

# COLOSSIANS FAMILY CHALLENGE

Illustrated by the Children & Families of  
the Parish of Christ the King

# INTRODUCTION

The Colossians Family Challenge is just that: a challenge. We challenge you to endeavor for holiness together.

The challenge is broken up into three parts: 1) Daily, 2) Weekly, and 3) Once During the Challenge prayers and activities. As a family, you will commit to living out this challenge for three weeks.

Accountability is important in the spiritual life. I encourage you to find ways to keep each other accountable. One way is to sign the Accountability Page found on the parish website and hang it up somewhere visible to the whole family.

Some families may benefit from a calendar with the prayers ready to be checked off each day. Visit the parish website for this printable calendar.

After the three weeks, your family can adopt your favorite ways of prayer and challenge another family to participate!

Through this challenge, we hope that your family will receive some tools, ideas, and structures to help you grow in love and holiness together.

Fr. Elkin J. González

# CHAPTER ONE

# DAILY PRAYERS

Morning Offering

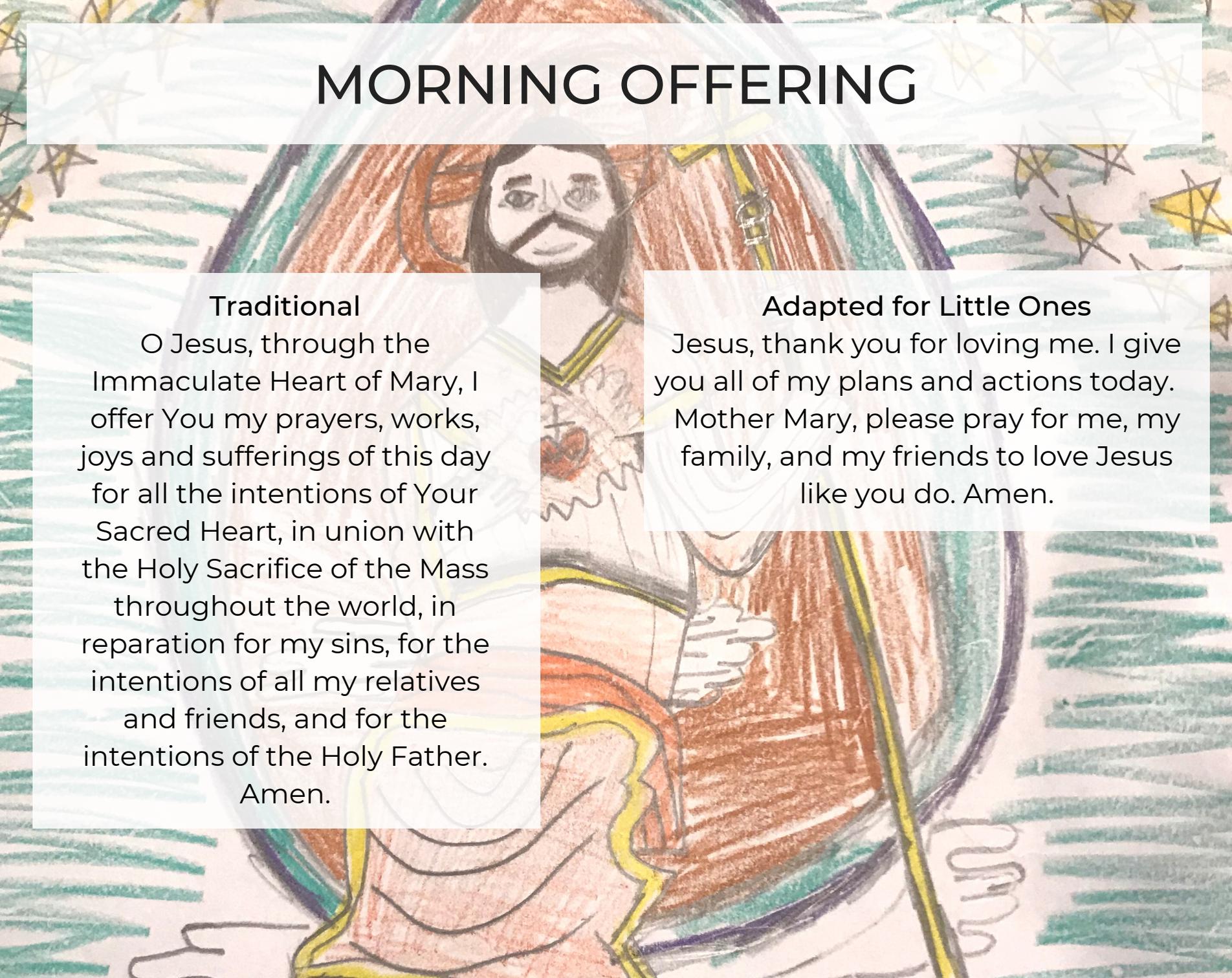
Meal Prayers

Scripture Meditation

Daily Examen

Bedtime Blessing

# MORNING OFFERING



## Traditional

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and for the intentions of the Holy Father.  
Amen.

## Adapted for Little Ones

Jesus, thank you for loving me. I give you all of my plans and actions today. Mother Mary, please pray for me, my family, and my friends to love Jesus like you do. Amen.

# PRAYERS BEFORE MEALS

## Traditional

Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty through Christ our Lord. Amen.

## An Addition for Your Family

Meals are an important time of day where we gather as a family or community. As a family, choose intentions to pray for at meal time. These prayers could be for family members, friends at school, coworkers, etc. Take time to pray for the needs of others.



# MEDITATE ON SCRIPTURE

## Steps for Little Ones

**1. Reading.** Use a short story from the Bible. Help your child by allowing a short snuggling/settling down time, and explain what you're going to do: "Now let's read a story about God. While I read, you listen for what God is doing in the story."

Don't worry about questions or interruptions; if they are about the text, then your child is already "meditating" on it; if not, address the distraction and gently redirect attention back to the story.

