

# September Family Faith Formation

## Family Action Plan

This month we will take time to listen to the Good Shepherd by...



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## Making Silence

Practice **making silence** together. Find a peaceful spot where everyone can sit calmly. Set a time that fits your family: a few minutes for little ones, longer for older children or adults. In the silence, open your heart to the Good Shepherd. You might close your eyes, breathe deeply, or jot down thoughts and drawings. Afterwards, share together what you noticed or how God spoke in the silence.

## Praying Together

Whether you are reading the **Parable of the Good Shepherd** or praying **Psalm 23** together, choose a calm spot and a time when you won't feel rushed — after dinner or before bedtime can work well. If the day has been busy, begin with a few deep breaths. Read the verse or prayer slowly and softly, then have another family member read it again. Sit quietly for a minute, letting God's words rest in your hearts. When you are ready, ask one or two questions and give space for answers — silence is okay, and it may take a few minutes before someone speaks. Close by reading the verse or prayer one more time.

- What stood out to you in this reading?
- What words surprised you or made you wonder?
- What is one word or phrase you want to remember from this reading?

Check out a new song: **Still Waters** by Leanna Crawford — a beautiful reflection on Psalm 23.



## Creating Prayer Space

If you don't have one, create a simple family prayer space. All you need to get started is a small table, a beautiful cloth, and a Bible. Then, make your own **prayer card** for **Psalm 23!** You might simply write the words on cardstock, or add creativity with markers, stickers, or decorations. Place your card in the prayer space as a reminder to return to this psalm together in prayer.

Check out **Kitchen Table Faith!**



## Living Like the Saints

St. John Bosco loved to **spread Jesus and joy!** This month, try to follow his example by sharing joy with someone else and choose an everyday activity (like a sports game or meal) where you pause to pray before starting. Then, let us know what you did by following the QR code. We'll share your stories at our next gathering!



**Cut at the dotted lines and then rip off the papers as you complete the tasks this month.**

Complete your Family Action Plan.

Read the Parable of the Good Shepherd and discuss.

Complete the Making Silence activity

Listen to the song Still Waters.

Pray Psalm 23 and discuss.

Make a prayer card with Psalm 23 and add it to your prayer space.

Choose an activity you normally do and pray before it.

Share joy with someone.

Visit our September Kitchen Table Faith website.

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