

**PRAY**

O God, help us with our task to share our faith with our children. Open their hearts so that the seed of faith attained at baptism might grow in them. Strengthen the faith of our youth so that they might grow in knowledge of Jesus. Strengthen the love and fidelity in every marriage, especially in those going through moments of suffering and difficulty. United with Joseph and Mary we make our prayer through Jesus Christ, your son our Lord. Amen. (Pope Benedict XVI)

**CONTEMPLATE**

One person reads the Bible passage aloud.  
Short silence.

*Exchange: What particularly appealed to you?*

**STUDY**

1. Read DOCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).

**DISCUSS**

**Also discuss your own questions on this topic!**

**Treasure Book:** Take five minutes to write down what you don't want to forget.

**CHALLENGE**

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at [feedback@youcat.org](mailto:feedback@youcat.org).

**#DOCATChallenge:** Share your experience on Facebook or Instagram.

**1 Jn 4:19-20**

We love because he first loved us. If anyone says, "I love God," but hates his brother, he is a liar; for whoever does not love a brother whom he has seen cannot love God whom he has not seen.

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**What is so special about the family?**

I am loved unconditionally: that is the irreplaceable experience that people have in a good family. Different generations live together and experience affection, solidarity, appreciation, unselfish commitment, help, and justice. Every member of the family is recognized, accepted, and respected by the others in his dignity, without having to do anything to deserve it. Every person is loved, just as he is. The individual persons are not means to some end, but rather ends in and of themselves. Consequently, in the family a culture of life comes about that nowadays is anything but self-evident. Often today the main question is what someone can do or what he is contributing (for example, money). Often people concentrate first and foremost on material things. This mindset challenges families and often even destroys them.

1. What negative/positive experiences do you make in your own family? What could old learn from young, young from old? What can you learn from negative experiences also?
2. Alternative models of lifestyle (single parents, patchwork families, etc.) must not be discriminated against. But why should we always seek the ideal of a natural family (appreciative community of a father, mother, children)?
3. In what way are families to be helped from outside (state, schools, church, aid agencies) so that they might grow safely and develop their inner qualities?
4. What are the virtues (= acquired set of values) and attitudes to life you would like to achieve when you have your own family someday?

Make a list of ideals you want to achieve in your (future) family just for yourself. Prioritize them.

Do you take on this challenge?

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