

Importance of Family Life Rituals

Headline: Do not underestimate the importance of family life rituals, recurring activities, vital to family and individual emotional health helping form foundations of identity, security and connections across generations.

Objective: Our objective is to increase awareness and use of family life rituals (FMLs). Outcomes are worth the effort. FMLs produce predictability, stability and safety; especially during troubling adolescent years and stressful transitions. Having a strong cultural, moral and family heritage, build self-esteem and family identity. This topic will increase awareness of key impacts and means to realize those impacts through strong Family Life Rituals through personal testimony and small group discussion.

Song Suggestion: Home Where God Dwells (0:06- 1:49 or 4:15)

 [Songs for the Holy Family | Catholic Family Music | Prayer, Love & Faith at Home](#)

Or perhaps: City of God

Bible and Catechism Readings:

Luke 2 22-23

When the “purification” time, stipulated by the Law of Moses, was completed, they brought Jesus to Jerusalem to present him to the Lord. This was to fulfil a requirement of the Law—‘Every male who opens the womb shall be called holy to the Lord’.

Luke 2 41

Every year at the Passover festival Jesus’ parents used to go to Jerusalem. When he was twelve years old they went up to the city as usual for the festival.

Please explain: *These passages reveal Jewish family life rituals, essential in the formation of Jesus.*

Catechism 2214

Divine fatherhood is the source of human fatherhood; this is the foundation of the honor owed to parents. The respect of children, whether minors or adults, for their father and mother is nourished by the natural affection ***born of the bond uniting them.*** It is required by God's commandment.

Please explain: Family Life Rituals is the genesis ***of the bonds uniting them.***

Saint: Saint Joseph, patron saint of families. Saint Joseph fully embraced his Jewish faith, and within his household upheld the traditions, festivals and laws of devout Jewish life. Family life rituals bound in the Jewish Law were the core directing his heart and actions.

Vignette: – Dick and Jane are home schooling their kids. They both work at home so they handle lesson planning together and do their best to weave religious education into many different study areas for their three kids, 10, 12 and 13. They decided to do a lesson on ancient Israel, choosing to focus on family life of Jesus in the quiet years between His birth and start of His public life. They researched what life was likely to be within a devout Jewish family during the years 00 and 30AD. What they learned was that the home was mutually interdependent, required hard work and shared faith in God’s providence. Keeping the Law of Moses as handed down in Torah was binding, critical to Orthodox Jews; keeping Sabbath and temple worship was a central rock of family life. They built a lesson plan around what keeping Sabbath meant within family life and likewise what festivals families would have participated in (Pesach, Shavuoth, Rosh Hashana, Yom Kippur,

Sukkot, Chanukah and Purim). In doing so they realized the importance of family life rituals in connecting them, their kids and extended family together. They also realized they had missed many opportunities to strengthen and improve their family life rituals. Life in 2026/2027 is a lot different than 2000 years ago, but they decided to take what they learned and do the best they could to create more structured moments within their chaotic family life through family rituals; repeated bonding activities; in faith, in fun, creating special moments and over Holidays.

Questions for Large and Small Group Discussion:

1. Starter Questions, ask those present to think about:
 - A. How would you characterize your home family life rituals?
 - B. Are my homes and family life chaotic?
 - C. Are my home and family life unpredictable?
 - D. Is my home and family life full of familiar patterns, rhythms and predictable?
2. If you could trade chaos and unpredictability for something better, would you?
3. How might your household rhythm change if family life rituals became more regular, predictable?
4. What family life rituals do you have or currently embrace?
5. How important are family life rituals within different frameworks practiced in your home; school life, meals, sports, religious life, social life?

Resources:

1. <https://littlesaints.app/family-resources>
2. <https://www.loyolapress.com/catholic-resources/family/family-faith-and-fun/inspiration-in-daily-family-life/the-power-of-family-rituals/>
3. <https://www.minimalismmadesimple.com/home/family-rituals/>
4. <https://atozenlife.com/family-rituals/>

Action Plan:

1. Identify ways to strengthen family life rituals in your home.
2. Looking ahead, which family life rituals would you like your grandchildren's families to carry forward; and, what seeds can you plant now to grow that legacy?
3. My plan is.....

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