



Family
supplement

Y²AM

Ministry Plan

2019-20

Finding Christ
Through Disciple (October 2019)



The next step in keeping kids **safe**.



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2. **understand** the **challenges** to ministry
3. **implement** the **practices** of effective Christian ministry

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Family Supplement

Finding Christ Through Spiritual Discipline

We began this month's conversation by learning about 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 spiritual 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 goals that everyone can share in.



Saint Story

Read the life of Saint Theophan the Recluse:

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

How did St. Seraphim's practice of *spiritual discipline* keep him focused to 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.

1 Corinthians 9:24-27

Social Media

Listen to the Podcast Raising Saints:

https://www.ancientfaith.com/podcasts/familymatters/st_porphyrus_and_child_rearing

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

Discussion

Decide either as a family or as individuals to build a new spiritual discipline or "rule of prayer". 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.

"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