

Ritual Moment

Directions for Disciples

Introduction

In order to become a disciple of Jesus, we need to step forward in faith, and learn what following Him will mean for our lives.

Word of God

"In the beginning was the Word, and the Word was with God, and the Word was God." (John 14:27)

Words to Remember: THE WORD

The Word of God is our treasure – it is our map to Jesus, and to life with God. The Word is where we find our "disciple directions" in our quest for Jesus.

Practice: REGULAR SCRIPTURE READING

Incorporate Scripture reading into your household routine. Start with once a week, such as at your Sunday evening family meal. Use the Gospel from the day's Liturgy, and talk about the directions it gives us for being disciples of Jesus. Soon you may want to add more family Scripture time to your week, such as inviting family members to read Scripture passages as a part of your Table Prayer at mealtime.

Activity

Put family members' names in the middle of sheets of paper. Then brainstorm words that describe each member. Keep going until you've thought of as many words as you can for each person. Talk about how a person's name symbolizes all that the person is; our names are the "words" that represent us. Put the name "Jesus" on a sheet of paper and brainstorm as many descriptions of Jesus as you can. Then share that "Jesus" is God's Word – meaning Jesus fully describes, or tells us about who God is. Jesus is God.

Ritual Moment

Mirror, Mirror

A large mirror is needed for this simple ritual.

Word of God

"And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth." (John 1:14)

Word to Remember: PERFECT IMAGE

Today, advertisers and marketers try to sell us the "perfect image" – for how we should look, what we should wear, what we should decorate our homes with, or what cars we should drive. Who is the "Perfect Image" that we want our lives to reflect?

Practice: IMAGE AND LIKENESS OF GOD

During nighttime prayers with your child, in whatever way that happens in your home, add a moment where you can reflect with your child on how he or she is created in the image and likeness of God. Have your child look in the mirror and "see God there." Name the attributes of God you see in your child.

Activity

- Gather the members of your household around a large mirror.
- Spend a few minutes looking in the mirror at each other's faces.
- Talk about how what we see in the mirror is not really us, but a reflection of us. It is an image of us, maybe a bit distorted by the mirror, but each of us is created in the image and likeness of God, even though we are each very different!
- Share that Jesus is God's perfect image. That is why it is so important to know who Jesus is. He shows us God. He is God.