



**MFLO JOZI**



**THEME CARDS**

#mflojozi2022  
#LoveistheWay

THEME DESCRIPTION



SCRIPTURE QUOTES



RESOURCES



ACTIVITIES



JAN '22

# FAMILY GOALS

## THE GOAL OF GOALS

What do we want to achieve as a family this year? Under the theme, 'Family Love: a Vocation and a Path to Holiness', we acknowledge that the essential goal for any family remains *love*. We seek to love more as spouses, parents, siblings, etc. What can we do to increase our capacities to love each member of our families? How can we participate with God towards loving each other as Jesus loves each of us?

Take delight in the LORD, and he will give you the desires of your heart. Commit your way to the LORD; trust in him, and he will act. (Ps 37:4-5)  
Unless the LORD builds the house, those who build it labour in vain. (Ps 127:1)  
But he who is noble devises noble things, and by noble things he stands. (Is 32:8)  
Do not labour for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you; for on him has God the Father set his seal." (Jn 6:27)

Finally, brethren, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. (Phil 4:6)

[In the Light of the Word \(Ch I of Amoris Laetitia\)](#) by Pope Francis  
[The Spirituality of Marriage and Family Life \(Ch 9 of Amoris Laetitia\)](#) by Pope Francis  
[Nazareth: Making Love Normal \(WMOF2022\)](#) by The Dicastery for Laity, Family and Life  
[Called to Love: John Paul II's Theology of Human Love](#) by Katrina F. Ten Eyck and Michelle K. Borrás  
[2022 Family Year Planner](#) by Marfam  
[7 Simple Steps to Setting Family Goals](#) by Blessed Catholic Mom  
[A Catholic's Quick Guide to Goal-Setting](#) by Epic Pew  
[Setting - and Keeping - Family Goals in the New Year](#) by The Word Among Us  
[Five "Marks" of the Catholic Family](#) by TeachingCatholicKids.com

### Parish Family

Plan a simple consecration prayer/ceremony as a means to invite families to entrust their New Year to Mary.  
Epiphany Sunday: Recruit and prepare two or more families to share their testimonies of how their faith and hope in God's love has preserved them through difficulties.  
Recruit and prepare two or more families to share some of their family goals with the parish community.

### Home Family

Use the step-by-step guides in the resource box above to implement your own goal-setting meeting(s) as a family.  
Plan your own Epiphany Sunday home liturgy as a means to re-focus your family on the hope, faith and love brought by Jesus.  
Create a prayer wall/room/corner in your home as a daily call to family prayer, reflection and/or discussion.  
Consecrate your family to Mary, Mother of God on 1 Jan. You can find guidance [here](#).

