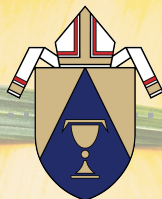


Diocese of Sacramento

HOLY WEEK AT HOME



AN AT-HOME RETREAT FOR FAMILIES

Tuesday

DAY 3

1. **Pray** – Together, as a family, pray the *Our Father*

2. **Activity** – Comforting the Sick

With this current stay-in-place, many who are sick, hospitalized, or in nursing homes feel even more alone as Easter draws near. One way your family can be Christ to others is creating an Easter card for someone in the hospital or nursing home. Have each person make at least one card (the more the merrier!). Pick a hospital or nursing home near you and write to someone. You do not even have to know the person. Wish them a happy Easter, send them prayers, have your children draw them pictures, share your favorite bible verse, etc.. All these things can bring someone immense joy during this time and touch their hearts with Christ's love.

3. **Read** – Luke 19: 47-48

4. **Reflect** – Every day Jesus went to the temple to teach truth and God's word to people. He continued to do this even though people were searching for him to kill him.

Jesus models for us the importance of our faith even if it means persecution and death. It can be very difficult for us to find the courage to defend our faith, especially when we are surrounded by hatred. It is especially during this time of year that we must remember Christ died for us all so that we could be with him in heaven. It is this time of year that we must recenter ourselves on what is most important and remember that we are not made for the world but for God.

5. **Discuss** – Yesterday we touched upon how the family is the Domestic Church. As the Domestic Church, we are called to evangelize and share the good news of Christ. If we don't begin to practice evangelization and defending the faith at home, how can we be sure to have the courage to do so when we are out on our own? Take this time now to discuss as a family:

- ❖ What does it mean to evangelize? Evangelization is about proclaiming and sharing the faith.
- ❖ How can we as a family evangelize together? What can we do to be witnesses of the faith here at home and when we are out in public together.
- ❖ We are all called to be saints. What practices can we incorporate into our family routine to help us become saints?

6. **Practice** – Tonight, as a family, pick a time to read the life of St. Teresa of Calcutta. Set time aside to reflect on how she evangelized and became a saint by doing little things

with great love. Here are some different resources to find her story

- ❖ Video for Children
- ❖ Story of St. Teresa of Calcutta