**2. Meditation.** What is happening in the picture (or in the story)? Why? What are characters thinking or feeling? How is God (Jesus) acting in this story? (If God isn't directly mentioned in the story, you may need to suggest some ways that God is quietly present.) Which character would you like to be? What would you do differently if you were that character? How would you feel?

# MEDITATE ON SCRIPTURE

**3. Prayer.** “God gives us stories like this to help us grow closer to him. Let’s pray to God about this story. What would you like to say to God? Or what questions do you want to ask God about this story?” Be sure to offer your own prayer response, both to make the experience prayerful for you and to model prayer for your child.

**4. Listening.** “Now that we’ve prayed to God about this story, let’s be quiet so we can hear what God might be saying back to us, inside our hearts.” Take at least thirty seconds to be silent. If your child is restless or noisy, do your best to complete the period of silence yourself.

**5. Wrapping Up.** You can finish by asking your child whether they heard God speaking to them. If they say no, you can reassure him that it’s okay—sometimes we aren’t listening closely enough, and sometimes God just likes to spend time quietly with us. End by blessing your child.

ADAPTED FROM: [HTTPS://TEACHINGCATHOLICKIDS.COM/LECTIO-DIVINA-FOR-KIDS/](https://teachingcatholickids.com/lectio-divina-for-kids/)

APP WITH AUDIO MEDITATIONS & EXAMENS: "PRAY AS YOU GO"

# DAILY EXAMEN

**1. Entering God's Presence.** Make the Sign of the Cross. "God, you have been with us all day long, since the time we woke up until now; help us to remember our day, so we can bring it to you."

**2. Review the Day.** "What happened in the morning when we woke up? What happened at school? At home? When were we angry? Sad? Happy? What was beautiful? What was amazing?"

**3. God's Presence & Our Response.** "How was God present to us today?" It might be obvious that God is present in moments of beauty and joy, but you can help your children see how God is also present during times of challenge and sadness. Ask, "How did we respond to God's presence? When were we loving? When weren't we loving?"

**4. Pray the day.** Invite your children to think about what Jesus is saying to them through the events of the day. Ask, "What do you think Jesus says about our day?" Invite them to pray in response: "What do we want to tell Jesus about what happened today?" Encourage simple words of praise, thankfulness, repentance, forgiveness, and petitions for the grace to draw closer to God in the coming day.

