



ARCHDIOCESE OF SEATTLE

At Home with Faith

The Holy Spirit speaks to us through the needs of those close to us. Let's open our eyes and our hearts and be prepared to stop and care for those closest to us when they are in need.



Like the rich man in the parable, we can sometimes ignore the people on our doorstep. Mother Teresa cautions, "It is easy to love the people far away. It is not always easy to love those close to us. Bring love into your home, for this is where our love for each other must start."

The renowned marriage and family researcher and therapist Dr. John Gottman agrees that "successful" relationships live by the motto, "When you are in pain, the world stops and I listen." He's describing a core Christian principle that we listen to the Holy Spirit who calls us though the needs of the people who God has placed in our care.

Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

Amos 6:1a, 4-7

Woe to the complacent.

Psalms 146

The Lord raises up those who are bowed down.

1 Timothy 6:11-16

Pursue righteousness, devotion, faith love, patience and gentleness.

Luke 16:19-31

Jesus warns us to care for the poor.

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Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Help your child value the hidden life:

- **Tell your child that you promised God you would teach her to love God and neighbor.** Let your child know that, when she was baptized, you promised to love and care for her and to “bring her up to keep God’s commandments as Christ taught us, by loving God and our neighbor.”
- **Ask your child who they think their neighbor is.** See who your child lists. It’s good to validate whichever person she names, because that person was probably on her mind at the time. Encourage her also to think of siblings and family members, friends and even classmates.
- **Model making the world stop when your child needs you.** Find an opportunity to model how you can “make the world stop” when your child needs you. Let them experience the affirmation and encouragement that comes from being important enough to be received with an open mind and open heart.



Open Eyes, Open Hearts

Mother Teresa: “Go Home and Love Your Family”

<https://youtu.be/NWH1YRPe7as>

A 3-minute video about Mother Teresa’s compassion and encouragement that we do our part to love our families, those who are closest to us.

Three Hints That Your Relationship is Working (Dr. John Gottman)

<https://www.kuow.org/stories/three-hints-that-your-relationship-is-working-according-to-these-researchers>

Three hints your relationship is working: An article where Dr. John Gottman talks about being open to the needs of your spouse.

For more resources, visit us online at:

<https://www.athomewithfaith.org>