

NEW HABITS INSPIRED BY SUNDAY OF THE WORD OF GOD

JANUARY 24, 2021

“God’s word constantly reminds us of the merciful love of the Father who calls his children to live in love.”*

Sunday of the Word of God is an opportunity for families and households to consider incorporating Scripture more intentionally into their daily and weekly routines. Learning new habits can be challenging but they can also be fun. Here are some simple and fun ways families can routinely bring the Word of God more regularly into their lives. Pick one of these four suggestions and make reading Scripture a new habit for your family.

1 USCCB Daily Readings Podcast

The USCCB has a daily podcast with an audio recording of each day’s Mass readings. A family can gather in the evening before night prayers and listen to today’s (or tomorrow’s readings). Then, the family can go around person by person and share one question or thought which came up from these readings. The family can pray their intentions for the day – including thanksgiving for the blessings of the day – and conclude with an Our Father, Hail Mary, and Glory Be, before going to bed.

Find the podcast here: <https://bible.usccb.org/podcasts/audio>

Pro Tip: Listening to these readings can help you learn how to pronounce names and places in Scripture!

3 “52Sundays”

A great resource for families comes from the Archdiocese of Detroit called “52Sundays”. It contains the Sunday Gospel, family discussion questions, family prayers activity for each Sunday, and more. It is a great way to reclaim Sunday for family time.

Find it all here: <https://www.52sundays.com>

Pro Tip: With extended time together during COVID, this can be a great intentional way for a family to make Sunday God-centered.

2 Family Lectio Divina

Lectio Divina is an ancient practice of prayerfully reading Scripture. A family can take 10 minutes after dinner once a week to read the upcoming Sunday’s Gospel. One person reads the Sunday Gospel once, followed by 30 seconds of silence; then a second reading of the same Gospel, followed by 30 seconds of silence; then a third reading followed by 30 seconds of silence. After the third reading and silence, each member of the family shares one word or phrase they thought was most important.

Find each day’s readings (including the Sunday Gospel) here: <https://bible.usccb.org>

Pro Tip: It can be beautiful to see how God speaks differently to each member of the family.

4 Reading the Gospel before dinner

Before eating, read a few verses of the Gospel (just start with the Gospel of Matthew, Chapter 1 here) followed by grace before meals. This can lead to great dinner conversation about the words, parables, or miracles of Jesus.

Pro Tip: Pick your favorite story as a “Family Gospel Story” when you complete each of the four Gospels. Use these Gospel stories for special family occasions for years to follow.

* Pope Francis
Motu Proprio *Aperuit Illis* Instituting the Sunday of the Word of God, sec. 14. September 30, 2019

