

Regular reflections

Come together as a family at the end of every day or week to reflect on how things have gone. Think about the following questions. Each person can reflect silently or you can take it in turns to share your thoughts:

What has made you happy?

What has been difficult?

When did you share God's love?

When did you not share God's love?

What are you most thankful for?

Who would you like to pray for?

If you have made a family prayer jar,
you could use this here.

Draw the prayer time to a close by saying:

**Loving God,
Thank you for all your good gifts.
Help us to see you in others,
to follow your way
and to share your love in all that we do.
Amen.**

Find more activities and prayers for families at cafod.org.uk/families