



WEEK SEVEN

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

Welcome back, families! We will focus the next two weeks on truth and compassion and the role they play in our "going forth." Add the following portion of Psalm 33 to your family prayers this week:

*Rejoice in the LORD, O you righteous!
For praise from the upright is beautiful.
Praise the LORD with the harp;
Make melody to Him with an instrument of ten strings.
Sing to Him a new song;
Play skillfully with a shout of joy.
For the word of the LORD is right,
And all His work is done in truth.
He loves righteousness and justice;
The earth is full of the goodness of the LORD.
-Psalm 33:1-5*

As a family, go over the following scriptural passage and discuss the questions that follow (if you have younger children, please paraphrase for their understanding):

"Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also. And where I go you know, and the way you know." Thomas said to Him, "Lord, we do not know where You are going, and how can we know the way?" Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me." – John 14:1-6

- What is the overall meaning of the passage?
- Why is it important that Christ is the truth? What does this mean in our lives?
- How can we, as witnesses of Christ, share His truth with others?

GOING FORTH: Faith in Action

Instead of the interview we usually suggest, this week it's time for a conversation. We'd like for you to talk among yourselves as a family about truth. While the depth of the discussion will likely differ as it corresponds to the age of your children, it can still be fruitful when adapting the conversation in an appropriate manner. Remember to take notes, snap pictures, and please share with us—as, of course, you feel comfortable. Here are some suggested questions to get you started (but try to think up some of your own!):

- What does it mean to be truthful? Why is this important to us as Christians?
- In what ways are we untruthful?
- What is hard about being truthful all of the time? How can we support one another to always lead truthful lives?
- St. Paul encourages us to “speak the truth in love” (Ephesians 4:15). How can we do this?
- How can people best reflect the light of Christ in the world?

DIVE IN: Apostles Log

Week Seven Journal Entry:

Being consistently truthful can be difficult. Draw a picture that represents something true in your life. Write the following prayer to the Holy Spirit—the Spirit of Truth—on a page in your journal. Pray it regularly to help you discern God's eternal truth.

O Heavenly King, Comforter, Spirit of Truth, Who are everywhere and fills all things; Treasury of Blessings, and Giver of Life—come and abide in us, and cleanse us from every stain, and save our souls, O Gracious One.

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

VITAMIN D: St. Tikhon of Zadonsk

It is our obligation to share our spiritual treasures, our truth, our light and our joy with those who do not have these gifts. And this duty lies not only on pastors and missionaries, but also on lay people, for the Church of Christ, in the wise comparison of St. Paul is a body, and in the life of the body every member must take part.

