

Episode 1: Holy Habits of Relationship



Psalm 127

“Unless the Lord builds the house, they labor in vain who builds. Unless the Lord guards the city, in vain does the guard keep watch. It is vain for you to rise early and put off your rest at night, to eat bread earned by hard toil – all this God gives to his beloved in sleep.”

Write out this verse on a notecard and display it in a place you will see daily: mantle, fridge, kitchen table or family calendar.



Catechism 30

“Let the hearts of those who seek the LORD rejoice.” Although man can forget God or reject him, He never ceases to call every man to seek him, so as to find life and happiness. But this search for God demands of man every effort of intellect, a sound will, “an upright heart,” as well as the witness of others who teach him to seek God.

Read in full Catechism Section 26-49



Watch Holy Habits Podcast Here:

<https://franu.webflow.io/holyhabits>



Gather Your Supplies

- Catholic Bible
- Catholic Catechism
- Journal



Plan Ahead

Designate a time for

- viewing, reflection, prayer & family discussion



Prepare Your Heart

- Read and pray with the selected scripture and catechism excerpt before viewing the podcast.

Father Josh's Holy Habit

“Families, let's, build relationship with each other & Jesus! “

For the next four weeks, on Sunday evening, I encourage you to sit down as a family: read, reflect on, and discuss the readings for the next Sunday's mass.

- As a family, choose one verse from those readings that stands out.
- Once your family has chosen a verse, pray with that verse every day for the remainder of that week.



Faith Lived

All human persons are created for relationship: with God and each other. We begin Holy Habits with this foundational teaching, because we can't take another step if we don't understand our life's true purpose. It is important to know that, wherever you are in your relationship with God, He is Inviting you even closer. Also know that as you grow in your relationship with the Lord, your children are watching and learning. Your witness as parents will speak volumes, so do not underestimate the seeds you are planting.

Seek ways to follow the Lord. Seek ways to bring your faith Into your home. The Lord desires to walk with you in every aspect of your life. Open the door to your heart and home and invite Him in.

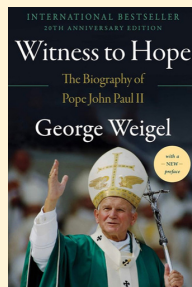
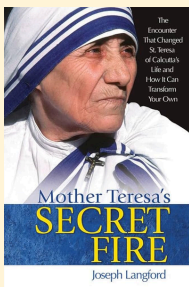


Family Conversation

Parents & Caregivers:

- How is your relationship with the Lord? How is your relationship with each member of your family? Spend some time reflecting on ways that the Lord is Inviting you to deepen relationship with Him and your family.
- What is your favorite attribute of Jesus? Shepherd, Wonder Worker, Healer, Teacher, etc. Share this with your children and explain why. Ask them their favorite.

Honorable Mentions



Kids:

“If you could meet and have a conversation with anyone from the Bible, who would it be and what would you ask them?”

Mother Teresa and Pope John Paul II are two great saints mentioned in this Holy Habits Episode.

We can all find inspiration when reading about the relationship that they had with the Lord.

We've given you two great options of books that tell the stories of their lives.