A MONTH OF DINNERTIME CONVERSATIONS

Your family is important! And dinnertime is one of the best opportunities to strengthen your family, learn about each other's days, and to share and grow in your Catholic faith.

The following is an entire month's worth of dinnertime conversation starters. They are meant to help you discuss your faith and grow together in understanding what it means to be a Catholic family. We recommend that each night your family joins together for dinner, prays grace before your meal, and then discusses one of the questions below. You can also pray grace after meals.

Try this for a month and be amazed at how God will make himself present in your family!

Prayer Before Meals:
Bless us, O Lord! and these Thy gifts for which we are about to receive, from Thy bounty, through Christ our Lord. Amen.

Prayer After Meals:
We give Thee thanks for all Thy benefits, O Almighty God, who lives and reigns world without end. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

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DINNERTIME QUESTIONS: (one for each night of the month):

1.	Name your favorite thing about being Catholic.
2.	Who is Jesus Christ and why does He love us?
3.	Division within families is more common today than in the past. Some families do not have both a mom and a dad, or maybe siblings or parents fight with each other. How can the love and mercy of Jesus Christ fix relationships that are broken?
4.	What does it mean in the creation story that "God created man in his own image, in the image of God he created him?"
5.	How does the love between a mom and dad mirror the absolute love with which God loves us?
6.	Knowing that God gave us the Sacrament of Reconciliation so that we can experience forgiveness when we fail Him, how do you feel before going to Confession and how do you feel afterward?
7.	How is our family called to greatness? (Hint: God wants everyone to be with Him for all eternity in heaven. How does our family help people get to heaven?)
8.	Family is often referred to as "the domestic church," a place where God is worshipped and adored and his will is sought and acted upon. What does that mean? How does our family act as "the domestic church" at home?
9.	Why are we Catholic? (Perhaps one of the family members can share a story of why Jesus is important in his/her life)
10.	St. Augustine said that the three goods that define marriage are the good of children, the gift of fidelity (faithfulness) between spouses, and the good of the unbreakable bond. How are the three goods of marriage seen in our family?
11.	We are called to be holy, to be saints. How can we help each other in our family to grow in virtue so as to become saints?
12.	Pope Benedict XVI once said that the evangelization of society begins with the family. What is evangelization, and how does our family participate in that? How could we do become better at evangelizing?
13.	What is something about Catholicism that confuses you, or that you want to know more about? How can you learn more about that topic so it is not as difficult to understand?
14.	Name a time when Jesus answered one of your prayers in an unexpected way.
15.	Pope Francis said that the family is "where Jesus grows; he grows in the love of the spouses and grows in the life of the children." What things can we do to "help Jesus grow" in our home and family?
16.	When we are baptized, we receive the Holy Spirit. How does the Holy Spirit act in your life every day? Can you think of a story where the Holy Spirit was clearly helping you?
17.	Mary and Joseph are Jesus' earthly parents. How are Jesus, Mary, and Joseph good role models for our family?
18.	What is your favorite prayer?
19.	If parents are the first teachers of the faith, what can mom and dad do to help make faith a part of our everyday lives?
20.	How is the Catholic Church the family of God?
21.	God calls each of us to a particular vocation. Some people are called to marriage, some people are called to religious life or the priesthood. What do you think God is calling you to in life? If you don't know, what steps could you take to know God's will for you?
22.	The Fourth Commandment states, "Honor your father and your mother, that your days may be long in the land which the Lord your God gives you." What does it mean to "honor" your mother and father? (See the Catechism of the Catholic Church, paragraphs 2196-200 for more information).
23.	What do you think would happen if we turned off the television, computer, and our other devices for just one hour a week and prayed together as a family instead?
24.	God gives each of us our own Guardian Angel to guide us through life. How do you think your Guardian Angel could help strengthen our family?
25.	Jesus says to his disciples in John 13:34, "Love one another even as I have loved you." What are ways we show love for one another in our family?
26.	Since praying as a family is important, what are some ways that we could pray together more frequently? Do you have a memory of a time where you really enjoyed praying together as a family, whether at home or at Church?
27.	After Jesus was found in the temple as a child, he returned home with Mary and Joseph and the Bible says he was "obedient" to them. What does it mean to be obedient? And if Jesus is God, why did He need to be obedient to Mary and Joseph (Hint: think about the fourth commandment)?
28.	What are ways that brothers and sisters can show love for each other?
29.	Why is it important that we celebrate the "Eucharistic meal" with our Church family each Sunday?
30.	The Catechism says that parents have the first responsibility for the education of their children in the faith, prayer, and all the virtues. What are virtues and how do we strengthen those in our family?
31.	Name your favorite feast day in the Church and state why it is your favorite. How do we celebrate that feast day as a family?

For more family resources visit the website of the Archdiocese of Denver's Office of Evangelization and Family Life Ministries at www.ArchDen.org/EFLM

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