

Forming *Intentional* Families

STUDY GUIDE

THIS STUDY GUIDE IS MEANT TO BE USED ALONG WITH THE FORMING INTENTIONAL FAMILIES BOOKLET AND THE VIDEOS ON THE TEN TENETS BOTH AVAILABLE AT STLAURENCE.ORG/FAMILY.

THE CORRESPONDING VIDEO AND PAGE IN THE BOOKLET SHOULD BE WATCHED AND READ AS A GROUP IF POSSIBLE PRIOR TO THE DISCUSSION OF THE TENET EACH MONTH.



ST. LAURENCE CATHOLIC CHURCH

INTRO SESSION

1. What are you most looking forward to from this study?
2. Read Fr. Drew's letter together at the beginning of the booklet. In his letter, what do you think Fr. Drew means about the need to be intentional in forming our families?
3. What are some of the pressures of the world that are distracting you from being the family God wants you to be?
4. Read over the quotes from St. John Paul II's 1995 address in New York City about the domestic church. What do you think it means for your family to be a domestic church?

BRINGING IT HOME

Review the Forming Intentional Families booklet over the coming month and discuss how you will ensure that you will make studying and implementing it a priority over the next year. Be prepared to discuss at the next meeting.

1

TENET ONE: SET FAMILY PRIORITIES

1. What did you find most helpful from the couple in the video for implementing this tenet in your home?
2. Have you ever considered the importance of setting family priorities?
3. What are some ways you can make a priority of helping each family member to become a disciple by developing a personal relationship with Jesus Christ?
4. How much of a challenge is it for you as a couple to place a priority on your marriage above your children as discussed in the bullet points under "Husband and wife come second"?
5. What is the difference between inviting children into "the self-giving love of the family" as opposed to making them the center of this love?

BRINGING IT HOME

How will you ensure you make this study a priority over the next year? What is one concrete way you will implement this tenet into your family life over the next month? Be prepared to discuss how it went at the next meeting.

2

TENET TWO: SHARE FAMILY MEALS

1. What did you find most helpful from the couple in the video for implementing this tenet in your home?
2. Why is it so important to begin your meals together in prayer?
3. How can you be more present to one another during family meals?
4. Have you ever thought about the benefits of making the dinner table a technology free zone?
5. What was a family meal tradition you had growing up or that you currently have that makes it a great opportunity to connect with one another?

BRINGING IT HOME

Discuss how you implemented last month's tenet at home. What is one concrete way you will implement this tenet into your family life over the next month? Be prepared to discuss how it went at the next meeting.

3

TENET THREE: LEAD FAMILY PRAYER & TEACH THE FAITH

1. What did you find most helpful from the couple in the video for implementing this tenet in your home?
2. Do you currently set aside time for personal and family prayer? What does it look like?
3. Why do you think it is so important to attend Sunday Mass as a family every week?
4. In what ways do you (or can you) seek to grow in knowing your faith?
5. What do you think about the quote from CCC 2221 in the seventh bullet point about the importance of parents in educating their children in the faith?

BRINGING IT HOME

Discuss how you implemented last month's tenet at home. What is one concrete way you will implement this tenet into your family life over the next month? Be prepared to discuss how it went at the next meeting.

4

TENET FOUR: MANAGE/LIMIT MEDIA INTAKE

1. What did you find most helpful from the couple in the video for implementing this tenet in your home?
2. How prominent is entertainment media and technology use in your home?
3. Do you think that you need to limit the use of entertainment media in your home for your families mental and spiritual wellbeing?
4. How can you protect your family from anti-Christian influences in media?
5. Do you think that fasting from media intake for a time would help your family? How?

BRINGING IT HOME

Discuss how you implemented last month's tenet at home. What is one concrete way you will implement this tenet into your family life over the next month? Be prepared to discuss how it went at the next meeting.

