



WEEK ONE

SPF: Say Prayers Frequently--and Read the Bible too!

Summer is a popular time for traveling with the family. Some trips might involve passports or the help of GPS. Other ones may not venture much more beyond our zip code. But whether you're going somewhere far away or sticking close to home, you've been invited to travel with the Center for Family Care as we Soak Up the SON: Go Forth. To begin our journey, add the following to your family's daily prayer time this week:

*If your family hasn't established a daily time for family prayer, visit Week One from last year's Soak up the Son for suggestions: <http://bit.ly/suts-week1>.

Lord Jesus, You traveled with the two disciples after the resurrection and set their hearts on fire with Your grace. Travel also with us and gladden our hearts with Your presence. We know, Lord, that we are pilgrims on this earth, seeking the citizenship that is in heaven. During our journey surround us with Your holy angels and keep us safe from seen and unseen dangers. Grant that we may carry out our plans and fulfill our expectations according to Your will. Help us to see the beauty of creation and to comprehend the wonder of Your truth in all things. For You are the way, the truth, and the life, and to You we give thanks, praise, and glory forever. Amen.
—Prayer Before a Journey

As a family, go over the gospel reading proclaimed at the sacrament of Baptism and discuss the questions that follow.

Then the eleven disciples went away into Galilee, to the mountain which Jesus had appointed for them. When they saw Him, they worshipped Him; but some doubted. And Jesus came and spoke to them saying, "All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all thing that I have commanded you; and lo, I am with you always, even to the end of the age." Amen. -Matthew 28:16-20

- What is happening in this gospel reading?
- What do you think Christ means when He says, "Go therefore and make disciples of all nations..."?
- Why do you think this gospel passage is read at baptisms? Might it have something to do with how we, as Orthodox Christians, are all asked to contribute to Christ's "Great Commission"?

GOING FORTH: Faith in Action

Every two weeks we will focus on a family, person, or organization that is “going forth” with their faith. We will share these stories through video interviews. We want to kick off this section by encouraging your family to do its own faith interview. You can choose to interview someone in your parish or perhaps a grandparent or someone else important to your family’s faith development. Take notes, snap pictures, or even make a video—whatever you like. Here are some suggested questions to get you started, but make sure you think up your own as well.

- What role does your Orthodox Christian faith play in your, or your family’s, daily life?
- What daily, weekly, or seasonal traditions do you maintain that feed you, or your family’s, faith development?
- Do you have a favorite saint? If yes, why? What passages from the Bible do you find particularly meaningful?
- How can people best reflect the light of Christ in the world?

DIVE IN: Apostles Log

This summer we are encouraging you and your family to create an Apostles Log journal as you Soak Up the SON. Each family and person will do this differently. You can choose one or any number of ways: write, use pictures (your own or from elsewhere), or make videos, for example. Your family can choose to have one journal everyone contributes to or have personal ones. Some families might put up poster boards on a wall and make this their journal. The sky is the limit—be resourceful and do whatever works for your family!

Journaling is a great way to inspire our creative processes, and the Apostles Log will be dedicated to how we’re “going forth” as witnesses of Christ in the world. If you choose to do individual journals—sharing can be encouraged but not mandatory. Respect family members that wish to keep some or all of their entries private. Participation is the most important thing. And whether you decide to log daily, semi-weekly, or weekly, just try to stay consistent.

Week One Journal Entry: As apostles sent out to the world, what things would need to be packed to aid? These can be physical items as well as virtues and other unseen qualities.

Take pictures, and don’t forget to share with us!
#soakuptheSON

VITAMIN D: Memory Eternal

On the day of Pentecost over two thousand years ago, the Church established its collective mission to joyfully witness the gospel—the “good news” of Christ. This missionary work isn’t exclusive to countries far, far away—it’s supposed to take place in our parishes and neighborhoods, too! Watch episode 73 of Y2AM’s Be the Bee to see how we can share the light of Christ with others: <http://bit.ly/btb-mission-for-christ>.

