



Family
supplement

Y²AM
Ministry Plan
2019-20

Finding Christ
Through Stillness (September 2019)



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Family Supplement

Finding Christ through Stillness

We began this month's conversation by learning about stillness. In reading the Gospel passage of Martha and Mary (Luke 10:38-42), we see an example of stillness in Mary who sat at the feet of Christ to hear His words and to be close to Him. Continuing the lesson we looked at what stillness looks like in the midst of the hustle and bustle of life, and discussed "laying aside our worldly care so we can receive the King of all" by trying to live in the present moment more intentionally. Continue this conversation by asking your child what they learned, as well as exploring the resources on this page.

For Discussion:

- What does stillness look like in our home? Can you think of times family members are still or calm?
- Why is stillness so important to our relationship with Christ?
- How can we create times for stillness in our home?



Saint Story

Read the life of Saint Seraphim of Sarov:

<http://ww1.antiochian.org/learning-about-saint-st-seraphim-sarov>

How did St. Seraphim's practice of *stillness* bring him closer to Christ?

Bible Verse

"Be still, and know that I Am God; I will be exalted among the nations, I will be exalted in the earth!"

Psalm 46:10

Social Media

Listen to the Podcast Raising Saints:

<https://www.ancientfaith.com/podcasts/raisingsaints/stillness>

Consider how you can build stillness in your children's hearts as well as your own.

Discussion

Many of us are constantly plugged in to computers, tablets, television, and smartphones in a quest to be constantly connected, leaving little time to be physically and mentally still. Set aside time as a family to fast from electronics. Can you make an occasional electronics fast a regular practice in your home — monthly, weekly, or even daily?

"Acquire the spirit of peace and thousands around you will be saved."

St. Seraphim of Sarov