5

TENET FIVE: CONTROL PACE OF LIFE

1. What did you find most helpful from the couple in the video for implementing this tenet in your home?
2. How do you think the quote from Matthew 6 in the booklet applies to helping your family control your pace of life?
3. Have you witnessed the frantic pace of life causing stress, depression, anxiety, and burnout in your family or families you know?
4. How important do you think sleep and exercise are to promoting your family's spiritual, physical, and mental health?
5. What do you think about the statement "'no' can be a holy word"?

BRINGING IT HOME

Discuss how you implemented last month's tenet at home. What is one concrete way you will implement this tenet into your family life over the next month? Be prepared to discuss how it went at the next meeting.

TENET SIX: FORGIVE EASILY & OFTEN/ ASK FOR FORGIVENESS

6

1. What did you find most helpful from the couple in the video for implementing this tenet in your home?
2. Why is it so important that we realize we are forgiven by Jesus when practicing forgiveness in our family? How does going to the Sacrament of Reconciliation help this?
3. Can you remember a healing time with a family member or friend when you sought out forgiveness or forgave someone else?
4. Why is it important to realize that forgiveness is a choice and not a feeling?
5. How is asking forgiveness different than merely saying "I'm sorry"?

Bringing It Home

Discuss how you implemented last month's tenet at home. What is one concrete way you will implement this tenet into your family life over the next month? Be prepared to discuss how it went at the next meeting.

TENET SEVEN: ENCOURAGE ACTIVE LISTENING/ OPEN & HONEST COMMUNICATION

7

1. What did you find most helpful from the couple in the video for implementing this tenet in your home?
2. Did you grow up in a family that had good communication? How has this affected your family life today?
3. How is intentionally listening to another person different than just hearing what they are saying?
4. What kind of barriers might we put up to prevent open and honest communication?
5. How can you create an atmosphere in your home where everyone is accepted for who they are, while being encouraged to become who God wants them to be?

Bringing It Home

Discuss how you implemented last month's tenet at home. What is one concrete way you will implement this tenet into your family life over the next month? Be prepared to discuss how it went at the next meeting.

TENET EIGHT: SCHEDULE FAMILY FUN & PLAY TIME

8

1. What did you find most helpful from the couple in the video for implementing this tenet in your home?
2. Is it a challenge to find family entertainment that is not driven by technology and media? What are some good alternatives?
3. How can you be more intentional about scheduling time for family fun?
4. What can you do to make Sundays set apart as the Lord's Day in your home?
5. Do you "waste time," as the quote from Pope Francis put it, with your family members?

Bringing It Home

Discuss how you implemented last month's tenet at home. What is one concrete way you will implement this tenet into your family life over the next month? Be prepared to discuss how it went at the next meeting.

TENET NINE: TEACH/ MODEL RESPONSIBILITY & ACCOUNTABILITY

9

1. What did you find most helpful from the couple in the video for implementing this tenet in your home?
2. Why is it so important for parents to not only teach their children responsibility and accountability, but to model it as well?
3. How can you incorporate the Works of Mercy described in the Matthew 25 quote inside and outside of your home?
4. Do you think your generation has the same understanding of sacrifice as your parent's or grandparent's generation did? How can you ensure that your children understand and live out the meaning of sacrifice?
5. What are some ways you can encourage your family to grow in virtue?

Bringing It Home

Discuss how you implemented last month's tenet at home. What is one concrete way you will implement this tenet into your family life over the next month? Be prepared to discuss how it went at the next meeting.

TENET TEN: ACKNOWLEDGE & SHARE OUR GIFTS & TALENTS

10

1. What did you find most helpful from the couple in the video for implementing this tenet in your home?
2. Have you considered the importance of teaching and modeling being a good steward of your time, talent, and treasure in your family?
3. What charisms, or spiritual gifts, do you see in your family members? How can you encourage them to use them to build up the church and the world around them?
4. How does an attitude of cheerfulness and gratitude promote seeing everything as a gift from God?
5. What does the quote from Romans 12: 4-6 mean to you?

Bringing It Home

Discuss how you implemented last month's tenet at home. What is one concrete way you will implement this tenet into your family life over the next month? What has left the biggest impact on your family from this study of the Forming Intentional Families booklet?