



Family

Scriptural Reflection:

Therefore, take these words of mine into your heart and soul. Bind them on your arm as a sign, and let them be as a pendant on your forehead. Teach them to your children, speaking of them when you are at home and when you are away, when you lie down and when you get up... (Deuteronomy 11:18-19)

Group Discussion Questions:

What does the battle for the family's soul entail? What are key threats to healthy family life today?

In what ways do some men "retreat from the battlefield altogether" in this struggle for the family?

What drives men to be workaholics?

Challenge

Pray for your family. Make a commitment to pray for your family each and every day. Choose a specific prayer or devotion (such as a decade of the rosary or a prayer to St. Joseph or the Virgin Mary) and make sure to offer it for your family every day without fail.

Keep the Sabbath with your family. With today's constant barrage of buying and selling and the cacophony of noisy media, the Sabbath (the Lord's Day) as a day of rest is perhaps needed now more than ever. Find ways to preserve the holiness of the Sabbath by decreasing the business of the day and increasing quality time together as a family, such as family meals and family prayer.

Give a better "gift." Are you more of a gift-giver or a time-giver? Consider Cristofer Pereyra's words about buying things for our children versus spending time with them. Do they apply to you? If you have children, find a specific way to spend more quality time with them on a regular basis, such as reading to them before bed or visiting the park every weekend.



Life

Scriptural Reflection:

You formed my inmost being; you knit me in my mother's womb. I praise you, because I am wonderfully made; wonderful are your works! My very self you know. My bones are not hidden from you, when I was being made in secret, fashioned in the depths of the earth. Your eyes saw me unformed; in your book all are written down; my days were shaped, before one came to be. (Psalms 139:13-16)

Group Discussion Questions:

What are some actions you can take to help protect the vulnerable in your community or our society?

Have you ever prayed outside an abortion facility? What was the experience like?

How can we as men respond to the notion that abortion is a “woman’s issue”?

How can we help expectant mothers to choose life?

Challenge

Pray for life. Remember to pray for the most weak and vulnerable of the world, especially for unborn children. Pray that they might be protected not only by law, but also by a renewed recognition of their human dignity. Perhaps resolve to offer three Hail Mary’s every day for the intention of life.

Teach your children to respect others. Lead a family conversation about our obligation to have compassion for the poor, the disabled, the unborn and all members of society. Regularly discuss how every person is made in the image and likeness of God, and what we can do to reach out to the less fortunate. Teach them how to articulate the pro-life position on abortion, physician-assisted suicide and other life issues so that they will be able to defend Catholic teachings with confidence when they are challenged.

Take an active role in defending the vulnerable. Take action by getting involved in pro-life activities. Join your parish’s pro-life group, attend or organize a trip to the March for Life, volunteer at your local crisis pregnancy center, assist single mothers or struggling families, support programs for persons with physical or intellectual disabilities, or care for the homebound or neglected elderly.

Note: Excerpts for this session have been copied from the Knights of Columbus: [Into the Breach Video Series Study Guide](#). (2021)
