more conveniences, but less time;

more medicine, but less wellness.

We read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values.

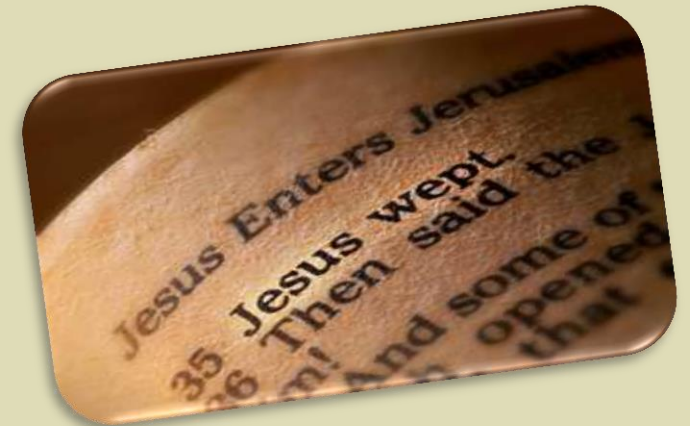


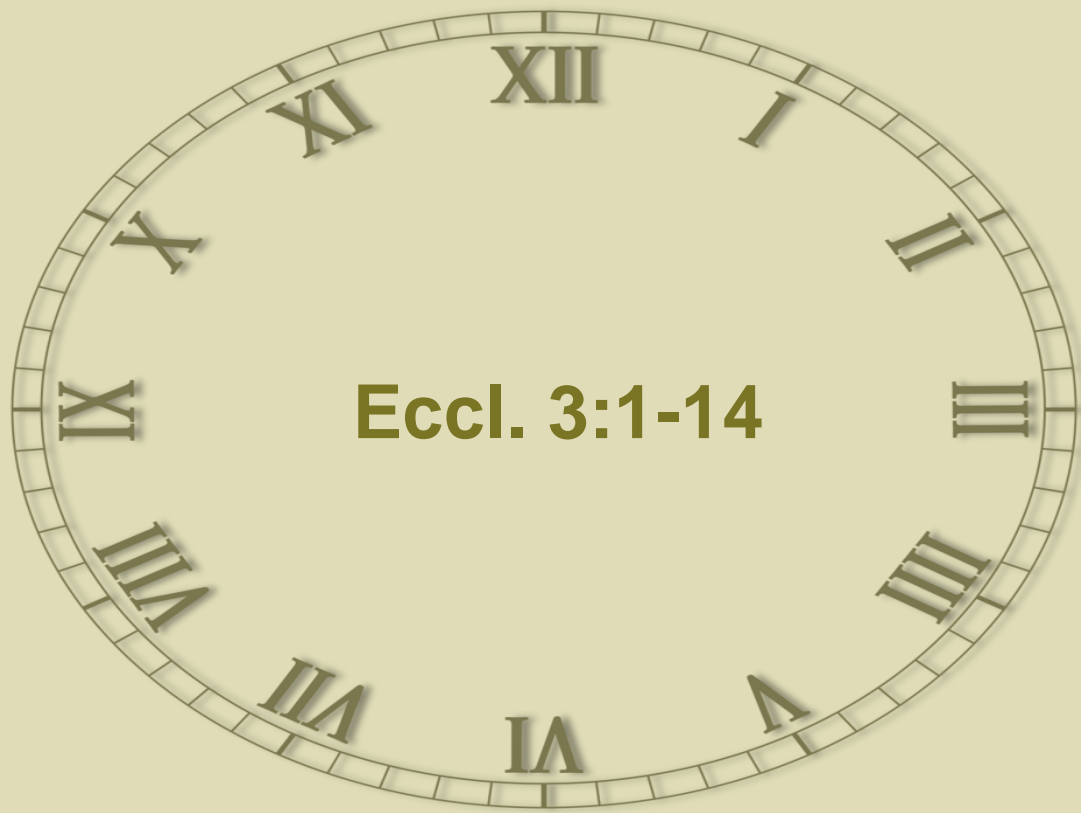
These are the times of tall men, and short character;  
steep profits, and shallow relationships.

These are the days of two incomes, but more divorce;  
of fancier houses, but broken homes.

We've learned how to make a living, but not a life;  
we've added years to life, not life to years;  
we've cleaned up the air, but polluted the soul.

*Anonymous*





~Everyone has exactly **168** hours a week

Could we give God at least 10% of that time (**16.8** hours)

The average person spends **48 minutes** a week in spiritual activity

That would make about **7 minutes a day** in service to God.

# Media Facts

The average child sees about 100 commercials a day.

The average young person consumes nearly 7 hours of electronic media a day.

Three-quarters of 6<sup>th</sup>-graders have their own TV in their bedrooms.

- **74%:** Percentage of US teens that carry cell phones (Aug. 2010)
- **47%:** Percentage of US teens (nearly half) who say their social life would end or be worsened without their cell phone.