ADAPTED FROM: [HTTPS://TEACHINGCATHOLICKIDS.COM/A-DAILY-EXAMEN-FOR-CHILDREN-AND-TEENS/](https://teachingcatholickids.com/a-daily-examen-for-children-and-teens/)

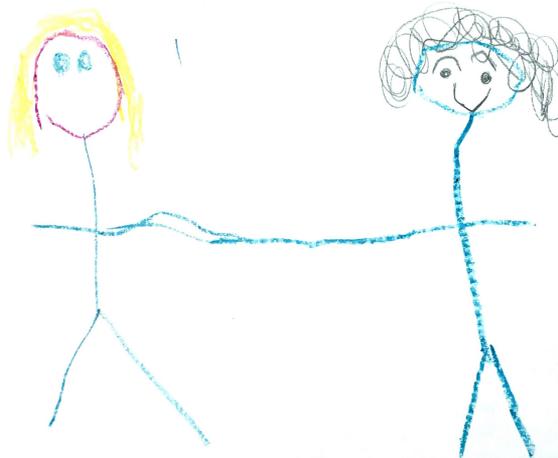
# BEDTIME BLESSING

## Blessing of Sons and Daughters from the *Book of Blessings*:

*To begin, parent(s) may trace a sign of the cross on their child's forehead.*

Father, inexhaustible source of life and author of all good, we bless you and we thank you for brightening our communion of love by your gift of children. Grant that our children (child) will find in the life of this family such inspiration that they (he/she) will strive always for what is right and good and one day, by your grace, reach their (his/her) home in heaven. We ask this through Christ our Lord. Amen.

As you make the sign of the cross on yourself: "May the Lord Jesus, who loved children, bless and keep us in his love, now and forever. Amen."



# CHAPTER TWO

# WEEKLY PRAYERS

Rosary

Adoration of the Blessed Sacrament

Fasting or Abstinence

# ROSARY

**APOSTLES' CREED** (said while holding the crucifix) I believe in God, the Father almighty, Creator of Heaven and earth. And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate; was crucified, died, and was buried. He descended into Hell. The third day He rose again from the dead. He ascended into Heaven, and sits at the right hand of God, the Father almighty. He shall come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

**OUR FATHER** (said at the beginning of each decade)

**HAIL MARY** (said 10 times each decade)

**GLORY BE** (said after Hail Mary's are concluded)

**FATIMA PRAYER** (said after Glory Be) O my Jesus, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

**HAIL HOLY QUEEN** (said after last decade is concluded) Hail holy Queen, mother of mercy; our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

**CONCLUDING PRAYER** (said after Hail Holy Queen) Let us pray. O GOD, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

# ROSARY

## Adapt for Your Little Ones

The rosary is a beautiful, meditative prayer. Sometimes, it can be hard to have little ones sit still for a whole rosary. Try shortening the rosary, using pictures to help them follow along, singing the prayers, breaking up the decades during different times of the day. See what works best for your family!

## More Tips and Tricks:

<https://teachingcatholickids.com/12-tips-for-praying-the-rosary-with-kids/>

<https://catholicsprouts.com/rosary-quiet-book-pattern/>



# ADORATION

## Ages 0-2

Let them simply be in the Presence of God.

