



Creatively Catholic

A Resource for Parents and their Family

Why Do We Do That? Why do we say Amen?

The word Amen comes from the Hebrew word "āmēn" which means truth or certainty. It is a statement of belief and agreeing with something. When we say Amen we are agreeing and believing in what has been professed. For example, when we say Amen after receiving the Eucharist we are agreeing and believing that the bread and wine are truly the Body and Blood of Jesus. When we say Amen after reciting the Apostle's Creed we are agreeing with and believing everything stated in the prayer. The Great Amen, as stated by its title, is the greatest Amen we say or sing. It is professing our belief with everything that has happened in the liturgy up to that point.

Making Prayer a Priority

We are often told that we need to pray. Prayer is a conversation with God, and without that conversation, our relationship will not develop. But many of us are not taught how to pray. Matthew Kelly's Prayer Process is something to help you reflect on your day and develop your relationship with God. The Prayer Process goes like this:
Gratitude—What are you thankful for?

Awareness—When were you the best version of yourself today? When were you not?

Significant Moments—Explore when God may have been trying to say something to you through an event or person.

Peace—Ask for peace within yourself and the world.

Freedom—Ask God how God is inviting you to change your life to make you the best version of yourself.

Others—Lift others up in prayer.

Pray the our Father.

Spend one minute on each step every day. Once this becomes a habit, you can lengthen the times. Encourage your kids to take on The Prayer Process!

Book List:

Dynamic Catholic by Matthew Kelly

Jesus: A Pilgrimage by James Martin, SJ

Your Child's Faith

Children need to experience their faith. We all need to experience our faith. Establish within your family ways to create faith experiences. Pray as a family before bed. Pick a service project to do during advent. Create an alter at home. Create family traditions which focus on the faith.

St. Mary Family Ministry

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"Spread love everywhere you go. Let no one ever come to you without leaving happier."

~ St. Teresa of
Kolkata



Dinnertime Discussion Questions

What are you hopeful for this advent?

What can you do to make Jesus a priority this week?

What is something you like about being Catholic?