

Suggestions for Catechesis and Prayer in the Home

Fathers:

1. Lead by example: be the first to pray, the first to fast, the first to repent, the first to instruct, the first to sacrifice
2. Bless (using your thumb make the sign of the cross on the forehead) your wife and children
3. Sprinkle Holy Water throughout your home while saying “Let God arise, and let his enemies be scattered: and let them that hate him flee from before his face. As smoke vanisheth, so let them vanish away: as wax melteth before the fire, so let the wicked perish at the presence of God.” (Psalm 67)
4. Always seek your wife’s counsel and listen well
5. Read at least a portion of the Holy Gospels to the family daily
6. Pray the Psalms, at least a portion of the Holy Rosary, or a part of the Divine Office with the family at least once a day
7. Protect the home and the senses of the family from immoral and blasphemous images, songs, and entertainment
8. Learn about the saints, the feast days, the traditional fasting seasons, and the faith so you can pass it on

Mothers:

1. Encourage, support and remind your husband to do all of the above
2. Make the sign of the Cross with your thumb on the forehead of your children and pray for your husband
3. Share with the family the beauty of Christ’s work and love in your own life
4. Teach the Commandments and the Beatitudes with your words and works
5. Encourage the children to pray about their vocation and be open to monastic life and priesthood. Those particular vocations should be treasured.
6. Read Scripture and the Lives of the Saints to your children
7. Your prayers, tears, and sacrifices can convert husbands and children

More Suggestions:

1. Have a priest formally bless your home and then feed him
2. Have times of silence (device and computer free) in the home
3. Consider making a pilgrimage instead of taking a vacation
4. Use vacation time for Holy Days of Obligation
5. Dedicate your home to a saint or Feast Day/you can even dedicate each room to a saint. If you can't decide, dedicate it to the Holy Mother of God.
6. Celebrate name days, baptism anniversaries, patronal feast days
7. Have family dinners
8. Post the 10 commandments in the House
9. Learn something about the saints being commemorated today
10. Make time to read the catechism and share what you learned (it can be very brief and inserted into conversation)
11. Friday Fasts for someone or something
12. Bring bulletins home and use them
13. Ask for forgiveness when you sin against each other. Repent in the home.

Resource Recommendations:

1. *Catechism of the Catholic Church*
2. *The Baltimore Catechism*
3. *The New St. Joseph First Communion Catechism*
4. A Bible approved by the Catholic Church. The Douay Rheims and the Revised Standard Version Second Catholic Edition (RSV-2CE) are great options.
5. *Butler's Lives of the Saints*
6. *The Little Office of the Blessed Virgin Mary*
7. *My Prayer Book* by Fr. Lasance
8. *Handbook of Prayers* from Midwest Theological Forum
9. *Manual of Prayers* from Midwest Theological Forum
10. *Faith and Life: A Catechetical Series* by Ignatius Press

TAN/St. Benedict Press, Ignatius Press, Midwest Theological Forum are good sources for Bibles, prayer books and other books