



# St. Joseph of the Lakes PARENT FORMATION



## New Beginnings, New Life, & New Hope! Life!

Merry Christmas and a Happy New Year! The birth of Jesus 2,000 years ago marked a new beginning for human history; The Eternal God became Man so that we may follow Him home to Heaven! And in modern times, a lot of people make 'New Year's Resolutions' as a way to start over and begin again. But how do we know what resolutions to make? How do we know what to **prioritize**? Well, if we focus on making '**spiritual resolutions with Jesus**', then everything else will naturally fall into place. The following suggestions are divided into two categories; **Start & Stop**. We encourage you to *Start* doing things that lead you & your family closer to God and each other. And we encourage you to *Stop* doing things that lead you & your family away from God. If you accept this opportunity for a 'new beginning', then 2026 will be the best year with God yet!

I WILL MAKE A RESOLUTION TO START...	
Select a <b>Patron Saint</b> for MY family and ask for their intercession whenever I pray!	Practicing <b>Gratitude</b> - Take sticky notes & write out 50 things your family is thankful for and post your favorites on a wall or around the house!
Scheduling a <b>consistent day &amp; time</b> to go to Reconciliation every 4-8 weeks!	Living Radical <b>Hospitality</b> - Who can you share your home with this month? Consistently invite family over? How about hosting a get together for the kids and their friends? Can't host? What family/friends can you reach out to so that they can have the joy of hosting you!?
<b>Reading</b> one chapter from the <b>Bible</b> every day! (Bible in a year podcast is a good option too)	Having <b>Fun</b> - A family that laughs together relaxes together! What activity brings smiles to your family: A board game, karaoke, charades? Make time to do that each week!
<b>Identifying</b> people I want to grow with as a ' <b>Holy Friend</b> ' this year and then invest in that relationship!	Making time for <b>prayer</b> by starting with <b>5 minutes a day</b> and add 5 more minutes every month!
Finding time to <b>pray for</b> your spouse, family, & children with one Our Father or Hail Mary every day!	<b>Getting together</b> consistently with other <b>Fathers</b> or <b>Mothers</b> ! (ask St. Joe's to start a new 'Husbands' or 'Wives' group!)
<b>Giving up</b> things that I enjoy so that my spouse & children can have more time together!	<b>Attending Mass</b> as a family every week!
<p>Building the <b>habit</b> of <b>giving to those in need</b> every month!</p> <p>We can experience great joy when we give to those who are in need. How can your family help the poor, lonely, elderly, sick, &amp; homeless? Write letters to seniors? Donate to the local food shelf? Help at a soup kitchen? Or make and give out compassion bags to those without a home?</p>	

I WILL MAKE A RESOLUTION TO STOP...				
<b>Complaining</b>	Best for: Those who struggle to see the good in situations or people.	Spiritual benefits: Cultivates gratitude and a positive outlook, helping you focus on God's blessings.	Difficulty: 4 Complaining is often a subconscious habit, so it requires vigilance and prayerful awareness.	"Do everything without complaining and arguing." Philippians 2:14
<b>Doom Scrolling</b>	Best for: Those who spend a little too much time on social media.	Spiritual benefits: Frees up time for prayer, Scripture reading, and meaningful connections.	Difficulty: 3 The constant habit of checking your phone can make this surprisingly tough.	"A man without self-control is like a city broken into and left without walls." Proverbs 25:28
<b>Overthinking</b>	Best for: Perfectionists or chronic worriers.	Spiritual benefits: Develops trust in God's providence and promotes peace of mind.	Difficulty: 5 Changing your thought patterns requires deep spiritual effort and surrender.	"Overthinking will kill your peace. Pray and leave it to God" 1 Peter 5:7
<b>Procrastination</b>	Best for: Students, workers, or anyone prone to putting things off.	Spiritual benefits: Encourages diligence and reminds you to use your time wisely as a gift from God.	Difficulty: 4 Breaking the cycle of procrastination can be uncomfortable but liberating.	"Whatever you do, work at it with all your heart, as working for the Lord, not for men" Colossians 3:23
<b>Driving Impatiently</b>	Best for: Daily commuters or who get a liliittle frustrated in traffic.	Spiritual benefits: Develops patience and self-control.	Difficulty: 2 A practical and tangible way to grow in virtue.	"Better a patient person than a warrior" Proverbs 16:32
<b>Buying Non-Essential Items</b>	Best for: Impulse and online shoppers.	Spiritual benefits: Promotes detachment from material goods and a simpler lifestyle	Difficulty: 3 Saying no to small, tempting purchases requires discipline.	"Do not lay up for yourselves treasures on earth...but lay up for yourselves treasures in heaven." Matthew 6:19-20
<b>Listening to Secular Music</b>	Best for: Music lovers who want to purify their playlists.	Spiritual benefits: Allows you to focus on worship music and songs that glorify God.	Difficulty: 2 A straightforward yet meaningful way to center your heart on Christ.	"Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things." Philippians 4:8
<b>Spending Time Alone When You Could Be With Others</b>	Best for: Introverts or people who isolate themselves.	Spiritual benefits: Encourages community and deeper relationships, reflecting Christ's love for others.	Difficulty: 3 Requires stepping out of your comfort zone to engage with people more.	"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!" Ecclesiastes 4:9-12