

# Four Faith Practices for Faith Formation

## Faith Talk

- Table Talk Cards
- God continues to make promises when people break them. What Bible stories show God's promises?
- What helps you remember you are loved when you are somewhere new or unfamiliar
- "I am" Statements and Portraits

## Prayer

- October is the month of the rosary-Using the prayer cards Pray the Hail Mary as a family each day
- Oct 18th St. Luke's Feast Day-Read the Gospel of Luke aloud as a family and discuss.
- Prayer for a family or friend
- Luminaries

## Family Rituals and Traditions

- Attend Sunday Mass
- Before bed each night practice the Sign of the Cross
- Virtual Story and Prayer Time 10/18 7pm
- Plan and make dinner as a family and gather around family table mat you created
- Family Journal Entries

## Family Service

- Make an angel food cake for feast of Holy Guardian Angels Oct 2nd.
- Do something nice for animals to celebrate St. Francis Assisi Oct 4th. Play with your dog, make a birdfeeder or create an activity
- Help each other or a neighbor rake leaves. Make sure to jump in the pile too!