

FAITH FORMATION AT HOME - FAMILIES WITH KIDS

BRIEF FAITH ACTIVITIES TO DO AT HOME.

FULL FREE LESSONS CAN BE FOUND ON VIBRANT FAITH CATALYST



vibrantfaith

Morning Meditation 3

Make yourself as comfortable as you can. (Pause.)

Take in a long, slow deep breath. (Pause.)

Exhale slowly. (Pause.)

Imagine that you're in your favorite place.

Notice what's around you.

What do you see? What do you hear?

What do you smell? What do you feel?

This is your safe place.

This place reminds you that you're strong.

With God's help, you can face whatever happens in your day.

(Pause.)

Remember this place as you go through your day. (Pause.)

Remember that God loves you and that your family loves you.

(Pause.)

You're ready to start your day.

Open your eyes slowly. (Pause.) Stretch. Welcome to this new day.