

THE DOMESTIC CHURCH

*Adapted from the USCCB recommendations:
“TOOLS FOR BUILDING A DOMESTIC CHURCH”*

ACCORDING TO THE SECOND VATICAN COUNCIL'S DOGMATIC CONSTITUTION ON THE CHURCH: “THE FAMILY, IS SO TO SPEAK, THE DOMESTIC CHURCH.” (*Lumen Gentium #11*) This means that it is in the context of the family that we first learn who God is and to prayerfully seek His will for us. In the following bullet points you will find some suggestions on how to build your “domestic church” through a life of prayer that can help all the members of your family.

- **Begin praying as a family and reading from Scripture daily**, certainly before meals, but also first thing in the morning or before bed. Find a time that works for your family. Use the liturgy of the Church as a model for prayer, and try to include heartfelt unstructured prayer as well. Unsure of how to begin? The Church has some beautiful [traditional Catholic prayers](#).
- **Have at least one family meal together around the table each day** and use that opportunity to have prayer and discussion with family members. Many teens disappear to their bedrooms with phones, computers, and video games. But they are often dealing with fear and anxiety parents may not be aware of. It is important to allow time for conversation.
- **Pray a Family Rosary** (each member leads a decade, and everyone shares intentions).
- **Have a crucifix in a prominent place in the home, and in every bedroom.**
- **Attend Sunday Mass together weekly.** Have the whole family participate in televised or online Mass and make a spiritual Communion together when attending live Mass is not possible.
- **Use some Children's and Teen's Liturgical Resources from publishers like:** [CatholicKids Media](#), [St. Mary's Press](#), [Loyola Press](#), [Pflaum](#) or [Life Teen](#) to help kids connect with the Sunday Readings.
- **Begin family traditions** based on liturgical seasons.
- **Teach stewardship and charity to your children**, through word and example. Come up with ways your family can serve those in need.
- **Demonstrate love for your spouse, your children, your neighbors, and the world.** Remind your children that they are loved by God and have been given gifts to serve others.
- **Talk freely about the presence of God** in the joys and sorrows of your life.





THE DOMESTIC CHURCH

- **Allow your children to witness you in private prayer.** Encourage your children to pray daily on their own, to listen for God's call, and if heard, to respond.
- **Utilize online resources** to continue to teach your children about the faith:
 - **[“The Domestic Church”](#)** – short YouTube video produced by Strong Catholic Families.
 - **[“10 Tips for Teaching Religion at Home”](#)**
www.catechistsjourney.loyolapress.com
 - **[The Pastoral Center](#)** - offers a variety of free and for purchase resources.
 - **[CatholicBrain.com](#)**
 - **[CatholicReligionTeacher.com](#)**
 - **[Catechist.com](#)**
 - **[CatholicMom.com](#)**
 - **[CatholicIcing.com](#)**
 - **[LoyolaPress](#)** - resources for families
www.loyolapress.com/catholic-resources/family/family-faith-and-fun/
 - **[St. Mary's Press](#)** - resources for elementary grades
 - **[St. Mary's Press](#)** - resources for middle school and high school
 - **[Our Sunday Visitor \(OSV\)](#)** – resources for families to teach and practice faith at home.
www.teachingcatholickids.com

FOR MORE IDEAS

on how to build your home as a Domestic Church, go to:

www.catholicfamilyfaith.org

DO YOU HAVE QUESTIONS ABOUT THE CATHOLIC FAITH?

www.catholic.com offers answers.