## Ages 3-5

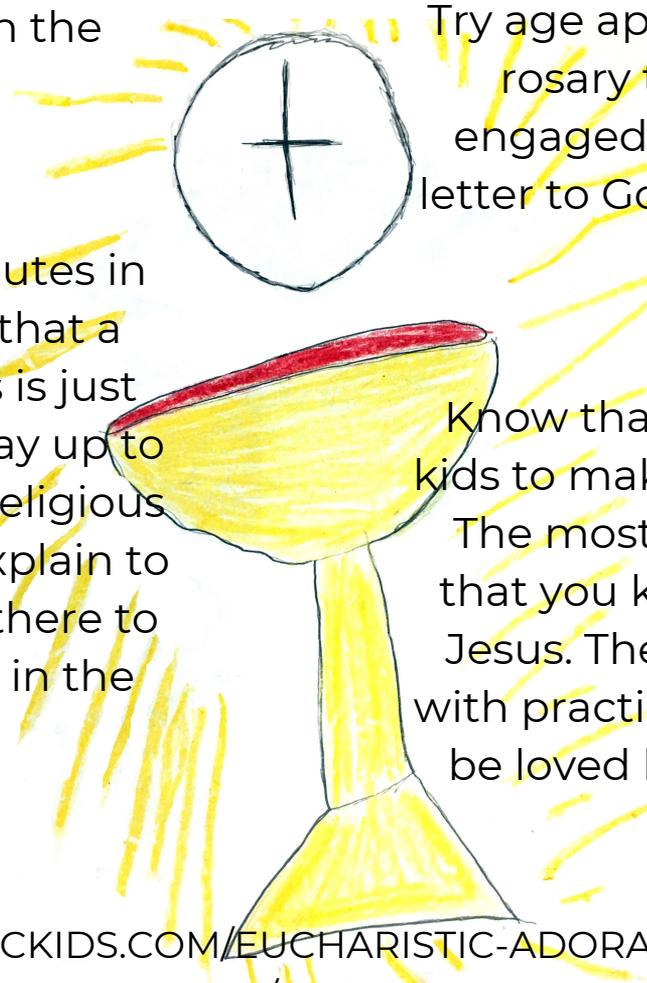
Aim to spend 10-15 minutes in the chapel, but know that a simple "hello!" to Jesus is just fine as you work your way up to that time. Try coloring, religious books, saint dolls, etc. Explain to your child that you are there to spend time with Jesus in the Eucharist.

## Ages 6-9

Try age appropriate books or a rosary to keep your kids engaged. Help them write a letter to God or pray aloud with them.

## A Note

Know that it is OKAY for your kids to make noises and wiggle. The most important thing is that you keep taking them to Jesus. They'll learn reverence with practice. For now, let them be loved by Him as they are.



## IDEAS AND TIPS & TRICKS:

[HTTPS://TEACHINGCATHOLICKIDS.COM/EUCHARISTIC-ADORATION/](https://teachingcatholickids.com/eucharistic-adoration/)

[HTTPS://THEKENNEDYADVENTURES.COM/EUCHARISTIC-ADORATION-WITH-KIDS/](https://thekennedyadventures.com/eucharistic-adoration-with-kids/)

[HTTPS://WWW.LOOKTOHIMANDBERADIANT.COM/2015/06/ADORATION-WITH-KIDS-PRINTABLES.HTML](https://www.looktohimandberadiant.com/2015/06/adoration-with-kids-printables.html)

# FASTING OR ABSTINENCE

Have every person choose one thing to fast or abstain from each week.  
See the site below for ideas!

## Why Do We Fast?

**As Penance.** People fast in order to express their repentance from sin.

**Making Room for God.** By emptying ourselves, even if just a little bit, we make room for God to enter our lives more fully.

**Strengthening the Will.** Fasting is a spiritual discipline; just as physical exercise makes our body stronger, fasting strengthens our will to resist sin.

**A Preparation for Mission.** Fasting imitates the forty days that Jesus spent in the desert. Just as Jesus used this time to prepare for his public mission, fasting prepares us to continue his mission in the world.

**Solidarity with the Suffering Christ.** Whatever small suffering we experience when we fast brings us closer to the suffering Christ and all people who suffer on a daily basis.

