

JOYFUL HOMES AREN'T PERFECT

# They're intentional.



Life has been so stressful the last few months, and it doesn't look like the uncertainty will end any time soon. More than ever, this is a time to step back and be **intentional** about our family life. It's helpful to start by unpacking our pandemic experience so far.

## As a family, discuss:

- What have we missed during the pandemic?
- What have we been relieved to *not* have to go to?
- What have we enjoyed about our time home?
- If you could only have one outside activity this year, what would it be and why?
- What is your favorite thing that we do as a family?
- What was one thing that we have stopped doing that you do NOT miss?

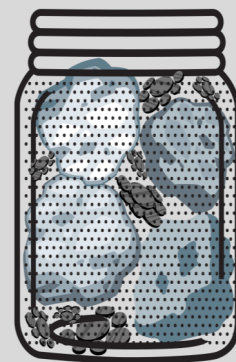
## Pick one practice this month!

*One small, attainable goal sets us up for success.*

- Put "family night," "family dinner" and "date night" on your calendar and schedule around them.
- Be intentional about spending time with family members by assigning chores in pairs, or taking one kid at a time out for errands or a walk.
- Add one small practice to help your family take the next step in faith:
  - Attend Mass or Confession together
  - Regular family prayer (rosary, scripture, gratitude)
  - Add this month's scripture to meal prayer
  - Bless kids before school and bed

## A JAR OF ROCKS

Imagine a jar of rocks. If we put the big rocks in first, we know they will fit. Then the smaller spaces can be filled with pebbles and sand. If we fill it with sand first, the big rocks will not fit!



Intentionality gives us the freedom to decide what's most important to our family, put it in first, then be at peace if smaller stuff doesn't fit.

Scripture of the month: Galatians 5:1

# It is for freedom Christ set us free.

How will you use your freedom? Who will your family choose to become?

Want more ideas and encouragement? [www.archkcks.org/intentional](http://www.archkcks.org/intentional)