

# EVANGELIZE YOUR FAMILY



To evangelize your family, one of the most important things you can do is renew your own relationship with Jesus. Here are some options to consider.

## Encounter Jesus

**Share a significant encounter with Jesus or what helps you to stay close to him.**

Archbishop Etienne has invited every Catholic in our Archdiocese to renew our relationship with Jesus. We know Jesus is risen and wants to be with each and every one of us. Take a moment to remember when you first met Jesus. Then, take time to pray and ask Jesus to come into your life more deeply: "Jesus, I want to know you more deeply. I give my heart to you."

## Meet Jesus in the Sacraments

**Go to Mass as a family every Sunday and go to Reconciliation on a regular basis.**

Before ascending to the Father, Jesus instructed the disciples to invite all people to meet him in the Sacraments. We who are baptized into his life should turn to him with confidence for reconciliation and meet him every week in the Eucharist, rejoicing in the fact that he transforms our hearts when we receive him. [Click here](#) to learn more about this beautiful gift.

## Live faith in community

**Encourage your children to join your parish youth group if one is available.**

God made us for relationship. That's why we are born into families. Jesus gave us the Church as a community. Take a step to engage more fully in the life of your parish through service, or join a small group.

## Pray as a family

**Pray with your children using one of the prayer methods on our [website](#).**

Through prayer, we grow closer to our Lord and create the opportunity for him to form our hearts and minds. Begin to set aside 15 minutes at the start of each day to pray. Check out our [website](#) for prayer practices like the Rosary, Lectio Divina and more that will make this 15 minutes the best part of your day.



# CATECHIZE YOUR FAMILY

Catechesis is echoing the good news we've received about Jesus and sharing it with those we love. Here are some options to consider.

## Understand the Faith

Find free resources for teaching the faith to your children. It will draw you closer to them and Jesus.

Jesus is God's word of love spoken to us. The more we know Jesus, the better we understand the Father and are prepared to receive the Spirit. Connect with your parish's Faith Formation office.

## Go deeper in the Mass

Spend a few minutes with your teens to view the brief videos on the Year of the Eucharist Be Fed page to better understand the meaning of the Eucharist and how it can transform our lives.

Archbishop Etienne is calling each of us to a renewed understanding of the Eucharist.

## Grow in Virtue

Go to the Made for Excellence section of our website to learn about growing in the virtues.

A relationship with Jesus will call us to live differently as we form habits or virtues that strengthen our relationships with one another. Encourage your family to reflect on the 10 Commandments and the Beatitudes as guides for how we can grow in living our lives as an expression of our relationship with Jesus.

## Make Space for God

Follow our Make Space for God page for tips on how to use grace at meals, nighttime prayer and other prayers to strengthen your family's relationship with God and one another.

In the busy connected world of today, encouraging our family to pray means that we have to clear away the distractions and make time for prayer.

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### For more information and resources on the Year of the Family:

Go to [archseattle.org/YOF](http://archseattle.org/YOF)

### For weekly issues of At Home with Faith:

Sign up at [AtHomewithFaith.org](http://AtHomewithFaith.org)

### For more information and resources on the Year of St. Joseph:

Go to [archseattle.org/StJoseph](http://archseattle.org/StJoseph)