

BEC Reflection

CELEBRATING, LISTENING AND WALKING AS PILGRIMS OF HOPE

MONTHLY FOCUS & RATIONALE

Family

Called To Nurture Family Values and Relationships

Introduction: In this month of March 2025, let us focus on the family. How are we to nurture family values & relationships according to the Word of God? The verses from Ephesians provide a snapshot of the values that God desires in a Christian family, sacrificial love and respect for authority, which can deepen and strengthen family relationships. In a Christian family, love and respect are actionable attitudes that reflect Christ's interactions with the church. Parents are encouraged to love their children as Christ loved the church, a love that is unconditional, selfless, and sacrificial. Similarly, children are urged to respect and obey their parents, acknowledging their God-given authority and wisdom. In action, these values foster an environment of peace, unity, and mutual growth, where each family member feels valued, loved, and guided towards becoming the person God created them to be.



CLOSING PRAYER (Together)

Heavenly Father, bring together and keep all families in perfect unity of love and mutual support. Instil in each member of the family the spirit of understanding and affection for each other.

O Mary, our loving Mother, pray for all the families of the world, for protection from all evil and adversities. Blessed Saint Joseph, assist us by your prayers in all the necessities of life.

Dear Saints Anne and Joachim, inspire all families to follow your grandson and lead true Christian lives. Dear Jesus, listen to the prayers of your earthly parents and grandparents for our family. May our homes be the shrine of peace, purity, unconditional love and steadfast faith in you. We make this prayer in your most holy and precious name. Amen.

CLOSING HYMN

We Are One in the Bond of Love

We Are One in The Bond of Love.
 We Are One in The Bond of Love.
 We Have Joined Our Spirit
 With The Spirit of The Lord.
 We Are One in The Bond of Love.

Let Us Praise Jesus Christ the Son
 Praise Him Now for The Work Begun
 Let Us Join Our Hands
 That The World May Know
 We Are One in The Bond of Love.

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INTERNAL CIRCULATION ONLY

OPENING PRAYER (Together)

Our Father in Heaven, thank you for the gift of family. Guide us in nurturing our families in your love. Let our families reflect your love and by your grace may our homes be a sanctuary of unity and godly love. Help us to cultivate Christian family values which will strengthen and deepen our relationships with one another in our homes. Help us to love unconditionally, respect each other, serve graciously, uphold honesty and forgiveness. Let your Word be seen in our lives resulting in your Kingdom becoming a reality here and now. We make this prayer through Christ our Lord. Amen.

OPENING HYMN

We Are Happy Christians

We are happy Christians, all united in the Lord.
We belong to one family:
Jesus Christ has chosen us to carry on
his life over every land & sea.
From the north and from the south
and from the east and west,
he has called us all together

CHORUS:

*And we are delighted,
that we are united into God's own family.
Yes, we are delighted,
that we are united into God's own family,*

Now as Christians we must try to live
the Gospel life
living in simplicity.
We will share the goods we have
with everyone in need,
such as Christ-like charity.
We are grateful that God called us
to this way of life
in the footsteps of our Saviour (C)

DIALOGUE

In the hustle and bustle of the modern world, where technology and fast-paced living often take precedence, building strong Christian families becomes a cornerstone for stability, faith, love, and moral grounding.

Love, compassion, and forgiveness are fundamental pillars of Christian values that creates an environment where individuals can flourish emotionally and spiritually.

Prayer is a powerful tool that strengthens the bonds of a Christian family and communal prayer allows family members to share their joys, concerns, and gratitude with one another and with God. Studying the Bible as a family fosters a shared understanding of Christian principles and provides guidance for navigating the challenges of contemporary life.

Equally important is the emphasis on moral character. Teaching children the importance of honesty, integrity, and kindness equips them with the tools to navigate an often morally ambiguous world.

7 WAYS TO NURTURE FAMILY VALUES & RELATIONSHIPS:

- **Practice Unconditional Love:** Show love to your family members, not based on their actions, but based on their intrinsic value as God's creation.
- **Teach and Uphold Respect:** Teach children the importance of respecting authority, starting with parental authority, as this is a reflection of our respect for God's authority.
- **Nurture Faith:** Cultivate an environment where faith is openly discussed and practiced, encouraging each family member in their personal relationship with Christ.
- **Promote Honesty and Transparency:** Encourage open communication and honesty within the family, fostering trust and intimacy.
- **Instil the Value of Service:** Teach children the importance of serving others, following the model of Jesus who came "not to be served, but to serve."
- **Maintain Forgiveness and Grace:** Promote a culture of forgiveness in the family, reflecting God's forgiveness towards us.
- **Pray Together:** Make prayer a regular part of your family life, strengthening your collective reliance on God.

Share your thoughts with your BEC members on one of the ways listed above which you find is most challenging for you.

DISCERNMENT

Ephesians 6:1-4.

Source: The New Jerusalem Bible

Children, be obedient to your parents in the Lord – that is what uprightness demands.

The first commandment that has a promise attached to it is: Honour your father and your mother, and the promise is: so that you may have long life and prosper in the land.

And parents, never drive your children to resentment but bring them up with correction and advice inspired by the Lord.

PERSONAL REFLECTION:

- Read the text and ask the Holy Spirit for wisdom.
- Is there any word or sentence that has touched you?
- Share what the Holy Spirit has inspired you to say.

