October 2019

Family Supplement

Discipline

This month’s exploration of “Becoming Human” began with a discussion on *discipline,* and how practicing it can be difficult. The GOYANs read the gospel passage of the Paralytic (John 5:1-15) and the JOY children read the epistle lesson of running the race (1 Corinthians 9:24-27). The lesson focused on how daily discipline transforms the soul and how “let us attend” is heard multiple times during the Divine Liturgy to help us refocus. Continue this conversation by asking your child what they learned, as well as exploring the resources on this page.

For Discussion:

* What does discipline mean?
* Why is discipline so important to our relationship with Christ?
* How can we build discipline in our spiritual lives?

*Make a plan for your family by setting attainable goals that everyone can share in.*

Saints Story

Read the life of St. Theophan the Recluse:

<https://oca.org/saints/lives/2013/01/10/100147-st-theophan-the-recluse-the-bishop-of-tambov>

How did St. Theophan practice *spiritual discipline* to keep him focused on Christ?

Bible Verse

“Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain *it.* And everyone who competes *for the prize* is temperate in all things…But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified.“ -I Corinthians 9:24-27

Child Rearing and Discipline

This podcast episode of *Family Matters* with Fr. Alexander Goussetis offers excerpts and reflections from the book *Wounded by Love*, specifically the wisdom relating to parenting and child rearing.

<https://www.ancientfaith.com/podcasts/familymatters/st_porphyrios_and_child_rearing>

Consider how you can build spiritual discipline in your children’s hearts as well as your own.

Activity

Decide either as a family or as individuals to build a new spiritual discipline or “rule of prayer”. Perhaps you can use last month’s theme of stillness and try to spend a few minutes every day in prayerful reflection. Create a structure of prayer time that can be carried out regularly together. This can be as simple as praying the Lord’s Prayer in unison, followed by offering your personal requests to God individually.Speak with your parish priest or spiritual father for more guidance.

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“Whatever you are doing, with whomever you are speaking, whether you are going somewhere or sitting, let your mind be with the Lord. This is the discipline of spiritual attentiveness.” – St. Theophan the Recluse