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The Messy Grace of Parenting

> "Full of tender moments and truth."

–LISA HENDEY Founder of CatholicMom.com

Everyday Sacrament: The Messy Grace of Parenting

Questions for Reflection and Discussion

Chapter 1: Bathed in New Life—Baptism

1. What were your first few weeks of parenthood like? Did you have a similar experience to Laura's? Were you confident or nervous at the beginning?

2. What do you remember about your child's baptism? Does your family have any traditions surrounding baptism or celebrating its anniversary each year?

3. What does your baptism mean to you as an adult?

4. As a parent, what has been your greatest struggle in "dying to self and rising to new life"?

5. What moments in everyday life remind you of God's presence?

Chapter 2: Celebrating Grace—Confirmation

- 1. Who has been a "mentor" for you as you grow into parenthood—a family member, friend, or neighbor?
- 2. How do you experience God's grace in your life?
- 3. Where do you find God in the chaos of life with children?
- 4. How do we "sponsor" others in our lives with our support and witness as a Christian?
- 5. What gift of the Spirit can you ask for this week?

"The question is not how to get good at parenting—or marriage, or any other relationship under the family roof. **The question is how to grow in love.**"



Chapter 3: Broken for You—Eucharist

- 1. What is one thing that has surprised you about having children?
- 2. Do you understand or experience God differently since you became a parent?
- 3. How can the ordinary rhythms of life remind us that God loves us and gives us what we need?
- 4. What is one way you have grown as a parent over the years?
- 5. When do you see Christ in the face of your children?
- 6. What are some ways you can bring the joy of the Eucharist to your daily meals as a family?

Chapter 4: From Frustration to Forgiveness—Reconciliation

- 1. What is one flaw or struggle that you are working on as a parent?
- 2. How can you turn difficult moments you encounter with your kids (like losing your patience) into an opportunity to see and serve God?
- 3. How do you try to grow in love for your spouse and your children?

4. When have you glimpsed a foretaste of heaven—at church, at home, or elsewhere?

5. What has been your most surprising moment of reconciliation?

"Everyday sacraments set the pulse for our family's life together."



Chapter 5: Helping to Heal—Anointing of the Sick

- 1. Have there been any moments in your life when you felt God helping to "undo your knots"?
- 2. When have you had an experience of healing, whether physical, emotional, or spiritual? What surprised you about this experience?
- 3. When have you had to help heal someone else, like a sick or hurting child?
- 4. Have you ever been anointed or seen someone receive the anointing of the sick? What was this experience like?

5. When has the Holy Spirit led you to do something that you didn't want to do that turned out to be healing or a blessing?

Chapter 6: Everyday Vows—Marriage

- 1. How did you and your spouse meet? What was the beginning of your marriage like? Did anything surprise you about becoming married?
- 2. What was the most meaningful moment from your wedding? Do you remember any stories from your parents' or grandparents' weddings?
- 3. What traditions do you have to celebrate your anniversary?
- 4. How has your marriage changed over the years? What have you learned?
- 5. What is your favorite way to connect or date with your spouse?
- 6. What qualities do you admire in your spouse? As a parent?

Chapter 7: Challenges of the Calling—Holy Orders

- 1. How did you choose your child's/children's names? Do you remember any stories about the meaning or choice of your own name?
- 2. What difficult or dirty work do you do as a parent that has a bigger impact than people might assume?
- 3. How would you define your own calling? When did you feel called to your vocation?

