

Week Six Daily Reflections - Theme: Family Joy

Add these scripture verses and quotes about family life to your daily prayer time.

Day 1

“On the seventh day God completed the work he had been doing; he rested on the seventh day from all the work he had undertaken. God blessed the seventh day and made it holy, because on it he rested from all the work he had done in creation.”

Genesis 2:2-3

“I wish to express the joy that we all find in children, the springtime of life, the anticipation of the future history of each of our present earthly homelands. No country on earth, no political system can think of its own future otherwise than through the image of these new generations that will receive from their parents the manifold heritage of values, duties and aspirations of the nation to which they belong and of the whole human family.”

- Pope St. John Paul II, *Familiaris Consortio* #26

Day 2

“Remember the sabbath day—keep it holy. Six days you may labor and do all your work, but the seventh day is a sabbath of the LORD your God. You shall not do any work, either you, your son or your daughter, your male or female slave, your work animal, or the resident alien within your gates. For in six days the LORD made the heavens and the earth, the sea and all that is in them; but on the seventh day he rested. That is why the LORD has blessed the sabbath day and made it holy.”

Exodus 20:8-11

“Physical collapse. You are worn out. Rest. Stop that exterior activity. Consult a doctor. Obey, and don't worry. You will soon return to your normal life and, if you are faithful, to new intensity in your apostolate.”

- St. Josemaria Escriva, *The Way* #706

Day 3

“For six days you may do your work, but on the seventh day you must rest, that your ox and your donkey may have rest, and that the son of your maidservant and the resident alien may be refreshed.”

Exodus 23:12

“I had noted down some remarks of St Teresa of Avila: 'All that passes away and is not pleasing to God, is worth nothing, and less than nothing.' Now do you understand why a soul loses all sense of peace and serenity when it turns away from its goal, and forgets that it was created by God to be a saint? Strive never to lose this supernatural outlook, not even at times of rest or recreation, which are as important in our daily lives as is work itself.”

- St. Josemaria Escriva, *Friends of God* #10

Day 4

“The LORD said to Moses: Speak to the Israelites and tell them: The following are the festivals of the LORD, which you shall declare holy days. These are my festivals: For six days work may be done; but the seventh day is a sabbath of complete rest, a declared holy day; you shall do no work. It is the LORD's sabbath wherever you



dwell ...On each of the seven days you shall offer an oblation to the LORD. Then on the seventh day you will have a declared holy day; you shall do no heavy work.”

Leviticus 23:1-8

“Your children probably know you love them, but do they know that you like them, really like them, enjoy being around them and genuinely enjoy their company. That is the value of recreating and playing with your children, you not only get to know your children, but you invest time in their lives and thus they come to know they are loved and liked by you.”

- Allen Hebert

Day 5

“He called a child over, placed it in their midst, and said, “Amen, I say to you, unless you turn and become like children,* you will not enter the kingdom of heaven. Whoever humbles himself like this child is the greatest in the kingdom of heaven. And whoever receives one child such as this in my name receives me.”

Matthew 18:2-5

“Playing games together is a very powerful way to bond with someone ... when we play with someone, we are saying that we like to spend time with them, that we enjoy their company, that we share similar interests and that we can have fun together regardless of differences in age, physical or mental abilities, or interests.”

- Allen Hebert, “A Family that Plays Together”

Day 6

“The city will be filled with boys and girls playing in its streets.”

Zechariah 8:5

“This ministry of presence is simple to explain, but extremely difficult to actually do. If you want to know how to do it, watch a young child. They only care about being with you, if they are putting a puzzle together, they want you to watch them, if they are reading the same book for the 10th time, they don't care, as long as you are reading it to them and giving your time to them. ”

- Allen Hebert, “Pay Attention!”

Day 7

“Taking a child he placed it in their midst, and putting his arms around it he said to them, “Whoever receives one child such as this in my name, receives me; and whoever receives me, receives not me but the One who sent me.”

Mark 9:36-37

“While it is easy to see this ministry of presence at work in our younger children, it really doesn't change in our older children, they still desire our time and our interest. The difference is that they realize that they may be rejected if they ask for it. Little children trust you completely and they will ask for things without worrying about being told no. But teenagers and young adults know that rejection is a real possibility and so they tread lightly and if they perceive that you may reject their request for your presence, they may not take the risk. ”

- Allen Hebert, “Pay Attention!”