# CHAPTER THREE

## ONCE DURING CHALLENGE

Begin a Spiritual Book

Receive the Sacrament of Reconciliation

# BEGIN A SPIRITUAL BOOK

## For High School/Adults

*Into Your Hands Father: Abandoning Ourselves to the God Who Loves Us* by

Fr. Wilfrid Stinissen

*Time for God and/or Thirsting for Prayer* by Fr. Jacques Phillipe

*Prayer for Beginners* by Peter Kreeft

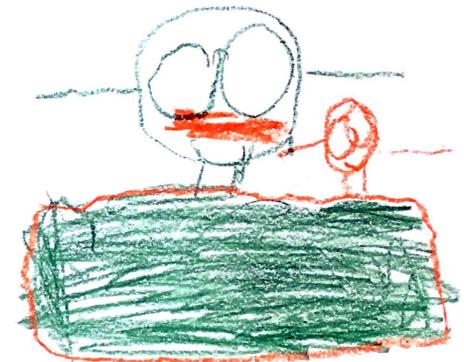
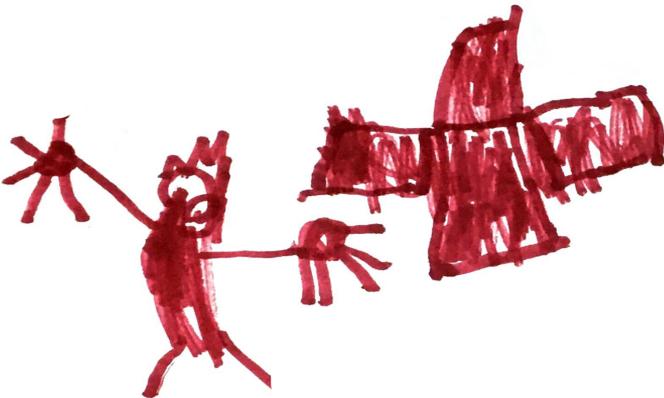
## For Children (Varying Age Levels)

*The Weight of a Mass: A Tale of Faith* by Josephine Nobisso

*Saintly Rhymes for Modern Times* by Meghan Bausch

*My Superhero Prayer Book* by Kendra Tierney

*Rise Up Virtues Devotional for Kids* by Blessed is She



# CONFESSION

## Examination of Conscience for Kids

by Fr. Thomas Weinandy

### Responsibilities to God:

Have I prayed every day? Have I prayed my morning prayers and night prayers? Have I prayed with my parents and family? Have I been moody and rebellious about praying and going to church on Sunday? Have I asked the Holy Spirit to help me whenever I have been tempted to sin? Have I asked the Holy Spirit to help me do what is right?

### Responsibilities to others:

Have I been obedient and respectful to my parents? Have I lied or been deceitful to them or to others? Have I been arrogant, stubborn or rebellious? Have I talked back to parents, teachers or other adults? Have I pouted? Have I been selfish toward my parents, siblings, teachers, or my friends and schoolmates? Have I gotten angry at them? Have I hit anyone? Have I held grudges or not forgiven others? Have I treated other children with respect or have I made fun of them? Have I used bad language? Have I stolen anything? Have I performed my responsibilities, such as homework and chores? Have I been helpful and affectionate toward my family? Have I been kind and generous with my friends?

# CONFESSION

## Prayer for a Good Confession

Come, Holy Spirit, into my soul.

Show me my sins, both the wrong that I did and the good I failed to do. Give me the grace to be sorry for my sins out of love for God, so that through Confession my soul might be healed and strengthened to do good. Amen!

## Act of Contrition (Traditional)

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who art all good and deserving of all my love. I firmly resolve with the help of Your grace to sin no more and to avoid the near occasion of sin. Amen.

## Alternate Version

Lord Jesus, Son of God, have mercy on me, a sinner.

ADAPTED FROM: [HTTPS://TEACHINGCATHOLICKIDS.COM/HELP-KIDS-PREPARE-FOR-CONFESSION-WITH-AN-EXAMINATION-OF-CONSCIENCE/](https://teachingcatholickids.com/help-kids-prepare-for-confession-with-an-examination-of-conscience/) AND [USCCB.ORG](http://USCCB.ORG)

# INDEX OF DRAWINGS

## Front Cover

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**Morning Offering:** "Jesus" by Jen

**Prayer Before Meals:** "Mass with My Family" by Piper

**Bedtime Blessing:** "Praying with My Nana" by Danica

**Rosary:** "Mary and Jesus" by Thomas

**Adoration:** "Eucharist" by Bennett

**Spiritual Book:** "Cross" by Hudson; "Fr. David and Me at the Altar" by Linus

**Confession:** "Holy Spirit" by Rosie; "Adoration" by Fr. Elkin

**Index:** "God with the Sun He Created" by Hazel

**Back Cover:** "I See a Bald Eagle at Church" by Palmer; "Altar" by Scarlett; "Angel" by Ellie; "Mary and Jesus" by Thomas; "Cross" by Hudson; "Fr. David and Me at the Altar" by Linus; "Bible" by Preston