# Why Raise Your Children to Have Faith?

More likely to be more cooperative, prosocial and charitable

Greater Creativity

Increased Productivity

Higher Quality of Work

More likely to have a stronger immune system

More likely to live longer

More likely to enjoy larger social rewards

More likely to marry

Less likely to become divorced

More likely to have more friends

More likely to enjoy stronger social support

More likely to enjoy richer social interactions

Less prone to suicide and depression

**AT WHAT AGE DO CATHOLIC CHILDREN  
DECIDE TO LEAVE THE CATHOLIC FAITH?**



**It is important to keep your  
relationship with Christ strong in  
order to lead your children to Him.**

“Figure out what you believe—and why. Our kids want and need detailed, well-reasoned answers about God.”

—*Dr. Meg Meeker*

# You are Important!

- Parent Influence: The single most important social influence on the religious and spiritual lives of children, particularly adolescents is their parents.
- **60%:** Percentage of male high school students who told researchers they plan to cut their work hours when they become fathers.
- *SOURCE: TIME June 29, 2009*
- *The Sanctuary Light*



Have I told you  
lately how  
*important*  
you are to me...

how much better my life is  
because *you* are in it?



1. Be Grateful and Thankful



# An Affirmation Ritual: *The Christmas Letter*

“Each Christmas my husband and I write a letter to each of our three children and put it under the tree.

“We tell them what we love and appreciate about them, the ways we had seen them grow during the past year, the talents and character strengths we saw emerging....”





*Julianne Stank*  
ON GRATITUDE

## 2. Cultivate Holiness and Prayer



Speak of Who not “it”





## Families: all shapes and sizes

“A family is holy not because it is perfect, but because God’s grace is at work in it, helping it to set out anew everyday on the way of love.”

US Catholic Bishops



# 5 Kinds of Prayer

1. We can pray in the presence of our kids.
2. We can pray with our children.
3. We can pray over our children.
4. We can pray for our children—including their vocations.
5. We can pray for God's help in our parenting.





# Share Prayer

- You can call on God the following ways: God, Lord, Father, Jesus, Holy Spirit, etc.
- Thank God for the person you are praying with and ask for God's blessing upon them: "Thank you for Francis, you son. Please bless him."
- Then ask God for what the person needs: "Heal Francis' grandmother. Help Francis' family to make the right decisions about the nursing home. Continue to give Francis and his grandmother a wonderful relationship."
- Finish the prayer with a doxology: "We ask this through Christ our Lord." OR "We ask this in Jesus' name." OR "Through Our Lord Jesus Christ you Son, who lives and reigns with the Holy Spirit, one God forever and ever." OR etc

“It is beautiful when mothers teach their little children to blow a kiss to Jesus or to Our Lady. How much love there is in that! At that moment the child’s heart becomes a place of prayer.”

- AL 287

- Ava and Goodbye Jesus





3. Forgive

- The first to apologize is the bravest
- The first to forgive is the strongest
- The first to forget is the happiest



