

# With My Family

## Scripture Together

People often say to follow your heart when faced with decisions or choices. As Catholics, following our heart means bringing our decisions to God in prayer and listening in our heart to what God is calling us to do.

As a family, read about the importance of prayer in **Sirach 37:14–15**. When you have finished, discuss the Scripture. Use the following questions to guide discussion:

- What is the “true path”?
- In what kinds of situations might you rely on your conscience and prayer?
- What prayers can you pray to help you “reveal your situation” when you have a difficult choice?

### **Faith on the Go**

Ask one another: *What is your favorite way to talk with God?*

### **ACTIVITY: Pray a Psalm**

Choose a psalm for your family to study and pray for the week, such as Psalm 62. At the end of the week, pray the psalm together and discuss it.



### **Family Prayer**

#### **Pray together:**

Heavenly Father, help us hold your Word in our hearts and grant us wisdom to face all of life’s challenges. Amen.

