

Catholic Parent – 4 – Sacrifice

In this episode, we explore the practice of making sacrifices, fasting, and the connection to our love for God and our children. [VIDEOS HERE](#)

NOTES:

Questions for group discussion or personal reflection

- What in this episode resonated with you as a Catholic parent?
- When you were new in your faith, what did you think about fasting and abstaining?
 - Was it something you were exposed to when you were a child?
- How has your own journey as a parent helped you understand the link between love and sacrifice?
- In what ways does your family practice fasting?
- How would you like to practice fasting in the future?
- How would you explain to your own children the value of suffering and why we sometimes choose suffering out of love?

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Take to Prayer

- By uniting Himself to us, Jesus makes it possible for us to unite our crosses to His. (see CCC 618)
- St. Gianna Beretta Molla:
 - “Love and sacrifice are closely linked, like the sun and the light. We cannot love without suffering and we cannot suffer without love.”
- “When he heard this, he was shocked and went away grieving, for he had many possessions.” (Mark 10:22)

Ideas for living it in your home

For every family

- Jesus on the cross is the perfect example of sacrificial love.
- Live out your own call to sacrificial love this week by taking on one small form of suffering for your family.
 - You can abstain from a favorite food,
 - fast from technology,
 - or do something you don’t enjoy (but your kids love!) without complaining.

For families with young children

- Introduce fasting to children by making your Friday meals different.
 - You can avoid meat on Fridays
 - or simply forgo dessert.
- Whatever you do, speak to your children on Fridays about why you are eating differently.

For families with older children

- Freedom is required before we can lovingly choose to fast for love of Christ.
- Evaluate the boundaries you have in place for your older children around
 - technology,
 - friends, and
 - out-of-the-house commitments.
- Do you need to set better boundaries to ensure that your child is free from unhealthy attachments and able to take on small sacrifices out of love?