*If one member suffers,  
all suffer together*

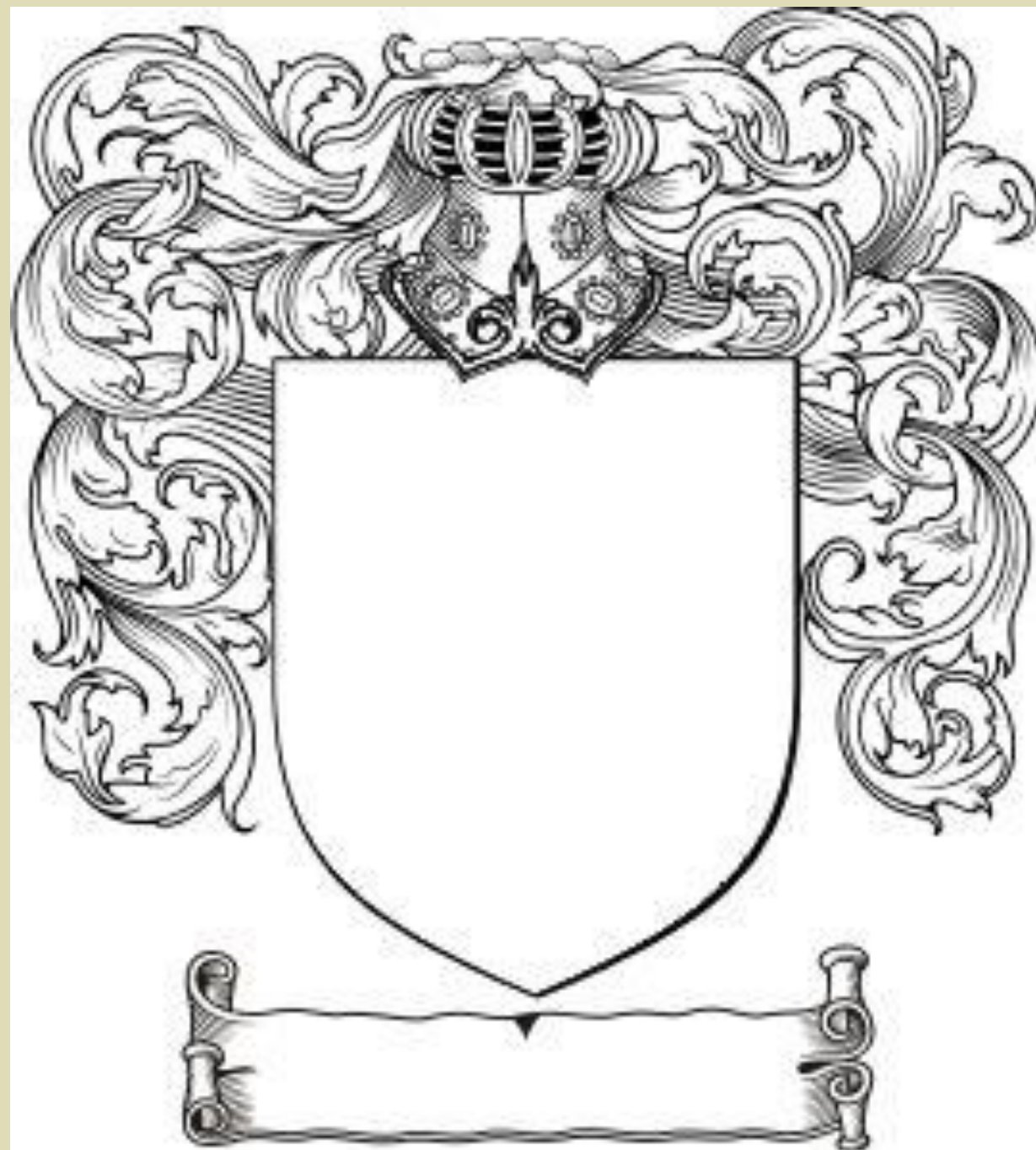
*I Corinthians 12:26*



## What is your family “Code”?

1. We don't complain or make excuses.
2. We don't lie, cheat, steal, or hurt others.
3. We learn from our mistakes.
4. We work to keep our minds, bodies, and souls healthy, strong, and pure.
5. We commit to growing in our faith and trusting in God's goodness and His plan for our unique potential.
6. We live with an attitude of gratitude and joy.





HUMOR



APPETITE



SINCERITY



PEACE



COURAGE



WISDOM



WARRIOR



RELIGION



PRIDE



EAGERNESS



STRENGTH



HONOR



CLEVERNESS



ACHIEVEMENT





Live a Sacramental Life



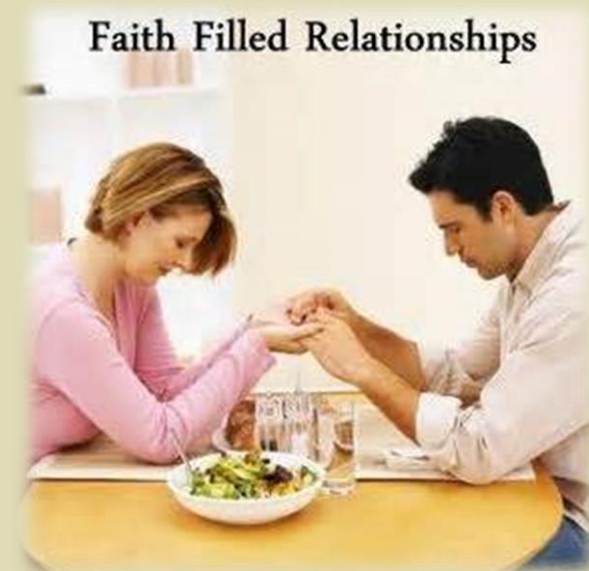
Ian's Story "I don't want to go"



## Marriage Ritual: Daily Talk Time

- Plan a regular time for 15 minutes of one-on-one conversation with your spouse.
- Don't use it to discuss conflicts or make difficult decisions.
- Re-connect with each other; share thoughts and feelings about the day.

—Dr. William Doherty, *The Intentional Family*



## Family Meal: Have a “Topic.”

1. What was the best part of your day?
2. What did you learn today?
3. How did you help someone today?
4. What is something you're grateful for?
5. What's a problem you're having that the rest of the family might be able to help with?

The Meal Box





## *Simple Ideas that make a huge difference*

- Reclaim a saints day- Identify with a saint.
- Feb 14<sup>th</sup>- V Day (actively promote awareness of how violence against women is harmful to everyone)
- Recall Jesus- Protector of the women who was about to be stoned to death

## *Simple Ideas that make a huge difference*

- Light a candle. Walk outside. Pray
- Intentionally go to the Farmer's Market with the expressed desire to thank God for the beauty of the earth, the labor of those who grow and provide food.
- Write real letters- express gratitude- journal your blessings. Recall that letters are the origin of the OT and the NT.



Love Our Neighbor

**MOVE YOUR FEET**



**LOSE YOUR SEAT**





**We can only do so much....**

Parents can put their children on the right path, but the final forming of a person's character lies in their own hands.

**—*Anne Frank***



