

REFLECTION FOR THE “CHECKLIST FOR A SPIRITUALLY HEALTHY FAMILY IN A TECH-SAVVY WORLD”

Does your family pray together?

A family that prays together stays together. Prayer will form the bond with God that He desires from us. “The Christian home is the place where children receive the first proclamation of the faith. For this reason the family home is rightly called "the domestic church," a community of grace and prayer, a school of human virtues and of Christian charity” (CCC 1666).

Does your family read the Bible together?

“The Christian family is a communion of persons, a sign and image of the communion of the Father and the Son in the Holy Spirit...It is called to partake of the prayer and sacrifice of Christ. Daily prayer and the reading of the Word of God strengthen it in charity” (CCC 2205).

Does your family participate in the life of the parish?

Family activity and sharing in the celebration of the Mass together will instill a lifetime desire of giving back to God and the community. “The parish is the Eucharistic community and the heart of the liturgical life of Christian families; it is a privileged place for the catechesis of children and parents.” (CCC 2226).

Does your family observe Sundays as a family day and day of rest?

Sundays should be reserved for family time. Consider declaring Sunday a “media free” day and turning off the TV, computer, etc.

Does your family perform works of mercy together?

“The family should live in such a way that its members learn to care and take responsibility for the young, the old, the sick, the handicapped, and the poor.” (CCC 2208).

Does your family enjoy regular meals together?

This is a great opportunity for sharing among family members and may be the only uninterrupted time of the day.

Do the parents set rules and expectations for the children regarding media and technology use?

Kids are still kids and as such need and actually yearn for the guidance their parents can provide in setting limits. Don't be fooled by children testing the limits. This behavior allows them to grow and understand authority.

Do the parents monitor and limit what the children are allowed to watch on TV/movies?

Children, when left to their own choices, will develop a very unrealistic view of societal expectations.

Are all computers and televisions within the home in open and visible places (and, in particular, not in children's bedrooms)?

Even with the proper guidelines in place, children will test your boundaries and need to be monitored.