

DISCIPLES ON THE WAY

Spiritual Support During
the COVID-19 Outbreaks

PARENTING RESOURCES

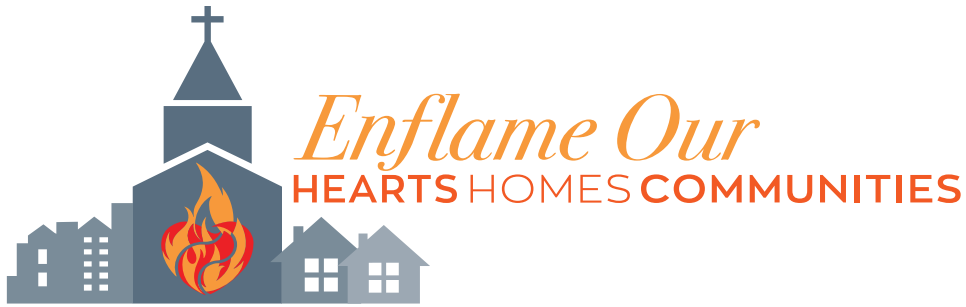
Discipleship is rooted in the home. Parents, take this opportunity to incorporate some of these practices into your family to grow in faith:

- **RELATIONSHIP WITH CHRIST:** Enjoy the change of schedule and take a moment to build your own relationship with Christ through prayer, reading the Scriptures, and praying the rosary.
- **INTENTIONALITY:** This downtime is a great way to learn something new about your child and find a way to love them in what interests them. A great tool is the 5 Love Languages of Children. There are books and online quizzes you can read to discover more about what your children loves so you can be intentional in your time together.

www.5lovelanguages.com/profile/#discovery-child

- **AVAILABILITY:** Make memories over these next few days that will last longer than the memory of this virus. Turn off all media for a little while and enjoy some simple time together by baking, playing games, doing an activity, etc. Sharing time together and being present to one another can quickly bring peace and joy to any situation.

“If you want to bring happiness to the whole world, go home and love your family.”
- Saint Teresa of Calcutta



- **OPENNESS:** It is in adversity that we can teach our children how best to trust in God’s care. Take the time to pray for those who are affected by the virus, create an intention list, read the lives of the saints together, or watch a spiritual movie/program. These acts of faith will help you and your children better cope with any stress that may come.

“Faith is the assurance of things hoped for, the conviction of things not seen.”
- Hebrews 11:1

- **MAKE THE MOST OF THIS TIME TOGETHER:** These are the days to create happy and lasting memories in your home and grow in your relationships. Once the disruption of the virus has passed, the happiness created together in these moments will endure.

“So now faith, hope, and love abide, these three; but the greatest of these is love.”
- 1 Corinthians 13:13

ADD YOUR OWN IDEAS:
